

January

Theme: Snowman
Alphabet: ABCD
Season: Snow & Cold Weather
Shape: Circle
Colors: Blue, Red, Purple

February

Alphabet: EFG
Season: Rain & Cold Weather
Shape: Square
Colors: Yellow, Blue, Green
Emotion: Happy

March

Alphabet: HIJK
Season: Rain, Sunshine & Rainbows
Shape: Triangle
Colors: Red, Yellow, Orange
Emotion: Sad

April

Alphabet: LMNOP
Season: Showers & Flowers
Shape: Raindrops
Colors: Black, White, Grey
Emotion: Angry

May

Alphabet: QRS
Season: Mums & Monarchs
Shape: Rectangle
Colors: Brown
Emotion: Scared

June

Alphabet: TUV
Season: Hot & Sunny Weather
Shape: Heart
Colors: Pink
Emotion: Love

July

Alphabet: WXYZ
Season: Sand & Water
Shape: Waves
Emotion: Calm

August

Theme: Zoo Animals
Numbers: 1,2,3,4,5
Season: Hot, Hot, Hot
Lines: Zig Zag
Emotion: Frustrated

September

Theme: Bees, Hives & Honey
5 Senses
Numbers: 6,7,8,9,10
Shape: Spirals
Emotion: Disappointed

October

Theme: Owls
Season: Fall
Shape: Star
Day & Night
Emotion: Anxious

November

Theme: Scarecrows
Colors of Autumn
Sensory: Crunch & Crackle
Shape: Leaves

December

Theme: Polar Bears
Sensory: Cold Snow Day
Shape: Snowflake

Special Activity Days

Hot Cocoa Day | January
Pajama Day | January
Dental Health Month | Feb
Poison Prevention Week | March
National Walking Day | April
Crazy Hair Day | May
Provider Appreciation Day | May
Play Safe, Be Safe | June

Crazy Sock Day | June
Teddy Bear Picnic | July
Summer BBQ | August
National Read a Book Day | September
National Child Health Day | October
Snow Day | December
Pajama Days | December

Lesson Plan

Little Rockers • Early Learners



Based on a child's age and development our goal is to recognize their Social/Emotional, Language/Communication, Cognitive (learning, thinking, problem-solving) and Movement/Physical Development.

SOCIAL/EMOTIONAL We offer a safe and loving environment where infants can feel safe to explore the world around them. While we don't want any child to cry; crying is a means of communication for infants thus our job is to understand what they are needing and knowing when to fill their needs and when to refocus them. While we do not push children out of their comfort zones; we encourage exploration to aid in their learning and development. We acknowledge their emotions and look for ways to help them return to a state of calm.

LANGUAGE/COMMUNICATION We use age appropriate words to explain the world around our infants and children. When necessary we use ASL to support communication (more, finished, please, thank you). We use word alternatives that refrain from the overuse of the word 'no'.

COGNITIVE To enhance cognitive development we offer toys and activities that encourage curiosity that fosters exploration. Toys to shake, bang, roll, and activities where things are hidden or offer opportunities for our infants to put things in/out of containers are early ways to develop cognitive abilities.

MOVEMENT/PHYSICAL DEVELOPMENT Tummy time, stimulating back time, chairs that promote healthy posture, push toys, hand assisted walking are just the basics for our infant group. We offer various age appropriate toys and activities to strengthen their fine and gross motor skills.



The First Year

Little Rockers • Infancy

Age Developmental Stages

4 months

SOCIAL/EMOTIONAL Smiles spontaneously | Likes to play with people | Copies some movements and facial expressions (smiling/frowning)

LANGUAGE/COMMUNICATION Begins to babble with expression and copies sounds he hears | Cries in different ways to show hunger, pain, or being tired

COGNITIVE Lets you know if their happy or sad | Responds to affection | Reaches for toy with one hand | Uses hands and eyes together, such as seeing a toy and reaching for it | Follows moving things with eyes from side to side | Watches faces closely | Recognizes familiar people and things at a distance

MOVEMENT | PHYSICAL DEVELOPMENT Holds head steady, unsupported | Pushes down on legs when feet are on a hard surface | May be able to roll over from tummy to back | Can hold a toy and shake it and swing at dangling toys | Brings hands to mouth | When lying on stomach, pushes up to elbows

6 months

SOCIAL/EMOTIONAL Knows familiar faces | Begins to know if someone is a stranger | Likes to play with others | Responds to other people's emotions | Likes to look at self in a mirror

LANGUAGE/COMMUNICATION Responds to sounds by making sounds | Strings vowels together when babbling ("ah," "oh") | Responds to own name | Begins to say consonant sounds (jabbering with "m," "b")

COGNITIVE Looks around at things nearby | Brings things to mouth | Shows curiosity about things and tries to get things that are out of reach | Begins to pass things from one hand to the other

MOVEMENT | PHYSICAL DEVELOPMENT Rolls over in both directions | Begins to sit without support | When standing, supports weight on legs and might bounce | Rocks back and forth, sometimes crawling backward before moving forward

9 months

SOCIAL/EMOTIONAL May be afraid of strangers | May be clingy with familiar adults | Has favorite toys

LANGUAGE/COMMUNICATION Understands "no" | Makes different sounds | Copies sounds/gestures | Uses fingers to point at things

COGNITIVE Watches the path of something as it falls | Looks for things he sees you hide | Plays peek-a-boo | Puts things in mouth | Moves things from one hand to the other | Picks up things like cereal o's between thumb and index finger

MOVEMENT/PHYSICAL DEVELOPMENT Stands holding on | Can get into sitting position | Sits without support | Pulls to stand | Crawls

12 months

SOCIAL/EMOTIONAL Is shy or nervous with strangers | Cries when mom or dad leaves | Has favorite things and people | Shows fear in some situations | Hands you a book when he wants to hear a story | Repeats sounds or actions to get attention | Puts out arm or leg to help with dressing | Plays games such as "peek-a-boo" and "pat-a-cake"

LANGUAGE/COMMUNICATION Responds to simple spoken requests | Uses simple gestures, like shaking head "no" or waving "bye-bye" | Makes sounds with changes in tone (sounds more like speech) | Says "mama" and "dada" and exclamations like "uh-oh!" | Tries to say words you say

COGNITIVE Explores things in different ways, like shaking, banging, throwing | Finds hidden things easily | Looks at the right picture or thing when it's named | Copies gestures | Starts to use things correctly (drink from a cup) | Bangs two things together | Puts things in/out of a container | Lets things go without help | Pokes with index finger | Follows simple directions like "pick up the toy"

MOVEMENT/PHYSICAL DEVELOPMENT Gets to a sitting position without help | Pulls up to stand | Walks holding on to furniture | May take a few steps without holding on | May stand alone