



**Apple
Tree**
EARLY CHILD CENTER



**APPLE
JUICE**

www.appletreechildcare.com

March 2026

A note from the office:

We hope all of our families had a great February! Warm weather is in the near future!

A few reminders:

- A **New Parent Handbook** will be sent home the first week of March. Please read through it, and if you have any questions, ask Jessica or Amanda. Please sign the slip that is sent home with the handbook and return it to the office.
- With the changing weather, please make sure your child has appropriate clothing to go outside. It can still be chilly in the mornings when we go outside, so your child will need a jacket, even on the warm days.

We hope everyone has a great month!

You can reach us at the telephone numbers/emails below or by stopping in to talk to us.

Jess - telephone number: 722-4336 email: director.ecc@appletreechildcare.com

Amanda - telephone number: 722-4335 email: assistantdirector.ecc@appletreechildcare.com



HAPPY BIRTHDAY

Ellie
Joya
Liam
Noah
Skylar

Leah
Harper
Lillian
Macay
Micah



How to Help Your Child Recognize & Understand Frustration

Brooke Brogle, Alyson Jiron & Jill Giacomini

Frustration is a common emotion in young children and typically occurs as a child begins to discover the many things he would like to do, but simply cannot do yet. Frustration is a natural and healthy emotion and can provide a positive learning experience for a child. The feelings of frustration that occur when your child has difficulty communicating his needs or tying his shoes are his cue that he needs to try to do something in a different way or that what he is doing is not working. You can teach your child how to deal with frustration in a way that is useful for him. Most important, you must respond to frustration when it first arises before it changes into anger or becomes the dreaded temper tantrum. Two skills children must learn in order to deal with frustration are: 1) how to ask for help, and 2) know when to take a break!



Backpack Connection Series

About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.



ChallengingBehavior.org

Try This at Home

- Notice and label when you, your child or others are frustrated. Explain that everyone, including adults, feel frustration. You might say:
 - » About yourself: "I am frustrated. I have tried three times to fix the vacuum and it is just not working! I am going to take a break. I will come back and try when I am feeling calmer."
 - » About your child: "You are so frustrated! I see that you have been trying to build that tower and it keeps falling down! Let's have a snack and then try again together."
 - » About others: "That little boy looks frustrated. He can't climb up the ladder on his own. I wonder if he needs some help?"
- Teach your child appropriate ways to respond to frustration. You might say to your child, "You can ask Daddy. Say, 'Help please!'"
- Knowing when to take a break is a skill that can be taught to your child. You can say, "I see you are frustrated. Let's take a break. First, let's do five jumping jacks and get some water. Then we can come back and try again!"
- Puppets and toys are great tools for role playing situations that your child may be struggling with, such as trying to accomplish a task. "Wow, this train can't get up the hill. He has tried four times and keeps rolling back down. He looks like he wants to cry. I wonder what he can do?"

Practice at School

School is an opportunity for children to explore new concepts and try new skills. As a child attempts to become more independent, she often feels frustrated when she is not able to complete a task by herself. A teacher can help a child identify when she is feeling frustrated and prompt her to ask for help, try a new solution or take a break. "You have been working so hard to fit that piece in the puzzle. You sound frustrated. Would you like some help?" As the child learns new skills to manage frustrating feelings, she will become more confident in her abilities and eager to attempt new activities.

The Bottom Line

Childhood is full of frustrating moments. As young children explore their world they are faced with many challenges. There are numerous things they simply can't reach, can't buckle, and can't climb on their own. From the child's point of view, parents and other adults are always saying "No" to the activities and objects he wants. It is important to help your child learn how to deal with this common experience. As a parent, you have the opportunity to help your child learn how to recognize, understand and find solutions to his frustrations. Each time your child is able to work through a frustration, he is adding a very important skill he needs to be happy and successful in the world. Children who learn these skills are less likely to exhibit challenging behavior and are better able to navigate life's ups and downs with confidence.



Reproduction of this document is encouraged. Permission to copy is not required.

This publication was produced by the Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children funded by the Office of Special Education Programs (OSEP), U.S. Department of Education (H3268070002) and updated by the National Center for Pyramid Model Innovations also funded by OSEP (H3268170003). The views expressed do not necessarily represent the positions or policies of the Department of Education. July 2013/January, 2018.



