

THIS MONTH'S THEME **My Body**

This month, your baby will explore *My Body* through songs, movement and everyday play. From wiggly toes to clapping hands, your baby will begin discovering all the amazing things their body can do. As you play, move and connect together, they will build body awareness, confidence and early communication skills along the way.

Sing and dance at home with theme-based music!



READ EVERY DAY

Establish a reading routine to bond with your child through stories. Reading to your baby can help establish a predictable daily routine while also promoting brain activity, early literacy skills and language development.

Try this: Play with Sound

Playing with sounds and movement together helps your baby listen, respond and discover new ways to use their body and voice.

How:

- **Sing Together:** Sing simple songs during playtime, diaper changes or while getting dressed.
- **Make Everyday Sounds:** Tap spoons, shake containers or crinkle paper together and talk about the sounds you hear.
- **Listen & Respond:** Pause after making a sound and wait to see how your baby responds with a look, movement or sound.

Tip of the Month: Follow the Child's

Lead: Notice what captures your baby's attention and join in their play. Following their interests helps build connection, confidence and joyful moments of learning together.

Play & Learn at Home

Encourage different types of play with objects you can find at home or in nature.

Below are three activities you can try at home related to the same type of play.



Grab & Squeeze

Does your baby enjoy moving, watching others and playing with others nearby?

Young Infant

Spread a sheet on the floor and sit close to your baby. Gently move the sheet up and down and say a rhyme, such as "Up so high, down so low, wave the blanket, to and fro!" Watch how your baby responds to the movement.

Older Infant

Sit with your child near a sheet or blanket. Move it up and down together while saying a rhyme, such as "Up so high, down so low, wave the blanket, to and fro!" Encourage your child to touch or shake the blanket.

Young Toddler

Spread a blanket on the floor and move it together while saying a rhyme, such as "Up so high, down so low, wave the blanket, to and fro!" Pause before the last word and let your child fill it in. Repeat several times for fun.

Does your baby use movement and repeated actions to explore and solve problems?

Young Infant

Hang scarves, towels or ribbons from a table or couch. Gently move them to the beat of music while your baby watches and reaches toward them.

Older Infant

Hang scarves or towels in a doorway or along a table. Play music and encourage your child to tap, shake or crawl through them while moving to the beat.

Young Toddler

Hang scarves or towels in a doorway and play music with a steady beat. Encourage your child to move through them. Tie a small stuffed animal to one scarf and make it swing to the rhythm.

Does your baby use their senses to explore and look for objects in their environment?

Young Infant

While outside, show your baby one leaf, flower or stick. Move it slowly and talk about how it looks and feels. Hide it briefly and ask, "Where did it go?" Then bring it back and say, "Here it is!"

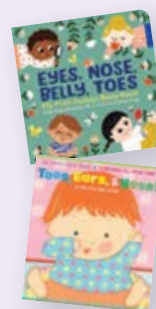
Older Infant

While outside, show your child one nature item, such as a leaf or stick. Hide it behind your back or under your hand and encourage them to look for it. Bring it back out and count, "One leaf!"

Young Toddler

While outside, collect one or two nature items, such as leaves or sticks. Hold up one item, then two, and ask, "How many do you see?" Encourage your child to explore, compare and count the items as they play.

BOOKS & NURSERY RHYMES



Eyes, Nose, Belly, Toes

by Krupa Bhojani
Playforth, MD

Toes, Ears, & Nose!

by Marion Dane Bauer

IF YOU'RE HAPPY AND YOU KNOW IT

If you're happy and you know it,
clap your hands!
If you're happy and you know it,
clap your hands!
If you're happy and you know it,
and you really want to show it,
If you're happy and you know it,
clap your hands!



FAMILY NEWSLETTER

experience
toddler

All About Me

FEATURED CONCEPTS

Letters & Sounds:



Shape & Color:



Character Trait:

Kindness

Body Stretch:

Forward
Fold Pose

Number:



Sign Language:



This month, your child will explore the theme *All About Me* and discover what makes them unique. Through movement, music and hands-on play, they will learn about their body, senses and everyday routines. As your child points to body parts and notices what they see and feel, they begin to understand how their body works. Dressing up and practicing simple routines help them gain confidence and independence. These experiences support a growing sense of self and awareness of others.

Body Parts: Exploring their body and familiar people through movement and play.

Five Senses: Using their senses to discover what they see, hear and feel in the world around them.

Clothing: Noticing what they wear and how clothing connects to everyday routines.

Staying Healthy: Practicing simple routines that support independence and well-being.

Head to toe, come and see, All the things that make me, me!





