

KIDDIE SHACK CONNECTION

May 2024



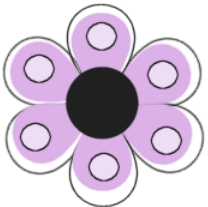
Importance of Early Childhood Development

All of us learn throughout our lives. It starts from the day we are born. The early years of life are the most important for learning. That's when the foundations for the future are laid and when we begin moving down the path that will take us through childhood, the teenage years and ultimately into adulthood. The first five years of a child's life are critical for development. The experiences children have in these years help shape the adults they will become. More than anything else, your relationship with your child shapes the way your child learns and grows.

In the first five years of life, your child's brain develops more and faster than at any other time in their life. The early experiences your child has—the things he/she sees, hears, touches, smells and taste—stimulate their brain, creating millions of connections. This is when foundations for learning, health and behavior throughout life are laid down.

Things that shape your child's development:

- ✓ **Relationships**—affect all areas and stages of their development. This is because relationships are experiences. Relationships are the most important experiences in your child's environment because they teach him/her the most about the world around them.
- ✓ **Play**—gives him/her an opportunity to explore, observe, experiment, solve problems and learn from their mistakes. Play is a great relationship builder. Spending time playing with your child sends a simple message—you are important to me. This message helps your child learn about who he/she is and where they fit in the world.
- ✓ **Good nutrition**—healthy food gives your child the energy and nutrients they need to grow and develop. It helps develop his or her sense of taste.
- ✓ **Physical activity**—being physically active gets your child moving. It develops their motor skills, helps them think and gives them the opportunity to explore their world.
- ✓ **Health**—your child's health can influence their development.



To me, it's that incredible sense of belonging and peace within your own self and heart that really is joy.

~ Goldie Hawn

What We're Learning . . .

Meet Scott the Star
Mother's Day
Letters X, Y & Z
Numbers 19 & 20
Opposites: Clean/Dirty
My Future is Bright
National Provider Appreciation Day
Review Color
Nancy Johnson
Firefly
Math: Animal Habitat
Plus More!

Let's Get Moving May Exercises

Squats, Yoga Pose,
High Knees

Social Blow Up a Balloon with Yeast

You will need: a packet of yeast, 16 ounce clear and clean water bottle, one teaspoon of sugar, warm water and a small balloon. Fill the bottle up with about one inch of warm water. Add all have the yeast packet and gently swirl the bottle for a few seconds. As the yeast dissolves, it becomes active. Add the sugar and swirl it around some more. Blow up the balloon a few times to stretch it out then place the neck of the balloon over the neck of the bottle. Let the bottle sit in a warm place for about 20 minutes. After about 20 minutes the balloon should start to inflate.