Health & Fitness Tips:

POISON PREVENTION WEEK - March 15th - 22nd

Did you know over 40% of calls received by poison centers involve children under the age of six? A poisoning can happen quickly and often happens in the child's home. Overall, the danger of poisons is higher for children because they are smaller in size and their bodies process things more quickly. This means they are not able to handle toxic chemicals as much as adults. Because young children explore using their senses of taste and touch, parents should take extra care to make sure all potential poisons and medicines in the household are out of children's reach.

Top Five Poisons Commonly Ingested by Children:

1. Medications (pill poisoning)
2. Household cleaners
3. Cosmetics and personal care products
4. Foreign bodies (coins, watch batteries)
5. Poisonous plants (Flowers, berries and mushrooms)

Tips to Prevent Poisoning

1. Put child-resistant latches on cabinets containing non-food products.
2. Store medications in a locked cabinet, out of children's reach.
3. Store poisons in cabinets away from food or drinks.
4. Keep products in their original containers, not stored in food or beverage containers.
5. Remove poisonous house and yard plants.
6. Program the poison control number 1-800-222-1222 to be ready in case of emergencies or questions.
7. Use child-resistant packaging for household products whenever possible.

Discover the Power of Nutrition

March is National Nutrition Month. It is a time to focus on helping kids build lifelong healthy habits through nutrient-dense foods. Key activities include promoting colorful, balanced meals, increasing hydration, and reducing added sugars and processed foods to support child development and well-being.

ACTIONABLE TIPS:

- **"Eat the Rainbow":** Encourage variety by eating colorful fruits and vegetables to get essential vitamins.
- **Power Up with Protein:** Include eggs, beans, chicken and fish to help muscles grow.
- **Whole Grain Energy:** Choose oats, brown rice and whole-wheat bread for lasting energy.
- **Bone Strengthening:** Offer milk, yogurt and cheese for calcium.
- **Hydration:** Emphasize drinking water for digestion and energy.



Kid-Approved Veggie Wrap

INGREDIENTS:

- ½ cup plain Greek yogurt, or sour cream
- 2 ounces cream cheese, softened
- 1 cup cheddar cheese, shredded
- 2 large bell peppers, diced
- 1 cup fresh broccoli florets
- 1 large English cucumber, seeded and diced
- 1 cup carrots, shredded
- 8 small soft wraps, or 4 large
- 1 tablespoon dried parsley
- ½ tablespoon dried dill
- ½ tablespoon garlic powder
- ½ tablespoon onion powder
- ½ teaspoon kosher salt
- ¼ teaspoon dried basil
- ¼ teaspoon pepper

DIRECTIONS:

- In a medium mixing bowl, cream together ½ cup plain Greek yogurt, 2 ounces cream cheese, and dried parsley, dried dill, garlic powder, onion powder, kosher salt, dried basil, and pepper together using a handheld mixer until creamy.
- Spread a thin layer of the ranch spread evenly on a soft wrap, leaving a ¼-inch border around the edges.
- Sprinkle about 2 tablespoons of shredded cheddar on each wrap. Add the prepared vegetables, to each of the wrap.
- To fold the veggie wrap, fold in the sides of the tortilla and then roll from the bottom up. Serve veggie wrap immediately or wrap tightly in plastic wrap store for up to 24 hours in the refrigerator.

Weekly Themes:

3/2 - 3/6	Dr. Seuss
3/9 - 3/13	Weather
3/16 - 3/20	St. Patrick's Day Fun
3/23 - 3/27	Robots



Teacher Fun Fact

If you found a pot of gold at the end of the rainbow, what would you buy?

Miss Jessica: Alaskan vacation with my family
Miss Amanda: House
Miss Anita: New Buggy
Miss Connie: Spa Day
Miss Kara: House on a Farm
Miss Riley: Lakehouse
Miss Lois: House
Miss Shaylawn: House

Miss Amy: Trip somewhere fun with family & friends
Miss Emma: New Car
Miss Maggie: House
Miss Michelle: House
Miss Rhonda: Cart full of groceries to share
Miss Journey: House
Miss Josie: Paid off house, a mission trip to Africa & college funds

Love Our Center?

