

Preschool News

January + February 2025



Let's talk about Toddlers

The toddler years (1-3 years old) are in many ways the most fascinating and important years in a child's developmental journey....and sometimes the most frustrating for the parents! Toddlers are working through new and complex emotions, experiencing pretend play, learning independence, working on a new vocabulary, learning to walk, and so much more. This is the age to experiment with activities that will help build motor development skills, social and emotional development skills.



Developmental Milestones



- Sharing
- Expressing emotions
- Imaginary play
- Curiosity
- Independent
- Communicating needs and wants
- Imitating other children and adults
- Engaging play with others
- Following basic directions

Gymnastics is a perfect activity for toddlers to enjoy. It helps build muscle tone to allow kids gain control of their bodies. On the social and emotional side, we teach skills that will help them prepare for school: waiting in line, following directions, sharing, taking turns, teamwork, and listening to an adult that is not a parent or guardian. Gymnastics helps each kid grow from the ground...up!



At Home Challenge

Try this at home! Find an area that is safe. It's a good idea to have a rug or carpet underneath. Have your child elevate their feet on a chair or couch while keeping their hands on the ground and their arms straight. This position greatly helps develop the strength for handstands. Try to hold this position for 5 or even 10 seconds. They can also try to walk on hands side to side!



Preschool Monthly Themes

January: "A, B, C...Read with Me!"

You will see our preschool area decorated with letters and books. Our circuits will have props to help our preschoolers with letter recognition which will help with learning how to read. The skill focus of the month is bravery. Here are some important skills that you will see and why we do them:

1. Stacking letters: this will help with letter recognition and fine motor development
2. Falling backward: this will eliminate the fear of moving backward which will help learn backward gymnastics skills
3. Sitting and moving on scooter: this will develop leg muscles and coordination

February: "1,2,3...Count with Me!"

You will see our preschool area decorated with numbers and our circuits will have props to help our preschoolers count their skills. The skill focus of the month are handstands. Here are some important skills that you will see and why we do them:

1. Handstand against the wall: this will help build core, back and shoulder strength
2. Shoulder shrugs: this will help develop the ability to block in the higher level skills
3. Donkey kicks: this helps the student learn how to push on the ground as their body is upside down while keeping strong arms

