

*PlayDates by Design*

New Ideas. Healthy Fun.



## 8 Week Lesson Module

Research indicates that the first 5 years of life are the most influential for a child's development. PlayDates by Design allows parents to designate time weekly to learn new ways to bond and interact with their children focusing on concepts of effective learning and building healthy social relationships.

PlayDates integrates favorite children's books and songs while using today's most effective parenting curriculums to teach parents new ways to play.

Lessons include:

1. Calm and Relaxation  
Encourage movement and focus while exploring nature and wild animals using theories of children's yoga.
2. Safety  
Teach your young child safety rules using three important colors red, yellow and green.
3. Movement and play  
Play ball, run and jump while promoting gross motor abilities.
4. Fingers and Toes  
Focus on the little things in life, fine tune details in order to promote fine motor skills.
5. Creating creativity  
Fine art, music, dance and silliness, learn how to promote your child's independent thinking.
6. Building Strong Brains  
School skills are created from an early start; engage your child with numbers and books.
7. Nutrition and Healthy Eating  
Introduce healthy habits allowing your children an opportunity to play with their food.
8. Cuddles and Hugs  
Love and bonding are keys to creating positive communication and avoiding difficult behaviors. Engage you children with snuggles and giggles.

*Additional lessons are available upon request.*



*PlayDates by Design*

New Ideas. Healthy Fun.



## 8 Week Lesson Module Typical Agenda

PlayDates by Design curricula follows routines young children can easily adapt, and parents can integrate into their own home experiences:

1. Parachute circle time (songs and dancing)
  - *Getting familiar with the group setting*
  - *Following directions and behavior modification*
2. Introduction of songs related to lesson module
  - *Increasing parent-child interactions through play*
  - *Giving children experiences in leading and following*
3. Story Time
  - *Improving literacy and understanding of numeric values*
4. Movement and Play
  - *Increasing cohesion through movement*
5. Felt board- introduce counting
  - *Improving literacy and understanding of numeric values*
6. Craft
  - *Encouraging children's creativity and cooperative play*
7. Snack and discussing the tips of the day
8. Clean up time
  - *Giving children experiences in leading and following*

