

## Lifebook

### A Journey from Birth to Age 12



Name: Frishta Nazari

Student ID: 301446908

Subject: Child and Youth Care Program

Instructor: Paola Ostinelli

Date: March 12<sup>th</sup> ,2025

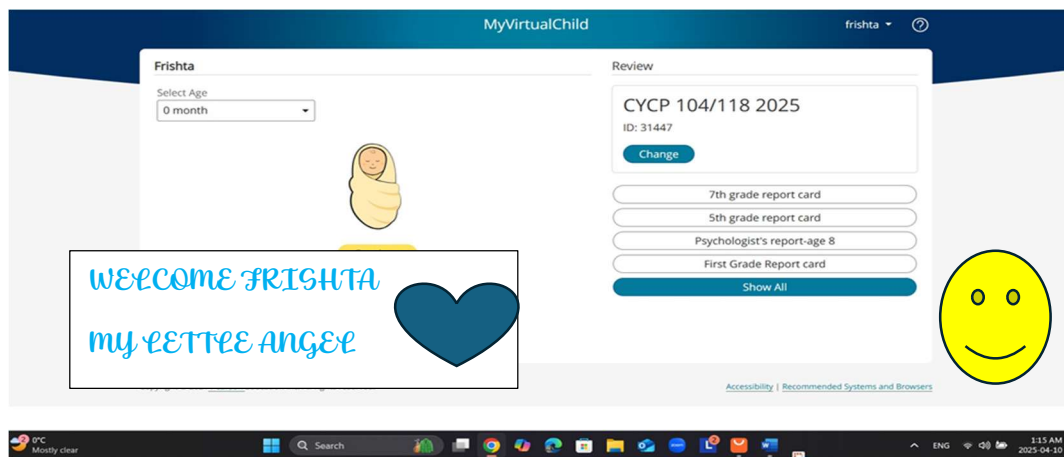
## Table of Content

<b>Abstract .....</b>	<b>3</b>
<b>Birth to Age 2 .....</b>	<b>3</b>
<b>Welcome Letter.....</b>	<b>4</b>
<b>Ages 3 to 5.....</b>	<b>5</b>
<b>Physical Activities &amp; Developmental Milestones.....</b>	<b>6</b>
• Preschool Assessment (3 years 11 months)	
• Frishta’s Favorites (Songs and Dancing)	
<b>Ages 6 to 12 .....</b>	<b>7</b>
• Developmental Milestones	
• Favorite Activities & Hobbies	
<b>Time Capsule Entry .....</b>	<b>8</b>
<b>References .....</b>	<b>9</b>

## Abstract

This Lifebook documents the growth, developmental milestones, and experiences of Frishta from birth to age 12. It highlights key aspects of physical, cognitive, social, and emotional development while incorporating reflections, activities, and personalized messages. The Lifebook provides a structured overview of childhood growth, capturing important memories and achievements.

<https://youtube.com/shorts/VMJWoZI9Dno?si=wlaBYeXtk6A9N2yl>



## Birth to Age 2

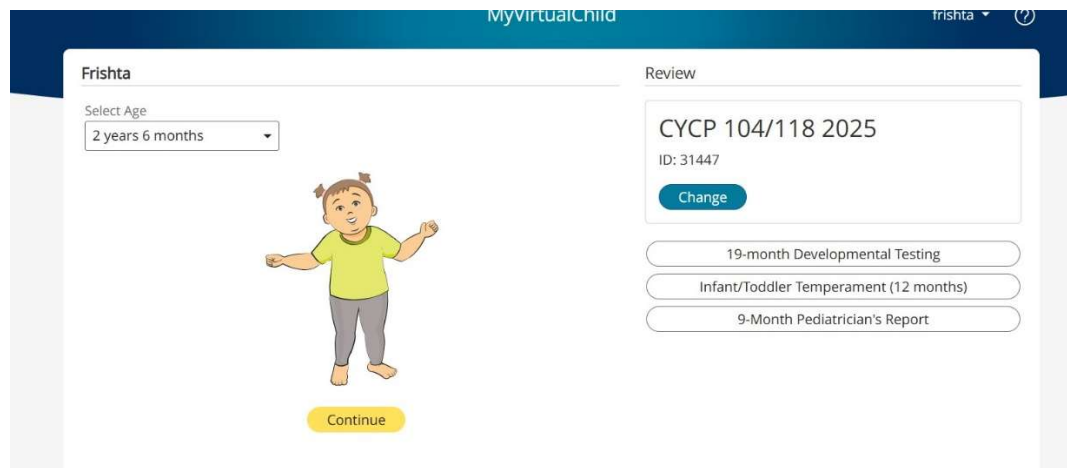
### Birth Announcement

- Name: Frishta
- Date of Birth: 2013-01-01
- Caregivers' Names: Nazari

Welcome to the World, Our Little angel .With hearts full of love and joy, we are beyond grateful to introduce our precious baby, Frishta who arrived on 2013-01-01, bringing endless happiness into our lives.