**HELP US
GROW!**

3 WAYS TO SUPPORT US ONLINE

- FOLLOW US ON FACEBOOK & INSTAGRAM
- LIKE, SHARE, COMMENT & SAVE OUR POSTS
- SCAN THE QR CODE & LEAVE US A REVIEW!

WE APPRECIATE YOUR HELP!

Stay in touch :



@AppleTreeECC



@appletree_earlychildcenter



appletreeecc.com



Green

Welcome to the Green room! We are excited for spring!

This month we are going to continue growing and learning together. We will go on buggy rides to enjoy the warmer weather. We will read books about spring to get in the springtime mood. We are going to be working on helping our friends meet their next milestones. Some of our friends are so close to crawling and others will be rolling over before we know it!

Boston's face lights up when we sing! We love to see **Henry** smile and talk with us! **Nathanael** was excited to go from his tummy to the sitting position. **Conner** is starting to creep forward and backwards. He will be on the move before we know it.

We hope all of our families have a great March!
Miss Anita & Miss Connie

Light Green

Welcome to the Light Green room! We hope you had a great February!

This month we will be getting outside to enjoy the nice weather, so please bring a coat for your kiddos. We like to go on walks as much as we can! The kids get so excited when we put them in the buggy to go for a ride!

We will be working on reaching each child's next milestone. **Easton** will be working on crawling and eating pick up foods! **Hayes** will be working on pulling himself up to a standing position. We will stay close and help the kids practice their milestones with support and encouragement.

Joya has been dancing when we sing songs. **Ellie** loves sticking her tongue out any chance she gets.

We can't wait to make many more memories this month!
Miss Kara & Miss Riley

Light Blue

Thanks for joining us in the Light Blue room!

This month we have so many exciting activities planned. During Dr Seuss week, we will read books and paint green eggs and ham! When St Patrick's Day comes around, we will learn about the holiday, make rainbows and pots of gold, and paint shamrocks. Be sure to **wear green on the 17th!** We will spend time learning about the weather and the different types of weather we can experience. We will end the month learning about robots. We will do a robot march and parade around the room with our best robot impressions.

As a group, we will practice how to play together and how to share toys with friends. We will see how playing games together makes them more fun! We will also practice using our listening ears when our teachers are talking.

Maebry was a good helper when it was time to clean up toys to move to the next part of our day. **Rowan** loves music time and has a lot of smiles while he shows off his dance moves.

Enjoy the next month! Spring is on the way!
Miss Lois, Miss Emery & Miss Shaylawn

Blue

Welcome to spring in the Blue room!

This month we will learn how to ask for things nicely when our friends have something we want instead of just taking it. We will also practice using our walking feet in our classroom and in the halls. Using our walking feet is a great way to keep ourselves and others safe.

Our themes this month are Dr. Seuss, weather, St. Patrick's Day and robots. We will make so many fun art projects to go with each theme. During science, we will make magic blooming flowers. We will count with colors as we sort during math.

Levi is doing a great job recognizing his colors during circle time. If **Harper** sees something on the floor or table that belongs to one of her friends, she will bring it to them right away.

From all of us in the Blue room, we hope you have a great St. Patrick's Day!

Miss Amy

Yellow

Greetings from the Yellow room!

This month we will be learning about Dr. Seuss. We will read books and do different activities. When we learn about the weather, we will do a water activity and take our learning outside! When we talk about robots, we will learn how to build our very own robot! For science, we will use shaving cream and food dye to make rain clouds in a jar. We will count shapes during math. During circle time, we will practice how to take turns with toys and we will also learn how to use soft touches when interacting with our peers.

Amelia makes such safe choices and always stays in her own bubble. **Brayden** uses his listening ears and is so helpful in the classroom.

Thank you and have a great start to spring!

Miss Emma

Red

Hello parents and friends of the Red room!

This month we will learn about Dr. Seuss and read his books during circle time. For weather week, we will talk about different kinds of weather and do a science experiment to learn how clouds and rain form. We will have a scavenger hunt and learn new songs for St. Patrick's Day. During robot week, we will make open-ended robot projects and learn about real-life robots like car washes, factories and space rovers.

