

PARENT PAGE

OUR SAVIOR LUTHERAN MINISTRIES
EARLY CHILDHOOD DEVELOPMENT CENTER

November 2009

LARGE MOTOR DEVELOPMENT

We often rush to give our children a head start in the pursuit of academic excellence and we as parents overlook a vital part of the child's development of the motor system. The motor system forms a foundation for the growth and expansion of all human organisms. It must be carefully nurtured.

We have begun our large motor development program here at Preschool. Each Tuesday and Wednesday your child will have the opportunity to engage in a large motor activity set up in our Big Room. You may ask why is perceptual motor develop-

ment important to your child?

The brain controls the muscles of the body, and the ability of the brain to send the proper signals to these muscles depends upon, among other things, previous experiences. Walking, eye movement, balancing, throwing, writing, and doing somersaults are all motor activities that are performed by muscles, dictated by the brain, and dependent upon thousands of previous experiences. Some activities require large muscles coordination, such as jumping rope. Others, such as drawing a square, depends upon fine (small) muscle movement from both eyes and fingers. Much of basic school

readiness depends upon many muscles working together. Just standing, for instance, depends on the proper tension and extension of 200 opposing muscles. When one considers the complexity of jumping rope... the coordination of leg, hand, eye, body, and arm muscles...the precision of muscle control is fantastic!

LOVE AND LOGIC

Remember that struggle builds self-esteem.

Requiring our kids to earn some of the things they want is one of the greatest gifts we can give them.

Set limits by saying "yes" instead of "no."

Saying, "Yes, you may have those sneakers if you pay for half of them" is far more effective than, "I am not buying those for you! Do you think that money grows on trees?"

Show them that arguing and manipulation don't work.

Experiment with calmly repeating, "I love you too much to argue" regardless of what they say. They'll be madder in the short-term yet happier in the long-term.

Expect them to do chores without being paid.

Experiment with saying, "I'll be happy to _____ when your chores are done."

Let them see you say "no" to yourself.

When our kids see us resisting the urge to buy everything we want, they are far more likely to develop humility and responsibility.

After learning about Love and Logic, one couple commented, "When we were kids, nobody in our community had designer clothes, sports cars, or cell phones. It was a lot easier to be a kid and to be a parent. Your book gave us the courage to do what we already knew was right. Now our kids have the most old-fashioned parents on the block!"

Dr. Charles Fay

CORE KNOWLEDGE MOVEMENT & COORDINATION

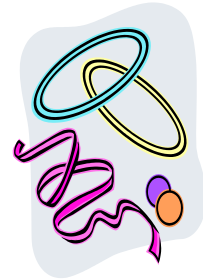
As part of our CORE Knowledge Curriculum we work on movement and coordination. We work on coordination skills and related movement activities that extend and refine the body's capabilities. We are also given the opportunity for enhancing time, space, and language concepts, as well as social development

as activities are carried out.

Our basic goals ask the children to stop and start movement according to a signal, maintain balance, move through space, with or without obstacles, in a variety of ways, throw and kick objects, and move cooperatively with others, through a variety of ways, throw

and kick objects, and move cooperatively with others, through a variety of tasks or traditional childhood games. The child is also asked to use the body to interpret music.

These are all activities that are done during our Motor Development Time here at preschool.



Two and Three Year Old CORE Knowledge

September

Stop and Start with signal.

We begin Motor Development when the music starts. We stop on the stars to wait our turn.

October

Up/down steps

Balance changing body position

We walked up steps and down a ramp. We walked forward and side stepped on a balance beam.

November

Balance walking forward

Kick and throw an object

We continue to walk on the balance beam and threw a turkey into a box and kicked a ball.

We work on different skills each month as well as build on skills we have already learned. Motor Development is lots of fun.

Four and Five Year Old CORE Knowledge Skills

September

Move whole body from low activity to high level activity.

Throw and Kick an object increasing accuracy at a target.

We warm up quietly with low active movements and end with a high level of activity.

We throw our turkey into a box.

October

Maintain balance walking forward, backwards and sideways,

Navigate through the obstacle course.

We moved across a balance beam.

The children followed the path of the obstacle course.

November

Ride a tricycle

The children road a tricycle around a path.

