

FOALS 1

Rocking Horse Review • January - April 2025

Welcome to all our new little friends to Foals 1. We are so excited to start the Year 2025. We are looking forward to all the new adventures, wonderful growth, and learning experiences to come in the New Year. Each day is different as every baby begins to develop his/her own skills at home and at school.

Babies are a blessing, and we look forward to having yours in our classroom as we work with them encouraging new milestones. We spend a lot of time learning through play and encourage you to do the same at home.

We have some great art projects that we will explore in January. We will learn about Arctic animals and have fun playing with ice. As our sensory unit, we will talk about how the ice feels in our hands and watch the facial expressions of the babies. Also, for sensory we will paint polar bears and feel the paint as we paint with it.

Babies have fun learning through sensory by doing different activities such as playing with sensory balls. They will get to feel the different shapes, sizes, and colors of the balls. We can play catch the balls, hide them, and stack them just to watch them tumble down. Just seeing the excitement of the babies as they move their hands and feet is so worth it.

Babies get constant exercise by going through their regular daily routine. Every day, each baby spends tummy time on the mat to strengthen back and leg muscles. During feeding time, we practice putting our hands on the bottle to eventually learn to self-feed. Once your child is 4 months old, he or she will get exercise time in the exersaucers. You will see that hard work pays off as your baby builds muscle and gets mobile, first by pushing and rolling and later by crawling, scooting, and walking. Encouraging your baby's independence may be difficult at times, but its beneficial to his/her self-esteem and knowledge. With your support and the teachers in Foals 1, your baby will be moving and growing happily along his/her developmental journey.



Communication is vital in any relationship, and as teachers we would like to make sure we have all lines of communication open to you pertaining to your child. Please feel free to contact us with any questions, concerns, or comments by calling Rocking Horse Academy directly or emailing us at foals1@rockinghorseacademy.com.

As your Foals 1 lead teacher I try my best to make myself available during your child's drop-off to discuss any matters. Also please be assured in any case all teachers in Foals 1 are here to assist you as well. We are grateful to have you and your child as part of our class and look forward to more learning and growing in Foals 1.

