



PRESCHOOL & LEARNING CENTER

APPLE JUICE

www.appletreechildcare.com

A note from the office:

July 2026

God Bless America! We hope you and your family have a safe and Happy 4th of July!

Here are a few reminders for the upcoming month:

- We will be **CLOSED Friday, July 3rd** to allow our staff time to celebrate America's 250th Birthday!
- If you want to use vacation time, please remember to let us know a week in advance that you would like to have it added to your account.
- Sign in and out sheets are a HHS requirement. Please help us by signing your children in and out each day. This is a crucial step in your child's safety.
- Field trips/activities are in full swing for the summer. Please keep an eye on your child's door for postings about upcoming field trips and if you need to bring any supplies.
- Please bring your child's water bottle every day, as we still go outside. We ask that you take them home on Fridays and bring them back clean for the next week.

Stay cool and enjoy the rest of summer!

Miss Laurie & Miss Jenah



Jaycee

Breanna

Alainna

Emeric

Millie

Marley

Kaedynce

Kayden

Cora

Lucy

Hazel

Nova

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!

Important Dates:

7/2 - Apple Tree 4th of July Parade

7/3 - Apple Tree is CLOSED today.

7/4 - Happy 4th of July

7/17 - Apple Tree PJ Day

Stay in touch :



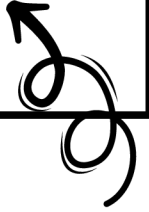
@AppleTreePreschoolLearningCenter



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Teacher Fun Fact

What is your favorite ice cream topping?

Miss Laurie: Toffee, Almonds & Pecans
Miss Jenah: Strawberries & Cheesecake Bites
Miss Kim: Hot Fudge
Miss Lilly: Hot Fudge
Miss Sarah: Chocolate & Brownies
Miss Veronica: Chocolate & Pecans
Miss Haley: Caramel
Miss Madison: Chocolate Sauce
Miss Taylor: Peanut Butter
Miss Saige: Cherries
Miss Breanna: Chocolate

Miss Elisha: Peanut Butter Sauce
Miss Brooke: Caramel Syrup
Miss Lola: Peanut Butter Cups
Miss Cadie: Strawberry Sauce
Miss Alecia: Root Beer
Miss Zee: Reese's
Miss Mairaki: Cherries
Miss Bell: Maraschino Cherries
Miss Autumn: Chocolate Sauce
Miss Shannon: Reese's
Miss Abby: Cookie Dough & Fudge

Miss Alycen: Hot Fudge
Miss Peyton: Caramel Drizzle
Miss Myesha: Cookie Dough

Photos of the Month





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

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.



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

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.



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.



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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.

Caterpillars

Boom! Boom! Boom!

This month we will be making cute footprint bomb pops for the 4th of July! If your child is not going to be here the week of the 4th, please let us know! This month we will be doing extra tummy time to help our friends roll over! We will also help friends with sitting up on their own by building their tummy and back muscles through supported sitting with a teacher! These milestones happen so quickly and we love sharing all of the accomplishments with you!

Mateo is working so hard at learning to sit up on his own! **Ruby** is showing her friends how it is done by sitting all on her own and keeping her friends company while they practice!

The Caterpillars would like to wish you a Happy 4th of July!

Miss Lilly & Miss Kim

Butterflies

Welcome to July! We are excited for a fun-filled month of learning, exploration and summer activities.

This month we will be making colorful flags for our window art, so be sure to check it out as you walk by! We will be working hard on our gross motor skills! We will do tummy time to reach for toys, crawl and some of our friends will practice standing! We will encourage communication by singing songs, reading books and responding to the fun noises the kiddos love to make!

Lovelynn is crawling all over and is using her hands to grab anything she can! **Navy** is sitting up all by herself and loves to look all around the room!

Have a Happy 4th of July!

Miss Veronica & Miss Sarah

Monkeys

Happy 4th of July!

This month we will be working on using our words with friends to say "please stop" when a friend does something that we don't like. We will also practice using nice touches with our friends during play. We will do special activities this month like having a snacktime picnic, participating in a center parade, and having popsicles in the yard! We will be making blue sensory bottles for ocean week and when we go on a walk we will count the bugs we see!

