



Offering weekly classes to infants, toddlers, children, and their caregivers.

Now open in Maryland!
Classes begin May 1st!
TUESDAYS AND THURSDAYS
EACH CLASS IS 8 WEEKS.

Call 301-577-4333 to sign up!
\$25 PER CLASS
4451 Parliament Place, Suite A. Lanham, MD 20706

HEAD, SHOULDERS, KNEES AND ROLL

Gross and fine motor skill development for emerging movers, walkers, and runners

Days and Times: Tuesday/Thursday, 9:00am-10:00am

Ages: 18 months to 4 years, *age exceptions may apply*

Description: This course teaches body-awareness through exploration of head, shoulders, knees, toes, eyes, ears, mouth, & nose! While learning about their body parts through play, tots will be encouraged to use their parts to roll, tumble, balance, crawl, walk, and maneuver through obstacles. This class is designed to improve coordination and use of fine and gross motor muscles. We also support caregivers to help their tots be more independent and successful with movement. Skills taught in this class are great for safe movement, independence, and mobility at home and in the community.

TOUCH AND TASTE ART TIME

Oral motor and sensory development

Days and Times: Tuesday & Thursday, 10:15am-11:15am

Ages: 15 months to 3 years, *age exceptions may apply*

Description: This course teaches tots to explore tons of textures with their tiny fingers and tools. This is a great

class for families that have a tough time during mealtime or families with tots who have a limited diet. Tots will have the opportunity to explore textures, taste and feel new foods, and eat them with independence and success! Through song, art, snacks, and fun, caregivers learn to support their tots at home and help make mealtime a success—with the help of our experts.

"COOK" A BOOK CLUB

Speech, language, and social skills development

Days and Times: Tuesday / Thursday 11:30am-12:30pm

EVENING CLASS Tuesday 5:00pm-6:00pm

Ages: 2 to 5 years, *age exceptions may apply*

Description: This course is great for tots learning to communicate. After reading stories and adventures that catch their attention, tots work with their caregivers and friends to recreate characters and other featured story ideas through child friendly "cooking" activities! Goals for each participant are individualized and age appropriate. Children and their caregivers will work with our team to learn communication (verbal and nonverbal), turn taking, sharing, and improving attention span. Activities are designed to offer many opportunities for children to practice appropriate behavior and communication skills with peers and continue using them at home.