

**Apple
Tree**
EARLY CHILD CENTER

**APPLE
JUICE**

www.appletreechildcare.com

A note from the office:

July 2026

We hope everyone is having a great summer!

As we enter the summer months, we have a few reminders for you:

- Please remember to check the summer calendars in the hallway for events going on in your child's classroom.
- Please remember to bring a towel and swimsuit on your child's swim days.

We are wishing you a great rest of your summer!

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

Nathanael
Beckett
Olivia
Calem



Poke a hole in the bottom of a plastic cup.



Place the cup over the sparkler before lighting.



This will protect kids' hands while enjoying sparklers!





How to Use Positive Language to Improve Your Child's Behavior

Brooke Brogle, Alyson Jiron y Jill Giacomini

"Stop it." "No." "Don't do that!" As a parent, you might find yourself using these words and phrases more often when your child begins to make his own choices. Now, stop for a moment and consider how the conversation might feel if you couldn't use these words? What if, rather than telling your child what he can't do, you instead chose words to tell him what he can do? While this shift in language might seem small, it actually provides a powerful positive change to the tone of the conversation. When you focus on using positive language with your child, you will likely find that he has fewer tantrums, whines less and overall experiences fewer challenging behaviors.

How can such a small change make such a big difference? While it is obvious to adults, young children are not able to make the logical connection that when they are told not to do something, what they actually should do is the opposite. For example, the directions, "Don't climb on the counter" can be very confusing to a child. However, "Please keep your feet on the floor" tells the child exactly what the expectation is and how he can change what he is doing. Using positive language also empowers a child to make an appropriate choice on his own, which can boost his self-esteem. When you are specific in your directions by telling your child exactly what he can do and when, it is easier for him to comply and he is more likely to cooperate with the request.

you may watch a TV show."

■ Give your child time to think.

Sometimes, you may feel frustrated when your child does not respond quickly to requests and feel tempted to use demands and raise your voice.

When that happens, remember that your child is learning language and how to use it. She needs time to think about what you said and how she is going to respond. It can take her several seconds, or even minutes, longer than you to process the information. If you remain calm and patiently repeat the statement again, you will see fewer challenging behaviors and enjoy more quality time with your child.

■ Help your child to remember.

Children are easily distracted. Sometimes your child may need you to help him remember what you asked him to do in order to do it. "I remember" statements are very useful in these situations. For example, imagine you have asked your child to put on his shoes so that he can go outside, and he comes over to you without his shoes on and is trying to go outside. You can say, "I remember you need to put your shoes on before you can go outside." Stating the information as a simple fact, rather than a command, gives him the information he needs to make the right choice on his own without blaming him or making him feel like he has failed.



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.

Try This at Home

- **Replace "don't" with "do".** Tell your child what she can do! If you saw her cutting the leaves of a plant, rather than saying "Don't cut that!" you could say, "Scissors are for cutting paper or play dough. Which one do you want to cut?" It is more likely that your child will make an appropriate choice when you help her to understand exactly what appropriate options are available.
- **Offer a choice.** When you provide your child with a choice of things that he can do, wear or go, he is more likely to select one of the options you have offered because it makes him feel like he is in control. This strategy also works for you as a parent because you approve of either choice.
- **Tell your child "when."** When your child asks to do something, rather than saying no, acknowledge her wish and tell her when she might be able to do it. This answer feels more like a "yes" to a child. For example, if your child asks to go to the park, but you are on the computer finishing up a work project, you could say, "The park sounds like a great idea! I need to finish this letter for work right now. Would you like to go after your nap today or tomorrow morning after breakfast?"
- **Use "first-then" language.** Another way to tell a child when he can do something in a positive way is to use a "first-then" statement. For example, if he wants to watch TV but you would like for him to pick up his toys, you could say "First, pick up your toys and then

Practice at School

Teachers use positive language at school to help children become more confident and independent. When teachers tell children what they can do, children begin to manage themselves, classroom routines and interactions with peers by themselves. For example, a child who is throwing sand on the playground can be shown that, instead, she can use a shovel to put the sand in a bucket. The teacher might say, "If you want to play with the sand, you can fill this bucket. Would you like a blue bucket or this red one?" In this way, the teacher honors the child's interest, but directs it to a more appropriate play choice.