Scotlyn & Melia are working so hard at walking! They are eager to be able to keep up with their friends walking around the room! **Donovan & Chase** are becoming extremely talkative and are working on expanding their vocabularies.

Have a happy & safe holiday from all of our little firecrackers!

Miss Madison, Miss Haley & Miss Taylor

Froggies

We are TOAD-ally excited for July!

This month we will explore outside. We will be buggin' for summer and going on a safari will have us eating snacks in the grass. We will also enjoy a visit from the Siouxland Humane Society! We will use cars and markers to draw and we will enjoy ice pops in the yard! We will practice how to kindly ignore a friend who is bothering us and show how you can walk away. We will also practice how to use our walking feet in the center.

Peyton is new to the Frog room and she has gotten accustomed so well! She loves to help the teachers! **Noah** loves to share and makes sure every friend has a toy to play with.

We hope you enjoy your 4th of July!

Miss Saige, Miss Breanna & Miss Elisha

Giraffes

Yay! It's summer!

We have been enjoying summer a lot and are going to continue the fun this month! We will celebrate the 4th by wearing red, white and blue shirts or stars & stripes for a center parade. We will learn all about the interesting bugs we see during summer and animals we can find in the jungle or ocean. We will go on a ladybug hunt and count the fish in the water! We will practice how to play nicely together and share toys with our friends. We will also practice using kind words with our friends. This month is going to be fun-filled and we can't wait to see what the rest of summer brings.

Jazmin will be back this month and we are so excited to see her and play with her again! **Melody** moved up to our room last month and has been doing great in our room! She is making new friends and getting into a new routine.

Next stop: August!

Miss Brooke

Zebras

Stars, stripes & smiles: wishing everyone a happy July!

This month we are going to learn about bugs, oceans and animals! We will paint bugs and go on a lady bug hunt! We will count and make safari animals and have our own elephant parade. We will paint jellyfish and learn all about ocean animals. Sharing is such an important skill and we will spend time modeling what sharing looks like at circle time. During free play, we will sit with the kids and help them practice how to share. We will practice how to use our inside voice and when to use our big outside voices!

Amelia loves to help pass water bottles out to her friends and make sure they have water in them! **Gianna** has been working on counting to ten and loves to sing to her friends.

Stay cool, keep making waves and enjoy the sun!

Miss Lola

Lions

We are ready for more fun in the sun!

This month we have very exciting themes! We will be learning about the USA, bugs, safari, vehicles and the ocean. During USA week, we will perform a science experiment where we will make fireworks in a jar. Using our math skills, we will count and sort crackers for safari week. The ocean is super cool! We will paint seashells and talk about their purpose. We will spend extra time learning how to use the solution of taking a break when we are upset. When we have big feelings, we can take a break in the calm down corner and reset our bodies and minds.

We have had so much fun with our summer activities! Please make sure your child has all the things they need all summer long! All field trips and water days are posted near the door to the classroom and will detail what you need to bring for your child that day!

Hayzen has become so independent and a great leader in the Lion room. He can make his bed all by himself and now he helps his friends! **Charlotte** is such a great friend and always makes sure her friends are okay.

Stay cool!

Miss Cadie

Tigers

Let freedom ring!

July is packed with summer fun! We will learn about the ocean, bugs & safaris. We have a lot of fun field trips planned in July. We will be going to Dairy Queen, Riverside Park, The Launch Pad and more! On July 27th, we will have a class picnic! We will be counting stars in math and make an ocean sensory bin for our science activity. We will practice the solution of how to take a break to calm our bodies when we are upset. We will also practice how to walk in a line when we go to snack or outside.

Khalil does such a great job recognizing his name and learning how to spell it. **Evelyn** is such a kind friend and always makes sure everyone is included.

Have a great 4th of July!

Miss Alecia & Miss Molli

Kangaroos

Hello July!