Thank you to our family and friends for your love and support as we embark on this beautiful journey of parenthood.

With love,  
F. Nazari



MyVirtualChild

frishta

Frishta

Select Age

2 years 6 months

Continue

Review

CYCP 104/118 2025

ID: 31447

Change

19-month Developmental Testing

Infant/Toddler Temperament (12 months)

9-Month Pediatrician's Report

## Welcome Letter

*Dear Frishta,*

My sweet little angel, welcome to the world! From the moment I held you in my arms, my heart was filled with love beyond words. You have brought so much happiness and light into our lives, and every day with you feels like a beautiful blessing.

In your first few months, I watched in awe as you discovered the world around you. Your tiny fingers curled around mine, and your bright eyes sparkled with curiosity. You giggled at the soft tickles on your tummy, and your laughter became the sweetest melody in our home. You were always full of wonder, learning something new each day.

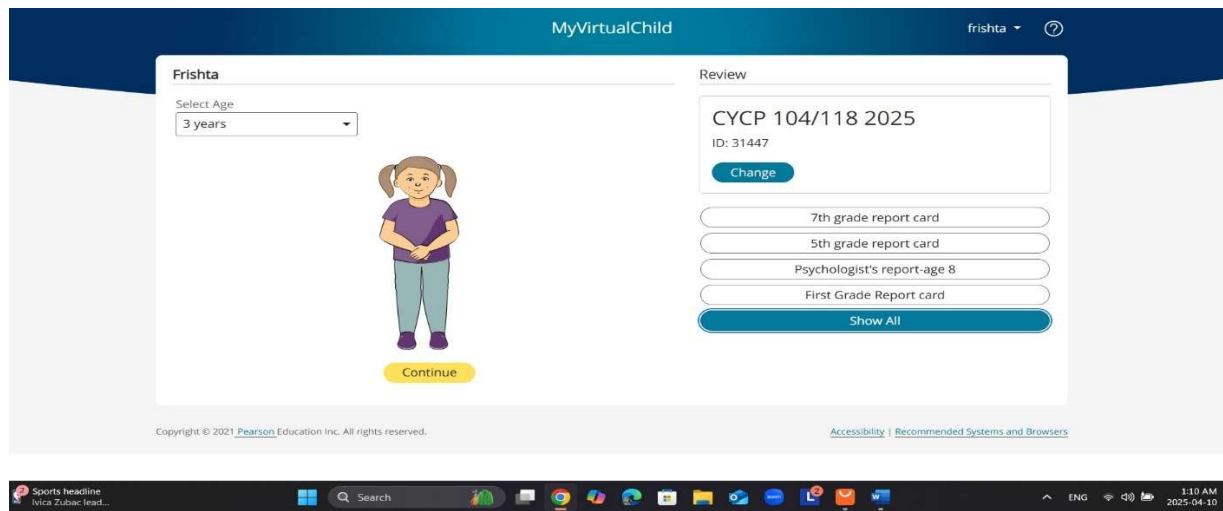
As the months passed, you reached incredible milestones of your first smile, rolling over, sitting up all by yourself. Every little achievement made me so proud. You are growing into such a beautiful and strong little girl, and I can already see the kindness and courage in your heart.

I know the value of every hug, every sleepy sigh, and every moment we share. I promise to always be here, guiding you, loving you, and cheering you on as you grow. My precious girl may your journey through life be filled with joy, laughter, and endless love.

With all my love,

Mom ❤️

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## Ages 3 to 5

### Physical Activities & Developmental Milestones for Frishta

As Frishta grows from age 3 to 5, her physical abilities will develop significantly! Some of my favorite activities to engage her in and observe her progress include:

- **Age 3:** Running around the playground, hopping on one foot, and climbing up the slide independently. She enjoys chasing bubbles and playing "catch me if you can" with her siblings.
- **Age 4:** She starts skipping excitedly while holding my hand, spinning in circles to music, and practicing simple dance moves. Throwing and catching a soft ball becomes a fun daily game, and she tries to balance on one foot for longer.
- **Age 5:** Frishta confidently rides her small bike with training wheels, eagerly jumps rope alongside her friends, and participates in simple organized games like "Simon Says" and relay races. She also loves playing hopscotch and challenging herself to jump higher.