The Bottom Line

Positive relationships with parents, teachers and other caregivers provide the foundation for a successful and happy child, are the building blocks for your child's self-esteem and ability to empathize and predict future positive behavior choices. The manner in which you talk to your child has a significant impact on his behavior. Making positive changes to your communication style can be hard work, but with a little practice, you will see a big difference in your relationship with your child. Your child will feel more encouraged, positive and independent and, as a result, you will enjoy better overall cooperation.



ChallengingBehavior.org



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Health & Fitness Tips:

CC SUMMER SAFETY TIP

SUN SAFETY STARTS TODAY!

Protect Your Child's Skin This Summer



Apply Sunscreen Every Day

Even on cloudy days, harmful UV rays can damage your child's skin.



CHOOSE THE RIGHT SUNSCREEN

- ✓ Broad-Spectrum (UVA & UVB Protection)
- ✓ SPF 30 or Higher
- ✓ Water-Resistant if Swimming or Sweating



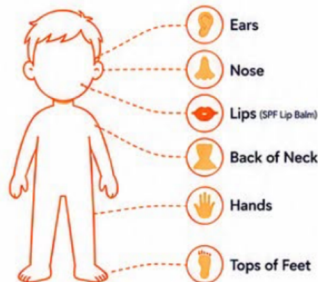
WHEN TO APPLY

Apply 15–30 minutes before going outside.

Reapply every 2 hours.

Reapply after swimming, sweating, or towel drying.

DON'T FORGET THESE EASY-TO-MISS SPOTS



EXTRA WAYS TO STAY SAFE

- Wear a wide-brim hat
- Wear UV-protective sunglasses
- Wear lightweight long sleeves
- Seek shade from 10 AM–4 PM

BABIES UNDER 6 MONTHS



Keep babies out of direct sunlight whenever possible.

Use shade, lightweight clothing, and hats instead of sunscreen unless directed by your child's healthcare provider.

DID YOU KNOW?

Just one blistering sunburn during childhood can significantly increase the risk of skin cancer later in life.



Protecting skin today helps protect their future.

KID-FRIENDLY SUNSCREEN PICKS

These are popular choices many pediatricians recommend:

- Blue Lizard® Kids SPF 50+
- Aveeno® Kids Continuous Protection SPF 50
- Neutrogena® Pure & Free Baby SPF 50
- Babyganics® Mineral Sunscreen SPF 50+
- Coppertone® Pure & Simple Kids SPF 50
- Thinkbaby® Safe Sunscreen SPF 50+

Look for: ✓ Broad-spectrum protection ✓ SPF 30 or higher ✓ Water-resistant

SUNSCREEN TIPS

- ✓ Use about 1 ounce (a shot glass full) to cover an older child's body.
- ✓ Don't forget ears, nose, lips, neck, hands, and feet.
- ✓ Sunscreen expires! Check the expiration date before using last year's bottle.
- ✓ Sunscreen works best when paired with hats, sunglasses, protective clothing, and shade.

Watermelon Smoothie

Watermelon is a very hydrating fruit - and a great snack option for the hot summer days.



INGREDIENTS:

- 6.5 cups watermelon, cubed
- 2 small limes, juiced

DIRECTIONS:

- Keep the watermelon chilled in the fridge and when you're ready to make this smoothie, chop the watermelon into cubes and add to the blender.
- Squeeze the limes and add the juice to the blender.
- Blend well and then strain it through a kitchen sieve to remove the rough seeds so you are left with a very smooth drink.
- Serve immediately.

Weekly Themes:

6/29 - 7/3	Happy Birthday USA
7/6 - 7/10	Insects
7/13 - 7/17	Outer Space
7/20 - 7/24	Construction
7/27 - 7/31	Reptiles & Amphibians



Teacher Fun Fact

What is your favorite ice cream topping?

