



THE BUILDING BLOCKS HOME EDUCATION & ECD PROGRAM

BBP SESSIONS



COVERING ALL FUNDAMENTAL AREAS OF
DEVELOPMENT

BUILDING A SOLID FOUNDATION FOR
DEVELOPMENT FROM BIRTH TO FIRST GRADE

What are these sessions about?



INFORMATION BOOKLET
2023

Research has shown that the first seven years of a child's life is the most important for development. The Building Blocks Program [teaches many techniques](#) and is an enjoyable environment for both mom / dad / caregiver and baby with an opportunity to form friendships, share experiences and receive advice. Most importantly, this gives an opportunity to spend quality time with your little one.

[The Building Blocks Program](#) is a weekly program, with optional weekly sessions for moms / dads / caregivers and their little ones focusing on the fundamental areas of development building a solid foundation for early childhood development right from birth to first grade.

This program encourages babies and children to move from one developmental stage to the next, following the activities and games each week to ensure that children reach their full potential whilst having fun!

BBP Sessions take place at the CAS Families premises, creating a relaxed, safe and friendly and homely environment.

WHICH STAGE WILL YOUR LITTLE ONE BE IN?

There are 10 different stages of The Building Blocks Program:

1. Newbies (0-1 Month)
2. Teeny Tinies (1-3 Months)
3. Sitting Duckies (3-6 Months)
4. Creepy Crawlies (6-12 Months)
5. Walky Talkies (12-24 Months)
6. Cheeky Monkeys (24-36 Months)
7. Funny Bunnies (3-4 Years)
8. Cutie Patooties (4-5 Years)
9. Humpty Dumpties (5-6 Years)
10. Lucky Fishies (6-7 Years)

WHAT TYPE OF ACTIVITIES WILL WE BE DOING AND WHAT WILL WE LEARN FROM THE BUILDING BLOCKS PROGRAM?

Each week includes several activities and games, under 8 main "building blocks". These blocks include:

- Intellectual Development
- Physical Development
- Gross Motor Skills
- Hand-Eye Coordination
- Vestibular System
- Independence
- Inquisitiveness
- Speech Development
- Language
- Visual Intelligence
- Emotional Development
- Social Development
- Fine Motor Skills
- Proprioception
- Listening Skills
- Self-Awareness
- Sensory Play
- Comprehension
- Communication
- Creativity



Developing and learning these skills through play is essential and aids learning abilities later on in life

WHAT IS THE MAIN AIM OF ATTENDING THE BUILDING BLOCKS PROGRAM (BBP) SESSIONS?

The main aim of BBP Sessions is to ensure the overall development of your child with the aid of a facilitator, for your child to learn whilst having fun and for moms / dads / caregivers and little ones to meet other moms / dads / caregivers with little ones, therefore making it an enjoyable social experience as well. In addition, the aim is for parents and caregivers to be educated on early childhood development with positive and conscious parenting techniques and approaches, so that they feel empowered in their parenting journey, and to provide the support that moms / dads / caregivers require in the early years. Understanding where your child is at in terms of their early childhood development helps and empowers you as a parent or caregiver to understand their behaviour.

MATERIALS AND EQUIPMENT USED IN THE SESSIONS

The Building Blocks Program has been designed in such a way that everyday items can be used as opposed to "having it all". Therefore materials and equipment will be supplied in the sessions, however, you can take the weekly program home and replicate them using everyday items at home and try different variations on the games or activities. Most activities use materials and items that can be found or made in the home.

DURATION

You and your baby / child will attend a 1-hour session once a week on a fixed day of the week.

- Newbies & Teeny Tinies (Age 0-3 Months): Saturdays @ 09h45
- Sitting Duckies (Age 3-6 Months): Saturdays @ 09h45
- Creepy Crawlies (Age 6-12 Months): Saturdays @ 09h45
- Walky Talkies & Cheeky Monkeys (Age 1-3 Years): Saturdays @ 09h00

WHAT GETS COVERED IN A 1 HOUR SESSION?

- Settling in while we wait for all the moms / dads / caregivers to arrive - you are welcome to help yourself to coffee / tea / water / biscuits / rusks.
- Greeting: Introduction
- Welcome Song
- Activities & Games from The Building Blocks
- 15minute Social interaction with the opportunity to ask questions

WHAT IS THE COST OF THE SESSIONS?

2024 rates for The BBP Sessions are R1510 upfront for one term, with an annual registration fee of R300.

Payment plan: 3 monthly installments of R510 (obligatory), paid by the 1st of each month in advance.

WHAT IS INCLUDED IN THE COST?

- 8 in-person 1-hour sessions
- 12 weeks (3 months) of The Building Blocks Program filled with age-appropriate games, activities and exercises under each building block to support your child's development at home. [Valued at R199 per month, but included in the cost of those attending the BBP Sessions].
- Complimentary coffee / tea / water / rusks / biscuits at the in-person sessions
- Occasional take-home items
- Developmental Expectations for each stage of development



- Milestone Checklist after graduating from each stage
- Certificate of Achievement for graduating from each stage (hardcopy and digital copy)
- Photos taken in the session with your little one and sent via WhatsApp.
- Online Membership which includes access to all Positive Parenting Resources available in the member vault and discounts on future products/services.

HOW MANY CHILDREN IN THE BBP SESSIONS?

Each session has a maximum of 8 babies or 10 toddlers.

TERM DATES FOR IN-PERSON SESSIONS

TERM 1: 20 January - 9 March

TERM 2: 20 April - 8 June

TERM 3: 20 July - 7 September

TERM 4: 19 October - 7 December

WHERE IS THE VENUE?

Sessions are hosted at The Playroom, 31 Sandown Road, West Beach.

WHAT DO I NEED TO BRING?

- A blanket for your little one to lie / sit on. (This is placed on the mats provided for the baby session).
- A snack if required.
- Spare set of clothes as we do get messy from time to time.
- Nappies etc. should your little one need their nappy to be changed.

WE FOLLOW YOUR CHILD'S NEEDS

- We follow baby/child's lead in the sessions and attend to their needs which are more important than the activity they are doing.
- If baby needs to feed, you are welcome to go into the home to feed your baby in the living area undistracted.
- If your child needs to eat a snack, they are more than welcome to.
- If baby/child needs their nappy changed, please feel free to do so on the changing mat provided.
- If baby needs to sleep, falls asleep in the session or arrives to the session asleep, please let baby sleep or leave them to sleep until they wake again in their own time.

Should you have any queries, please don't hesitate to contact Cassandra.

Banking details and payment instructions will be sent on the 25th of the month and payable by the 1st of the following month. Payments are made in advance.

Please [click here](#) to register for the sessions.



BUILDING BLOCKS TIMELINE