**Preschool Assessment (3 years 11 months) for Frishta, I noticed that:**

- **Strengths:** She has excellent fine motor skills, like holding a pencil properly and carefully stacking small blocks. Her language skills are also very strong, also She loves creative activities like drawing and working with blocks. She recognizes most letters, writes her name, and can read some simple words.
- **Areas of Focus:** I 'm working on improving her balance, especially when hopping on one foot or walking on uneven surfaces also encouraging more group play so she can practice taking turns and making new friends.
- **Suggested Activities:** Frishta enjoy walking on stepping stones and pretending they are "lava rocks." Group storytelling with her favorite stuffed animals helps her to practice teamwork and sharing ideas.

**Frishta's Favorites are listening to Songs and Dancing:**

- **Song 1:** (*Twinkle, Twinkle, Little Star*) :She always sing along and do the little hand motions with so much excitement!
- **Song 2:** (*Mommy shark, Daddy shark*) :she loves to be clapping hands and stomping your feet at just the right time.

## **Ages 6 to 12**

### **Developmental Milestones**

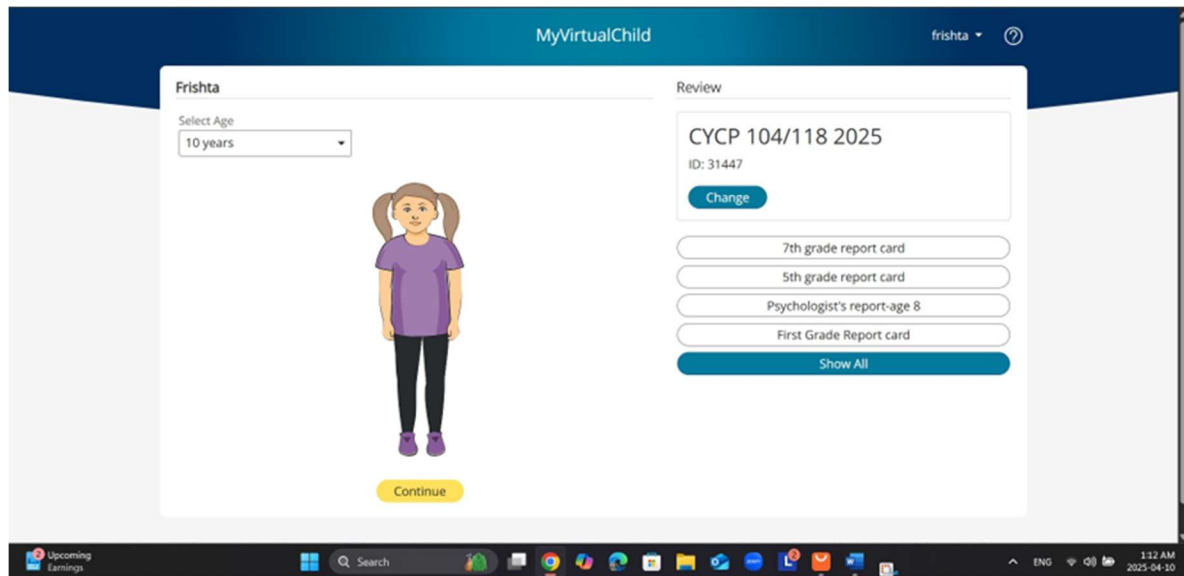
Frishta's school years have been full of growth and learning!

- *Physical Growth:* Frishta has grown taller and stronger. She stays active through school activities like band and chorus and always has good energy in class.
- *Cognitive Development:* Frishta is doing well in reading, writing, and spelling. She's becoming very good at understanding stories and writing her ideas clearly. Her memory and thinking skills are improving, and she does well in Spanish too.
- *Social & Emotional Strengths:* Frishta is respectful, kind, and friendly. She works well with others, follows school rules, and helps her classmates. She has good friendships and is very responsible with her homework and classwork.

### **Favorite Activities & Hobbies**

Some of Frishta's favorite things to do are:

- *Sports/Games:* Even though her report card didn't talk about sports, Frishta enjoys group activities and playing with others at school.
- *Creative Activities:* Frishta loves art, music, and writing. She got as in art, band, and chorus, and her teachers said she's talented. Drawing, singing, and making music are things she enjoys a lot.
- *School Subjects She Enjoyed:* Frishta really liked English, Social Studies, Spanish, and Art. She is very good at reading and writing, and she enjoys learning new things in these subjects.



## Time Capsule Entry

*My Dear daughter!*

By the time you read this, you will be 18 years old! At age 12, you loved Playing music in band. Your best friends were Asma, and your favorite teacher was Miss Kings.

My wish for you is that you continue to be kind, curious, and brave just like you've always been. Keep believing in yourself and enjoying every step of your journey. I hope that by now, you have pursued your dreams and are happy with where life has taken you!

With love,  
Your Mother

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Nazari.F(March2025)