



March Newsletter 2017



Understanding the Importance of Physical Development

Physical Development is also referred to as “gross and small motor skills”. When parents take their child to the pediatrician, the pediatrician will often highlight the physical development of a child upon visits. They ask the parent questions about the activity levels of the child and may ask the child to perform certain tasks, measure their height and weight, and ask about their diet to track the growth and physical development of the child. If the child is unable to perform certain tasks, and the pediatrician has cause for concern, the pediatrician will consult with the parent to address the concerns surrounding the physical development of the child.

Gross motor skills are simply the physical development that children receive when walking, running, jumping, throwing, bouncing, balancing and riding toys. It is the activities of moving and building strong bodies when children are playing. Daily playground activity is important for children which encourages building relationships, sharing and working together in a group or as a team. Children can build their gross motor skills by running, jumping up and down, throwing and bouncing balls, walking and repeating steps, balancing on a beam, or riding a bicycle.

Small motor skills are simply using their hands to hold a crayon, a pencil, or hold small items. This can include getting dressed, brushing their teeth, holding a spoon, combing their hair, putting a simple puzzle together, using safety scissors for cutting paper, can button, zip and snap or just holding a coin in their hand.

Encouraging physical development at home can be incorporated into your daily routine. Parents can encourage physical development through a variety of activities to promote gross and small motor skills at home. Exercising is a great way to keep everyone healthy and strong: jumping up and down, pretend climbing and or just dancing. Outdoors games or sport activities such as tag, throwing a ball and catching it, kicking a soccer ball, going to the playground and children playing team sports. Indoor activities such as arts and crafts, cooking, and playing board games with children also encourages family and group time.

Program Director-Sayonara Harris



Children – Spencer, S., 3/4; Blake C., 3/19; Angelique A., 3/24; Malachi, S, 3/26; Christian P-L, 3/27;
Staff – Marchel, H, 3/1; Andrea K, 3/16; and Lenette T, 3/17.

VELC Happenings



- **Parent Engagement Trainings:** Are held every month with Mikaela Cunningham from the CHERISH Program. Trainings are held on Tuesdays from 6:00 pm to 7:00 pm. Dates TBA. Refreshments will be served.
- **Library Family Engagement:** The library offers monthly family engagement events that encourage family reading and language and literacy growth for all children. Look for this month's family engagement activity.
- **Free Services:** Free childcare consultation and observations for parents and children.
- **Parent Volunteers:** VELC love parent volunteers! Just sign in at the front desk.
- Celebrate Dr. Seuss Birthday through reading his famous books.
- **Parent Reminder:** If your child has an IEP or an IFSP, and you have not provided the center with a copy, please provide one to the front office as soon as possible. We need a copy to better serve you and your child.
- **Community Resources** are available. Located in the library is a table and stand full of resources for children, parents, families and the community. Make our library your resource center.
- **Variety Early Learning Center** participated in the National School Choice Week and was pleased to accept the School Choice Leadership Award 2017.
- **Thank you** to all of our private donors for the teachers treats and books for the children.