

PLAY BASED LEARNING APPROACH

EAC YMCA Early Learning programs offer a play-based approach that involves both child-initiated and teacher supported learning with hands-on activities through center play, artistic activities, and mindfulness practice that creates a warm and healthy classroom environment.



DEVELOPMENTALLY APPROPRIATE CURRICULUM

Frog Street Curriculum, developed in accordance with early brain development research, offers intentional instruction that fosters essential growth in the four developmental domains (language, cognitive, physical, social emotional). Through a social and emotional emphasis and well-rounded scope of hands-on learning activities, children develop the skills necessary to continue on the path to kindergarten readiness.

Infants: Building Strong Foundations

Toddlers: Nurturing Curiosity through Exploration

Threes: Expanding Wonder and New Horizons

Social Emotional Learning: Our teachers are making great efforts to create a safe and loving environment with a social emotional emphasis featuring Dr. Becky Bailey's Conscious Discipline®. Children will participate in activities that foster social and emotional development throughout their day that will prepare them to:

- Make friends and keep friendships
- Gain confidence
- Resolve conflicts
- Manage stress and anxiety
- Make appropriate decisions
- Learn strengths and weaknesses
- Gain awareness of what others are feeling



TEXAS RISING STAR

The **Texas Rising Star** program is a voluntary quality rating and improvement system (QRIS) for child care programs. Numerous research studies have shown that children who attend higher-quality early learning programs are more prepared for school entry than children who do not attend high-quality programs.

Our programs offer quality that exceeds the child care licensing standards for director and staff qualifications, teacher-child interactions, program administration, family education and engagement, and indoor and outdoor learning environments. These above and beyond practices positively affect the development of the children we serve.



LEARNING CENTERS

During center time the children will guide their own learning with their curiosity and interests by exploring the several areas throughout the classroom that include:

- Library
- Building & Construction
- Pretend Play
- Creative Expression
- Math & Manipulatives
- Science & Discovery
- Sensory Station

This time allows children to grow in their social skills such as self regulation, problem solving, collaboration with others, independence, self esteem and confidence.



BUILDING FRIENDSHIPS AND POSITIVE RELATIONSHIPS

EAC YMCA offers a program where children can engage with peers and establish meaningful friendships.



PHYSICAL DEVELOPMENT

Children will have several opportunities throughout their day to actively explore their indoor and outdoor environments by using their bodies to practice their gross motor skills such as running, jumping, balancing, dancing, crawling, and more.



SOCIAL EMOTIONAL LEARNING

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HEALTHY SNACK

EAC YMCA ensures children have access to a healthy, balanced snack each morning and afternoon.

Snacks include a variety of vegetables and fruits, whole grains, and small amounts of added sugar and saturated fat. All USDA approved.



SMALL GROUP INSTRUCTION

Preschoolers will experience engaging, hands-on activities during small group instruction which allows the teacher to provide specific support to help each child move to the next level of learning. These activities include fine motor skills, sorting, counting, and number and letter recognition.