We will also be working on saying, "Please stop," when someone is doing something we do not like and stopping right away if a friend says it to us. We will also work hard on how to use our listening ears when our friends, parents or teachers are talking.

Zion is proud of his new baby sister. He loves to draw pictures of his family to show everyone! **Yael** is new to our class and he is settling in and making friends. He has learned so many new words and we love having him in our room!

Thank you for partnering with us to help your child grow!
Miss Maggie

Dark Blue

Greetings from the Dark Blue room!

This month we will be starting on counting and number recognition. We will also continue with learning our letters. The kids are showing interest in placing things in order from smallest to biggest, so we will explore that skill! We will be planting seeds in science to watch them grow. We will compare things and categorize them big or small in math. We will be working on using our words to solve problems and how to communicate our feelings. These are such important skills to have when learning to play with others.

Angel is enjoying the puzzle area and loves to take the puzzles apart and tell the teachers the colors, shapes, or number of pieces the puzzle has. **Maddie** loves to play in the dramatic play area, pretending to fix her friends' hair.

The best things in life are the people we love, the places we've been and the memories we have made.

Miss Rhonda

Gold

Welcome to the Gold room!

We are ready for another month of fun and learning! We will practice how to use our words to solve problems in the classroom and how to remain kind, safe and helpful in our interactions with others. We are going to start the month learning about Dr Seuss and the rhyming stories he wrote. We will learn about different types of weather and discuss how it changes with each season. During the week of St. Patrick's Day, we will head outside to search for 4 leaf clovers and **wear green on the 17th**. At the end of the month, we will learn about robots and try to make our own using things we find around the classroom.

Kate is a sweet, kind and loving friend. She loves reading, coloring and playing with dolls. She is a ray of sunshine. **Wesley** is such an energetic friend. He enjoys playing with planes, helicopters, jets and more! He gives the best hugs.

See you next month!

Miss Josie

Purple

Greetings from the Purple room...

We will continue learning our letters and shapes each week in preschool. Soon, we will be learning our numbers! Throughout the month, we will incorporate the following themes into our lessons: Happy Birthday Dr Seuss, weather, St Patrick's Day fun and robots. During science we will do a spilt milk experiment and for math we will do patterning and 1-1 counting.

We will work on waiting to take turns and using our words to solve our problems. We will also learn what it means to be a helpful friend.

Macay enjoys pretend play with friends and doing arts & crafts. **Klay** enjoys being outside and playing pretend with friends.

Until next time...
Miss Michelle

Black

Welcome to the Black room! I hope everyone had a great February!

This month, as part of our social emotional learning, we will learn how to ask for help when we need it. We will also learn how to use inside voices when we are playing at centers or while at meal times. These skills are so important as the kids grow and learn to interact with one another.

When we learn about Dr. Seuss at the start of the month, we will focus on the words that rhyme in his stories and pick them out as we read. We will learn about weather and how it changes from one season to another throughout the year. The third week of the month we will see green everywhere when we celebrate St. Patrick's Day. We will search for 4 leaf clovers and practice counting with clovers. We will also do lucky charm sorting for a fun and yummy math activity. During science, we will make a rainbow on a plate with skittles! The last week of the month we will learn about robots and try to make our own classroom robot out of blocks. We will also learn to dance like a robot! It will be a month of fun and adventure!

Damian enjoys playing monster trucks with his friends. He also enjoys joking around and laughing in the classroom. **Everlee** enjoys coloring and art. She also enjoys singing and helping out around the classroom.

See you next month!

Miss Journey

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 	9	10	11 PRE-K Sunday Ford Visit	12 PRE-K Sunday Ford Visit	13	14
15	16	17 Happy Saint Patrick's Day 	18	19 Hello SPRING SIOUX CENTER COMMUNITY No School	20	21
22	23	24	25	26 SIOUX CENTER CHRISTIAN Kindergarten Discover Days	27 SIOUX CENTER CHRISTIAN Kindergarten Discover Days	28
29	30	31	1	2	3	4

SIOUX CENTER CHRISTIAN - No School (March 16th - 20th)