Miss Jessica: OREO
Miss Amanda: Caramel
Miss Anita: Hot Fudge
Miss Connie: Caramel
Miss Kara: Twix or M&Ms
Miss Lois: Caramel
Miss Madi: Strawberries

Miss Amy: OREO
Miss Emma: Caramel
Miss Maggie: Chocolate Sprinkles
Miss Michelle: Reese's Peanut Butter Cups
Miss Miranda: Cookie Dough
Miss Gracelyn: Cookie Dough

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 to enjoy more walks on beautiful summer days! We will be encouraging some of our friends to try sitting up independently by helping them sit in a soft area and giving them various toys to explore. We will help our friends who are so close to rolling over by putting some toys next to them and having them lay in tummy time to roll over!

Henry was so proud when he rolled over! He had so many big smiles! **Odin** surprised himself when he rolled from his back to his tummy for the first time!

Have a happy Fourth of July!

Miss Anita & Miss Connie

Light Green

Welcome to the Light Green Room!

This month we will be helping our friends who are so close to their next milestone! **Jonas** is so close to crawling and we know he will do it any day! **Sophie** will be right behind him! **Connor** has been pulling himself up to move and finding his voice! **Aietzy** has been doing actions when we sing, and she is smiling from ear to ear! OBJ

We can't wait to make more memories with the kiddos in our room!

Miss Kara & Miss Nicole

Blue

Welcome to summer in the Blue Room!

This month we have a lot of exciting things planned. We will be talking about the Fourth of July and doing fun red, white and blue projects. We will also talk about outer space and different construction vehicles that we might see.

Please remember every Tuesday this month we will be having our water day!

We will be practicing how to take turns when a friend has a toy that we want or how to wait until they are done to ask for a turn. We will also be learning how to use our walking feet to stay safe when we are in the center.

Emersyn does such a good job pointing out her body parts consistently! **Niko** is doing such a great job putting his shoes back on by himself if they fall off.

From all of us in the Blue Room, we wish you a safe and happy Fourth of July!

Miss Amy

Light Blue

We are ready for a July full of fun!

This month we will be learning about planets through books and songs! We will continue to work on our colors, counting and using our spoons to eat! We will have a glow party, enjoy popcorn in our pajamas, paint with cars, frozen paint and do an ice dig!

We will be working on how to play together with our friends. We will show them how to play together through modeling! We will also practice using our walking feet and sign songs while we practice our walking feet in the room.

Joyce enjoys outside time in the sandbox and on riding toys. **Liam** loves music time and dancing to the music.

We are having a great start to our summer fun!

Miss Lois, Miss Madi & Miss Gracelyn

Yellow

Happy July!

This month in the Yellow Room, we will be celebrating the Fourth of July. We will also learn about outer space, construction, reptiles and amphibians, and pirates. We have a lot of fun things planned, so please make sure you're looking at the calendar to bring things for your child if it is needed! We will make our own moon sand, and even do a dump truck sorting activity!

We will practice using soft hands with our friends and how to ask for help when needed.

Levi is always helping in the classroom and using his listening ears. **Raylan** always does the right thing and asks for help when he needs it.

Have a great rest of your summer!

Miss Emma

Red

Hello parents and friends of the Red Room!

Wow! It seems like summer is already flying by! This month we will stay busy learning about a lot of exciting topics: 4th of July, outer space, construction, reptiles and pirates. We will splatter paint to make stars in the galaxy, play with water in a frog-themed sensory table, do a scavenger hunt for pirate week, and learn all about different construction vehicles and the jobs they do.

Please continue to bring swimsuits on Wednesdays and keep an eye out for any other special events!

This month we will spend extra time learning about the solution of taking turns. We will practice by giving toys to others when we are done and asking for a toy if someone else has it. We will also practice using our walking feet to stay safe in the center.

Korbyn loves to share all about her family, friends, and activities she enjoys! She is a great talker. **Brayden** likes to build towers with blocks and has made some very tall ones with friends!

Thanks for partnering with us to help your child learn and grow!
Miss Maggie

Black

Hello July!

