Dear Families,

Fall is in Full Swing!

We have had some cool mornings and warm afternoons.

During the month of September, we practiced using our fine/small muscles.
- We experimented and played with water-scooping and pouring using a funnel;
- We learned how to hold onto our spoon more firmly, while scooping food at the lunch table;
- We practiced poking and holding pasta on our fork during lunch time;
- We are continuing to learn how to serve our own food using different utensils during meal times.

For the month of October we will focus on the following:
- Colors-red, orange and green;
- Explore leaves and pumpkins.

Some art activities will include:
- Finger painting using red, orange and green paint;
- Sponge painting using green, orange and red water colors

Story time will include:
- Books about Leaves and the Fall season,
- Books about Apples and Pumpkins

We will continue refining our small muscles with water play and manipulative toys.

There is always large muscle activities during Music & Movement and tummy time.

Wishing you a wonderful month!

Ms. Carmen
**Tips & Tricks**

Everyday Ways to Support Your Baby’s Early Learning:

- **Thinking Skills**
  
  Your child is learning how the world works by playing and exploring. Through play, babies and toddlers learn about how things work and how to be good problem solvers.

- **What You Can Do:**
  
  - Encourage your child to explore toys in different ways – by touching, banging, stacking, shaking, etc.
  - Turn everyday routines into playful learning moments. For example, bath time is a chance to learn about ideas like sinking/floating and wet/dry.
  - Follow your child’s interests. Children learn best through activities that excite them.

**Important Days**

- October 10th- Columbus Day, College Closed
- October 27th- Children’s Center Fall Festival

**Reminders**

Change of Clothing - We are asking families to change the clothing that’s in your child’s cubby according to weather (warm coat, sweater, onesies, T-shirts, pants, & socks).

Baby’s finger nails trimming

**Themes of the Month**

*Fall*—we will be learning:

- About the season (nature walk, trees, leaves, colors, acorns, and pumpkins).
- Finger plays & songs-
  - Leave are falling;
  - Five little pumpkins
- Sensory-
  - Water play, finger-painting, sponge painting;
- Language-
  - Reading books, rhymes, finger plays, singing songs
- Physical Activities-
  - Music & Movement-

  singing, dancing using musical instruments, floor time, tummy time