

FOALS 1

Rocking Horse Review • January - April 2026

A Happy New Year from Foals 1!

Welcome to all our new little friends. We are so excited to start the Year 2026. 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.

We will have different family art projects each month. Foals 1 enjoys having the family participate in these art projects.

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 day 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 it is 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.

