



COLTS

Rocking Horse Review • January - April 2026

Developmental Phases

This can be a difficult age for your child. At this age, a lot of behaviors occur (i.e. biting, hitting, pulling hair, pushing). Most of the time when biting occurs, it is either done because a child cannot vocalize his/her words or is suffering from teething. We strive to help the children to overcome this phase of their lives by encouraging positive reinforcement. Some ways to do so are role playing, offering alternative activities, offering a cold teether, or gently reminding him/her that our teeth are used for eating food. This is also the age where he/she starts testing boundaries, and "NO" becomes his/her favorite word. I will communicate as much as I can with families involved in a biting situation. Please do not ever hesitate to ask questions concerning any behavior issues.

One thing that we start focusing on is simple 2-3 step directions. The main one we practice is asking the child to walk to us or meet us at the changing table to get a fresh diaper. We will also discuss what we are doing and explain the process. We always explain to the children what we are doing. Second, when we are done, we pull our pants up. Last, we wash our hands for at least 20 seconds with soap and water. We also start focusing on self-help skills such as feeding himself/herself with a spoon or fork, washing our hands with help. We ask our children to line up to go outside, and we direct them to come to the table for snack time and lunch time.

Reminders

Now is the time to check your child's cubby for size and weather-appropriate clothing. Please remember to label all clothing (especially coats and hats), linens, bags, etc. with your child's name. Please make sure to label each of your child's diapers with his/her initials. We have numerous little ones that use the same brand and size. Our little ones sure do love their water. Please make sure to bring a filled water bottle daily, labeled with your child's first name and last initial, and we will gladly refill as needed. We are here to help your child and you through these developmental years. If you have any questions, or concerns, please don't hesitate to let us know. You may reach us by calling Rocking Horse Academy and asking for the Colts classroom, and we will be more than happy to chat with you a good time to reach us is 1:00pm-2:00pm. You may also message us on ProCare, and we will message you back as soon as possible. Or you can also email us at colts@rockinghorseacademy.com

Happy New Year Colts families! Can you believe that we are already in a New Year? Our Colts have learned so much these past few months, and we couldn't be prouder of them!

In the next few months, we will have Family Teacher Conferences coming up. We also will have the Scholastics Book Fair, which we all love. Come April, we have Week of the Young Child which is always a fun time here at Rocking Horse. Be on the look-out for sign-up sheets for Family Teacher Conference week and our Valentine Party sign-up sheet.

Our Colts are curious about EVERYTHING. They tend to learn best with hands-on activities. We will do a variety of artwork based on the monthly themes. One main component of our lessons is artwork. Painting, markers, crayons, chalk, different painting utensils and different types of paper are a big part of our learning process. The STEAM curriculum is another major part of our daily lessons. We do this in a variety of ways (i.e. counting steps, sorting toys by color and size, etc.) flash cards, music, and story time just to name a few. We will continue to work on our manners (i.e. Please and thank you) and a lot of sign language (i.e. thank you, please and milk) with our Colts every day.

In the next several months, we will keep busy by learning about Arctic animals, feelings, health and our body, farm animals, insects, and buildings. We will be implementing the STEAM curriculum by sorting Arctic animals by size, look at pictures of different types of facial expressions (sad, happy) we use different sized blocks to create buildings, to work on fine motor skills. The children also love to look at books. We love circle time where we will learn our basic colors, numbers and shapes. We will sing our ABC's and count as a group. We will learn our friend's names and do stations with fun toys. Repetition is essential to learning these basic foundations.

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