

Mommy and me

PlayGroup

1-2 year olds

HÖKKU
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*Woodlands
Forest School*
INSPIRED BY NATURE

OVERVIEW

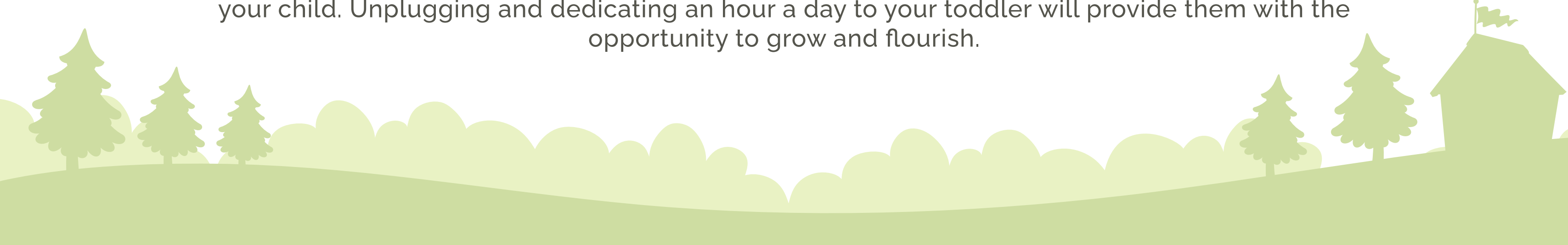

Join us for a *unique forest playgroup* to meet other moms and experience your child in a *semi-guided learning* setting and engaging activities.

¿Who is it for?



This program is designed for 1–2-year-olds. Activities will include **indoor free play, outdoor sensory play, library, sing along and guided crafts**. Bond with your baby, have fun, share the highs and lows of motherhood while making mama friends.

Carving space in your schedule to bond with your child is essential. Participating in Mommy and me playgroup allows you focused time on a **natural, unique and caring environment** to interact with your child. Unplugging and dedicating an hour a day to your toddler will provide them with the opportunity to grow and flourish.



Who is it for?

Mommy and me playgroup opportunities can be a great way to get to **know your child better**, you gain insights into what fascinates them and what they are drawn to. You also see where they initiate and where they need encouragement.

Children naturally respond to parent's voices and touch, stimulating their emotional, social, and cognitive development. When children see their parents singing, dancing, and playing during activities, they are more likely to join in enthusiastically with **confidence and excitement**.

- Planned one-on-one time together.
- Educational opportunities: learning through teacher instruction.
- Emotional connection and bonding experiences: observing how other babies and parents interact.
- Community building.
- Increased social interactions: your child will pick up a ton of new vocabulary, learn important social cues, and begin to relate to the outside world.
- Fine and gross motor skills development: share magic forest spaces with other toddlers, they are motivated to try new skills because they see others doing them.
- Stress-free transitions into preschool.





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The program includes:

- 🌸 **Playgroups:** free indoor playtime with sustainable toys to create an environment that nurtures deep play, promotes creativity, exploration, and problem-solving skills. Outdoor playtime because nature is our teacher. Mud, rocks, and sticks are the tools, and every activity in our outdoors setting deepens children's connection to nature. Stimulating and calming in equal parts, it provides a perfect environment for children's sensory systems, activating their focus and joy for learning.
- 🌸 **Reading Time:** library
- 🌸 **Music, Fingerplays and Crafts:** teacher-guided opportunities to develop a range of ways to connect with your child through doing and during transitions.
- 🌸 **Picnic:** bring healthy snacks and eat with other moms, share meal ideas to help
- 🌸 **Parenting Guidance:** we understand being a mom doesn't come with a manual. We're here to guide and support you on your parenting journey with routine building, sleeping, and diverse topics related to child development and parenting.
- 🌸 **Special Events:** Our events, including playdates, are carefully designed to nurture our community and are open to the family. Our events are not only crafted with the intention of fostering a sense of community but also connecting with other families in your area and creating unique memories.

Education in nature during the early years of life is crucial for the **holistic development of children**. This approach, rooted in **Forest, Waldorf and Froeble's approach**, offers several significant benefits. Firstly, constant exposure to nature promotes **physical and motor development** in children as it allows them to run, climb, jump, and explore freely, **enhancing their motor skills and overall health**.

Furthermore, being in nature stimulates children's **curiosity and imagination**. By interacting with natural elements such as leaves, stones, branches, and animals, youngsters develop their **observation skills and learn to appreciate the beauty and diversity of the natural world**. This not only enriches their knowledge but also fosters empathy towards the environment and the importance of caring for and conserving nature.



Education in nature also **nurtures the emotional and mental well-being of children**. The natural environment provides them with a tranquil and serene space to **connect with themselves, reduce stress, and improve their concentration**. Children learn to **self-regulate their emotions and find calmness amidst nature**, essential skills for their emotional development.

Early exposure to nature is linked to a greater respect for the environment in adulthood. Children who grow up appreciating the beauty and significance of nature are more likely to become environmental advocates and make **responsible choices in their daily lives**.

Education in nature during the early years of life offers a **wide range of benefits spanning from physical and cognitive development to emotional well-being and environmental awareness**. This pedagogical approach provides children with a solid foundation to grow as balanced individuals who are aware of their surroundings, preparing them to face the challenges of the modern world in a more comprehensive and meaningful manner.



We invite all mothers to be a part of the *Woodlands Forest community* by joining our Mommy and Me program. Strengthen the bond with your child while immersing yourselves in the beauty of nature. Please be aware that admission to this program is **subject to approval** to maintain the harmony of our community, and we have **limited spots available**.

This is not just an invitation; it's an *opportunity for you and your child* to connect, learn, and grow together in a natural and nurturing environment. Don't miss out on this chance to create lasting memories and experiences.

Take the first step and enroll in our Mommy and Me program today.





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Let's embark on this exciting journey together, exploring the wonders of the forest while building unforgettable connections. We look forward to welcoming you to Woodlands Forest.

Join us now and make your child's early years truly special!



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+18327171101 & +18882392311



contact@woodlandsforest.school



8916 west ln Magnolia 77354



www.woodlandsforest.school