This month, we will be staying busy. We will start the month exploding with joy as we celebrate Independence Day. The following week we will explore outer space. When we land back on earth, will then move onto learning about construction, reptiles and pirates.

Our crew is looking to keep summer going! Keep an eye on the calendar for special days to remember. We will also spend extra time learning how to play nicely together and how to be a friend.

Hayden is always a good helper, whether it is helping the teachers or her friends. She is always doing great. **Madelyn** plays so nicely with all of her friends and is a great example of being a kind friend!

Happy Fourth of July! Let's make it a great month!
Miss Miranda

Purple

Greetings from the Purple and Dark Blue rooms!

Throughout the month, we will focus our learning and activities around the themes of Happy Birthday USA, outer space, construction, reptiles and amphibians, and pirates! We will also focus on how to take turns with toys and how to be safe in the classroom. Throughout the summer months, we have a lot of fun activities planned to fit our themes. Be sure to watch the calendar closely!

Kipton loves pretend play with cars, blocks and all things Paw Patrol!
Zoe enjoys playing outside and doing arts and crafts.

Until next time...

Miss Michelle

Gold

Welcome July!

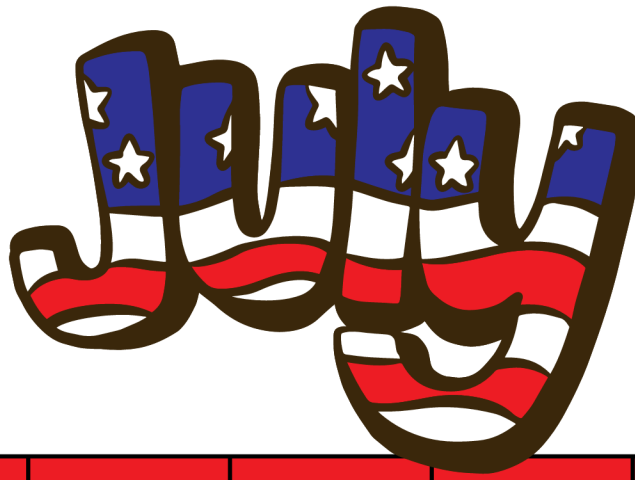
This month we will start with a bang by celebrating the 4th of July! We will also explore about outer space before we come back down to learn about construction and reptiles. We will end the month learning all about pirates!

We will learn how to use kind words and how to clean up our centers and put things away where they go.

Please keep an eye on the calendar for field trips, special days, and more!

Happy Independence Day!

Miss Josie



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 YELLOW & RED Swim Day	2 DARK BLUE & BLACK Swim Day GOLD Water Day	3 APPLE TREE is CLOSED TODAY	4 4TH OF July
5	6	7 LIGHT BLUE & BLUE Swim Day BLACK Fizzy Planets GOLD Go to the Park	8 YELLOW & RED Swim Day	9 DARK BLUE & BLACK Swim Day GOLD Bike Trail	10 APPLE TREE Centerwide Glow Party SCHOOL-AGERS Swim Day	11
12	13	14 LIGHT BLUE & BLUE Swim Day SCHOOL-AGERS Library	15 YELLOW & RED Swim Day BLACK Bug Hotels	16 DARK BLUE & BLACK Swim Day	17 SCHOOL-AGERS Swim Day	18
19	20	21 LIGHT BLUE & BLUE Swim Day SCHOOL-AGERS Hike to Sandy Hollow BLACK Chalk Paint Fun	22 YELLOW & RED Swim Day PURPLE & DARK BLUE Chalk Paint Fun	23 DARK BLUE & BLACK Swim Day SCHOOL-AGERS Field Trip to the Park	24 SCHOOL-AGERS Swim Day	25
26	27	28 LIGHT BLUE & BLUE Swim Day SCHOOL-AGERS Field Trip to RJs	29 YELLOW & RED Swim Day SCHOOL-AGERS Field Trip to the Park BLACK Ice Dig	30 DARK BLUE & BLACK Swim Day	31 SCHOOL-AGERS Swim Day APPLE TREE Centerwide Popcorn & PJs	1