Bedtime Photo Checklist

WHAT?	HOW?	WHY?
This week, your child learned about daily routines and how caring for their body is part of staying healthy.	Take photos of your child completing parts of their bedtime routine, like brushing teeth or getting into bed. Display the pictures where your child can see and follow them each night.	Seeing and following a routine helps your child feel calm, build independence and understand what comes next.



Car Ride Emotions

WHAT?	HOW?	WHY?
This week, your child explored feelings and how they can show emotions through actions and sounds.	While driving or during daily routines, sing songs and name different emotions. Invite your child to respond with simple movements, like clapping, smiling or making a face.	This activity helps your child connect emotions with actions and builds early communication skills.



Circle Walk

WHAT?	HOW?	WHY?
This week, your child explored clothing and began noticing shapes, like circles, in the world around them.	Go on a walk together and look for circles on clothing, signs or in nature. Talk about what you see and take pictures to revisit later.	Finding shapes in everyday life helps your child build observation skills and early math understanding.

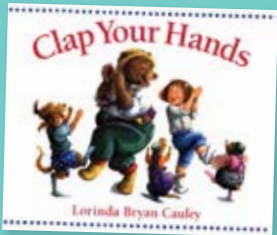


Letters to Loved Ones

WHAT?	HOW?	WHY?
This week, your child learned about kindness and how they can connect with others through simple, thoughtful actions.	Work together to draw or scribble a picture. Help your child tuck it in an envelope and send it to someone special.	This activity encourages kindness and helps your child understand how their actions can make others feel cared for.

READ WITH ME

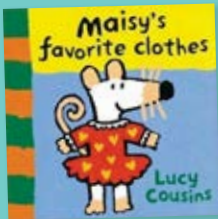
Clap Your Hands
by Lorinda Bryan Cauley



Brown Bear, Brown Bear,
What Do You See?
by Bill Martin Jr.



Maisy's Clothes
by Lucy Cousins



Germs are Not for Sharing
by Elizabeth Verdick



Family Newsletter

THIS MONTH'S THEME All About Me

This month, your child will discover how wonderfully made they are. They will explore body parts, experiment with the five senses, design clothing and learn how to take care of their own needs. Your child may bring home a variety of projects to share with you. You might enjoy asking questions, like "Can you tell me about what you made? What did you enjoy most? Where would you like to display your work?"

BASICS TO REINFORCE AT HOME

LETTERS Ff, Mm, Aa, Pp, Tt, Oo

NUMBERS 1 & 2

FOREST FRIEND TRAIT Kind

COLOR & SHAPE Brown Circle

Look for the daily
notes about your
child's art projects!

Today I made a self-portrait.

I studied a self-portrait. Then I tried to draw all of my features, including my nose, eyes, ears, and mouth. I used a mirror to learn many things about my reflection.



Today I made a puppet.

I created a puppet today with a paper bag. I chose how I wanted to create its face and body. I can play with my puppet and make it talk.



ASK ME: Is the puppet you or someone else? What can your puppet do?

★ Master Skills Time

Dramatic Play at Home

Your child loves to imitate your actions. This is both a natural and an important part of learning. When children role-play, they practice problem-solving and make sense of the world around them. Simple household items and everyday materials can inspire dramatic play and encourage creativity at home.

Dramatic play prop ideas:

- **Gather old dishes, clothes, jewelry or other household items** for pretend play.
- **Recycle or reuse materials** to create new props. For example, a PVC elbow can become a pretend telephone.
- **Save empty food containers** for use in a pretend kitchen or store.
- **Add clay, playdough or other sculpting materials** to encourage creativity during pretend play.
- **Cut out photos, characters** from cereal boxes or drawings to create play people or simple puppets.
- **Choose open-ended toys** with multiple pieces to encourage imaginative play and creativity.
- **Use boxes, baskets or containers** to help store and organize dramatic play materials.

Help your child collect items for role-playing as pirates, astronauts, rock stars and more. Adding new dramatic play materials over time can inspire creativity and imaginative play.





Family Activities

RECOMMENDED READS

Cuddle Up

WITH A GOOD BOOK

I Am Enough
by Grace Byers

Whose Knees Are These?
by Jabari Asim

My Five Senses
by Aliki

You Can't Smell a Flower with Your Ear!
by Joanna Cole

Suki's Kimono
by Chieri Uegaki

Do Not Lick This Book
by Idan Ben-Barak

You Are a LION!
by Taeun Yoo

Photo Swap

Look through baby photos of family members together. Talk about similarities and differences you notice in the pictures, such as clothing, facial features, colors or the people included in the photos. If possible, find photos of older family members at around the same age as your child. Share stories and memories from when you were little.



Family

(Sing to the tune of "Mary Had a Little Lamb.")

Use your child's name to sing the song below. Hug after the song.

**Mary has a family, family, family.
Mary has a family,
That loves her very much.**

