



# STARS on the Internet

## Key Learning Times

Learning continues throughout life. However, "prime times" or "windows of opportunity" exist when the brain is a kind of "super sponge," absorbing new information more easily than at other times and developing in major leaps. While this is true especially in the first three years of life, it continues throughout early childhood and adolescence. For example, young children learn the grammar and meaning of their native language with only simple exposure.

While learning later is possible, it usually is slower and more difficult. Some

improvement in most skills is possible throughout life. However, providing children with the best opportunity for learning and growth during the periods when their minds are most ready to absorb new information is important.

### Visual and auditory development

The "prime time" for visual and auditory development, or a child's capacity for learning to see and hear, is from birth to between 4 and 5 years old. The development of these sensory capacities is very important

for allowing children, especially babies, to perceive and interact with the world around them. During the first few months, especially, babies need to see shapes, colors, objects at varying distances and movement for the brain to learn how to see. Babies also need exposure to a variety of sounds so their brain can learn to process that information and allow for responsiveness by hearing something.

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"STARS on the Internet"  
[www.starsclasses.com](http://www.starsclasses.com)

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### Special points of interest:

- ☺ Key points of learning
- ☺ Brain Myth & Fact
- ☺ Games for all
- ☺ STARS Classes

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## Games

Play is a child's work! It is through meaningful play that children learn all the needed life skills to grow & develop into a competent adult. As a child care provider it is very important to expose the children in your care to games. We have previewed a few helpful

websites that are filled with games.

This first website has rules for many common games that children play. <http://www.gameskidsplay.net/>

This next site has easy computer games for children:

<http://www.baby-place.com/games.php>

And finally here is a site filled with Educational games:

<http://pbskids.org/games/index.html>

# Brain Development Myth or Fact??

**Myth** At birth the brain is fully developed, just like one's heart or stomach.

**Fact** - Most of the brain's cells are formed before birth, but most of the connections among cells are made during infancy and early childhood.

**Myth** The brain's development depends entirely on the genes with which you are born.

**Fact** - Early experience and interaction with the environment are most critical in a child's brain development.

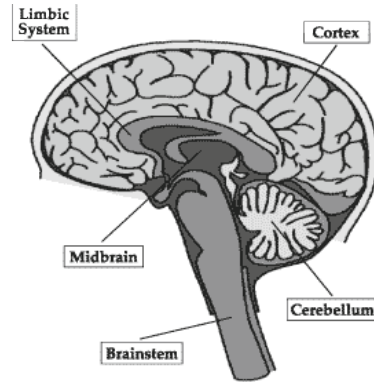
**Myth** A toddler's brain is less active than the brain of a college student.

dent.

**Fact** - A 3-year-old toddler's brain is twice as active as an adult's brain.

**Myth** Talking to a baby is not important because he or she can't understand what you are saying.

**Fact** - Talking to young children establishes foundations for learning language during early critical periods when learning is easiest for a child.



**Myth** Children need special help and specific educational toys to develop their brainpower.

**Fact** - What children need most is loving care and new experiences, not special attention or costly toys. Talking, singing, playing and reading are some of the key activities that build a child's brain.

## Key Learning Times (continued from page 1)

### Language development

The "prime time" for language development and learning to talk is from birth to 10 years of age. Children are learning language during this entire period. However, the "prime time" for language learning is the first few years of life. Children need to hear

you constantly talk, sing and read to them during these early years. Respond to their babbling and language efforts.

Children vary in their language development during these first years, so parents should allow for some variation in children's abilities at different ages. They should encourage language development, be patient and

seek assistance from a qualified professional if concerns arise about a child's progress in this area.

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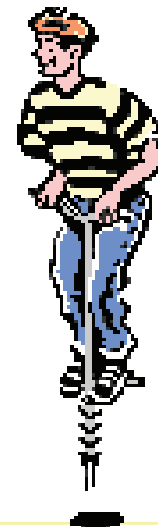
### Physical and motor development

The "prime time" for physical and motor development in children is from birth to 12 years of age. Children become physically ready for different aspects of motor development at different times. Large motor skills, such as walking, tend to come before the refinement of fine motor skills, such

as using a crayon.

A child needs several years to develop the coordination skills to play catch with a ball easily, and even then refinement of such skills continues into a child's early adolescence. Parents should monitor a child's motor development but be patient since children vary in their rates of development.

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The prime time for language learning is the first few years of life.

