

CAS FAMILIES

INFORMATION BOOKLET

2024

# THE BUILDING BLOCKS PLAYGROUP

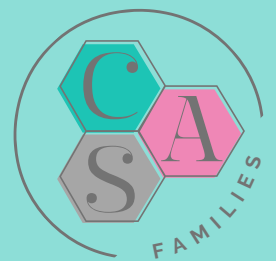
Playing is Learning

Learning is made easier when it's FUN and we learn through play!



**Creating a happy, safe, enjoyable and nurturing environment for your little one, so that learning CAN happen.**

Watch your child progress through each stage and blossom in their development.



# WHERE LEARNING IS FUN

## About The Building Blocks Program

Each child has different needs, strengths and develops their own pace, although most children follow a similar pattern of development.

The Building Blocks Program was developed with the focus being on early childhood development rather than academics. Howard Gardner, the author of *Frame Of Minds: The Theory of Multiple Intelligences*, places emphasis on this fact and this formed much of the basis for the program. The aim of the program is that through hundreds of games and activities children can develop to their full potential whilst having fun.

According to Gardner, there are 7 types of intelligence, which have been mapped into 8 Building Blocks that stimulate a child's creativity and attention.

The Building Blocks Program is a weekly program that focuses on the fundamental areas of development building a solid foundation for your child's early development right from birth to first grade. We believe that play is a child's most important work, especially in the first 7 years of their lives.

This program encourages 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!







# PLAYING IS LEARNING

## More About The Building Blocks Program

We honour your child's uniqueness and realize that all kids have different needs. We know that each child develops at their own pace so the program is geared to support that so you don't need to feel anxious and concerned about each little developmental step. The program allows you to bond and connect with your child, and promotes development, emotional well-being, and growth for your child.

CAS Families aims to hone your child's skills and talents through various skill-building blocks. These blocks include:

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



Learn more about The Building Blocks Program by visiting [www.casfamilies.co.za/building-blocks-program](http://www.casfamilies.co.za/building-blocks-program)

# WHY THE BUILDING BLOCKS PLAYGROUP?

The BBP Playgroup is a home-based playgroup creating a relaxed, safe, gentle and friendly environment. The calm, tranquil atmosphere was set up with intent so that the children aren't overstimulated by colours, noise and surroundings. We use a play-based program that encompasses all the different types of play by setting up different "hubs" to accommodate the following types of play including:

- Free/unstructured play
- Guided/focused play
- Messy Play
- Sensory Play
- Imaginary Play
- Musical Play
- Physical Play

The program includes engaging activities and games on a one-on-one basis with focused, individualized attention, whilst having the opportunity to socialize with friends in a nurturing manner. The activities are inviting, child-led as well as engaging, with special attention to interest-based learning.



## WHICH STAGE WILL YOUR LITTLE ONE BE IN?

There are 10 different stages of The Building Blocks Program. Your little one will be in the

- Walky Talkies (Age 1-2), or
- Cheeky Monkeys (Age 2-3), or
- Funny Bunnies (Age 3-4), or
- Cutie Patooties (Age 4-5)

The playgroup is a small group which gives us an opportunity to encourage co-regulation through our EQ development. We hold space for the children to be seen, heard, understood, loved for who they are and we allow them to feel their "big" feelings.

We teach children how to play with one another and develop relationships through social learning and engagement, turn-taking games and guided play to equip them with the social skills required to handle any type of situation.

The Building Blocks Program focuses on building Foundational skills, where the focus remains on essential development in all the fundamental areas to achieve success later on in life.



# ABOUT US

*Where kids  
play to learn*



Cassandra is the Founder of CAS Families where she provides parent support focusing on child behaviour and development. She has over 14 years of experience working with parents and children from birth to 17 years of age. She has a certificate in Child Psychology, is a certified Positive Discipline and Parenting Educator, is qualified in First Aid, developed The Building Blocks Home Education and Early Childhood Development Program and is certified in Basic DIR Floortime. She aims to spread awareness of Positive and Conscious Parenting principles and approaches throughout the globe which she has also encompassed into The Building Blocks Program and Playgroup. She believes that parents who understand and are aware of where a child is at in terms of their development, understand why their children may behave a certain way and are then better able to respond in a loving and empathic manner. She is extremely passionate about a child's early development and loves watching little ones grow and develop to their full potential. She is also the blessed mom of two precious boys.



**Trained Playgroup Facilitators:** The playgroup is facilitated by wonderful, kind and gentle assistants under Cassandra's supervision. Cassandra coaches and assesses the children's development and ensures that each child reaches their full potential.

**Daily Routine:** Routine creates structure and predictability which is important for a child's development, however, our routine is not rigid and children have the freedom to explore activities and play hubs.

**Discipline of the children:** We do not implement timeouts or "naughty chairs" as we believe this creates a disconnect between adult and child, punishes a child for age-appropriate behaviour otherwise misunderstood, and that a child doesn't feel seen, heard or understood. We allow children to feel, they learn about their emotions and feelings and how to manage them through connection and by teaching calming strategies (where each unique child can decide what works for them). We also coach kids through conflict to teach them conflict management skills (such as when one child takes a toy from another).



The playgroup is open 5 days a week, Monday-Friday from 08h00-12h00 and is closed during holidays and on public holidays. Parents have the choice to enrol their children for either 3, 4 or 5 days a week.

**Provisional 2024 Term Dates:**

17 January - 22 March

10 April - 21 June

17 July - 27 September

9 October - 6 December

**Monthly Fees:**

3 days: R2900 (12 months)

4 days: R3400 (12 months)

5 days: R4200 (12 months)

- Pausing/cessation of fees if you are going to be away, if your child is ill or if the playgroup is closed due to Covid is regrettably not possible.
- Fees are reviewed annually.
- Two calendar month's paid notice is required when leaving The Building Blocks Playgroup.

**Annual Non-Refundable Deposit:**

R2500 (10% discount on subsequent years)

The Building Blocks Program

(Optional Extra to support learning at home):

R199 per month

**Daily Fee for Day Visitors:** R300

*Our goal  
is to nurture little minds*