

FOALS 1

Ms. Renee, Ms. Paulina, Ms. Reann, Ms. Heather



I want to welcome all the new families to Foals 1. Our class is looking forward to the start of a new school year with new and exciting challenges as the learning never ends in Foals 1. During floor time, we will take the opportunity to talk about our favorite unit, the family. We will spend a lot of time looking at pictures of our families and talking about them. We will make a fun family collage.

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 see various 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.

An important developmental activity that we enjoy is mirror play. Mirrors are a wonderful learning tool, used to encourage exploration in their development. Infants love looking at their reaction and noticing their own reaction. Do they try to touch the baby in the mirror or smile at them? We talk to them about who they are seeing, and they learn so much from making facial expressions, seeing their reaction, and

building on language development.

We speak gently to infants throughout the day during routines such as diapering and feeding in both Spanish and English to introduce both languages at this important developmental stage. We try to incorporate additional words into their day to expand their vocabulary by describing what we are doing.

As we end the year with the holiday, Foals 1 will be busy with art projects. We will sponge paint a Christmas tree green, finger paint a wreath, and paint Christmas ornaments.

As always, our babies are learning about themselves, their world and their abilities. We are here to help and encourage them to reach their goals. If you have questions, comments, suggestions, or concerns, please feel free to contact us.

Tummy Time

Tummy time strengthens your baby's back and neck while lifting his/her head, legs, and arms. It is the pre-step to crawling. Soon you may notice his/her arms straightening and elbows lifting briefly off the floor, preparing the muscles to carry weight in crawling.

Crawling is an important motor milestone because it requires alternating movements of both sides of the body.