## Key Learning Times (continued)

### Emotional and social development

The "prime time" for emotional and social development in children is birth to 12 years of age. Differing aspects of emotional and social development, which incorporate higher capacities, such as awareness of others, empathy and trust, are important at different times. For example, the real "prime time" for emotional attachment to be developed is from



as children grow.

Emotional intelligence is critical to life success. The part of the brain

birth to 18 months, when a young child is forming attachments with critical caregivers. Such development provides the foundations for other aspects of emotional development that occur

that regulates emotion, the amygdala, is shaped early on by experience and forms the brain's emotional wiring. Early nurturing is important to learning empathy, happiness, hopefulness and resiliency.



## Transition Trouble???

Do you find it difficult to control young children as they move from one activity to another? Most teachers & caregivers do. This tends to be a time when many things must get done (clean-up, move to lunch/snack/nap, get in line, wash up, etc.) and many children are unwilling to comply. What can be done?

Well first off do some forward plan-

ning. Have a bag of tricks ready to use as needed.

- Finger Plays. Learn some good ones to keep hands & minds busy while they wait or line up.
- Silly Snake Rope. A long cord that children hold on to in order to line up.
- Stick puppets. Each child has his/

her own helper buddy puppet. That assists in the clean-up chores.

- Beat the clock. Set a timer & see if they can complete the job before it rings!

These are just a few of the ways to calm the transition troubles.

## STARS on the Internet's Featured Class: "CLASSROOM MANAGEMENT"

This brand new STARS approved class is a must take for any new teachers or teachers in search of new ideas. This class is a full 10 hours so you will complete the full annual STARS hour requirement by taking just this one class. All STARS on the Internet classes can be started at anytime! This class is on-line 24/7. So you can work at your own pace. Save gas & time.

There is never any travel, as classes are completed in the comfort of your own home on your home computer.

For full information go to the STARS on the Internet website:

[WWW.STARSCLASSES.COM](http://WWW.STARSCLASSES.COM)

All STARS on the Internet classes can be started at anytime! The class is on-line 24/7

Work at your own pace!



Classroom Management skills are very important to teaching success!

"STARS on the Internet"  
[www.starsclasses.com](http://www.starsclasses.com)



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STARS classes 24/7 anytime and  
anyplace via the internet



### **Our Business History:**

"STARS on the Internet" began in 1999. We were one of the first groups to go through the STARS Training the Trainer program. We were the very first Internet STARS training program available in Washington state. We worked closely with WAEYC & STARS to develop courses that would improve the level of Child Care in the State of Washington, while being offered on line.

Each year we have increased our class offerings by developing and setting up new courses that are of interest to Child Care Providers and that are within the STARS guidelines. At the end of every class students are asked to evaluate and give suggestions for new classes.

If you have a topic of interest and would like to see a class developed please contact us by e-mail. We are always open to new class ideas.

As always...Have a great year & enjoy your classes!

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## STARS on the Internet Class Offerings

[STARS 20 Hour Basic for centers  
& home care](#)

[STARS 20 Hour Basic for School-  
age programs](#)

[STARS 10 Hour Health, Safety &  
Nutrition](#)

[STARS 10 Hour Family Systems](#)

[STARS 10 Hour Individual & Cul-  
tural Diversity](#)

[STARS 10 Hour Facilities & Class-  
room set-up](#)

[STARS 10 Hour Pre-Reading Skills](#)

[STARS 10 Hour Pre-Math Skills](#)

[STARS 10 Hour Pre-Science Skills](#)

[STARS 10 Hour Curriculum Building  
for Infants](#)

[STARS 10 Hour Curriculum Building  
for Toddlers](#)

[STARS 10 Hour Curriculum Building  
for Pre-School](#)

[STARS 10 Hour Curriculum Build-  
ing for School-Age](#)

[STARS 10 Hour Fitness for Kids](#)

[STARS 10 Hour Prop Box Activities](#)

[STARS 10 Hour Literacy Develop-  
ment](#)

[STARS 10 Hour Behavior Strate-  
gies](#)

[STARS 10 Hour Art for Kids](#)

[STARS 10 Hour Classroom Manage-  
ment](#)

[STARS 10 Hour Administration 1 -  
"Portfolio & Files"](#)

[STARS 10 Hour Administration 2 -  
"Staffing"](#)

[STARS 10 Hour Administration 3 -  
"Web Development"](#)

[STARS 10 Hour Administration 4 -  
"Parent Orientation"](#)

Click on any class for full informa-  
tion & registration

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