This month we will be learning about bugs, the safari, planes, trains, cars and the ocean. We will be making dirt cups, a zoo trail mix, buses and ocean crackers. We will also tie-dye shirts! We will practice our solutions like asking for a hug and how to use our words to express how we feel.

Egypt learned how to use the swings all on her own by pumping her feet. **Kamryn** helped a friend find something they had lost.

We hope everyone enjoyed the sun!

Miss Zee & Miss Mairaki

Koalas

Welcome to summer!

We are starting out the month by celebrating July 4th with a parade on the 2nd. We will learn about bugs, safari animals, vehicles and the ocean. Please check the door daily for info about field trips or upcoming events. Please send your child with a water bottle every day. Water day is every Wednesday, so please send your child with a swimsuit, towel and sandals/water shoes. We will do a saltwater ocean animal experiment and make patterns with caterpillars. We will practice how to ignore when a friend is doing something we do not like. We will also practice how to walk in a line the Apple Tree way with our hands at our sides and our voices quiet.

Talen cheered up a friend who was sad by playing with them. **Dara** made cards for her friends and teachers.

Stay cool!

Miss Bell, Miss Shannon & Miss Autumn

Apple Corps Jr

Happy July!

This month, Apple Corps Jr will continue to talk and work on being respectful, responsible and safe. We will work on those while in the classroom and also while on field trips. We will talk about bugs, the safari, planes and the ocean. For ocean week, we will do a fun science experiment to test water density and counting spots on bugs to practice math. We will really practice how to play together and be respectful while we wait to take turns and share in the classroom.

Adalyn is always willing to share with her friends. **Diana** always lets new friends join her in play.

Cheers to being halfway through summer!

Miss Myesha, Miss Abby & Miss Payton

Apple Corps Sr

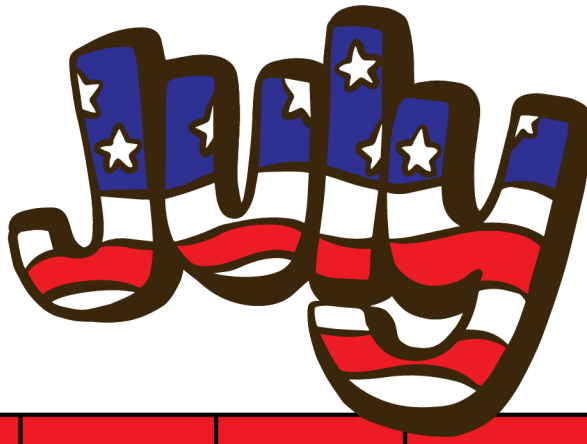
Happy 4th of July!

This month our students will be learning about bugs! We will be making dirt and worms dessert in our classroom! We will make exploding chalk bags and in math we will work on flash cards to keep our minds sharp for school! We will also spend some time learning to respect our friends when they speak and waiting our turn to talk!

Hazel has stepped out of her comfort zone! **Santiago** is kind and caring to all of his friends!

God Bless America! We hope you have a fun & safe 4th of July!

Miss Myesha, Miss Alycen & Miss Peyton



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 KOALAS Field Trip to DQ & Sgt. Bluff Park APPLE CORPS SR Field Trip to DQ & Sgt. Bluff Park	2 APPLE TREE Wear Red, White, Blue, Stars & Stripes for 4 th of July Parade APPLE CORPS JR Field Trip to DQ & Sgt. Bluff Park	3 APPLE TREE is CLOSED today	4 4 TH OF July
5	6 MONKEYS, FROGGIES & LIONS Water Day TIGERS Field Trip to Riverside Park	7 FROGGIES Snacks in the Grass ZEBRAS Books from Home APPLE CORPS JR Field Trip to Blue Bunny LIONS Riverside Park	8 GIRAFFES Ladybug Hunt KANGAROOS Riverside Park Splash Pad KOALAS Water Day APPLE CORPS SR Field Trip to Blue Bunny	9 KOALAS Riverside Park APPLE CORPS JR Riverside Splash Pad	10 MONKEYS Snacks in the Grass ZEBRAS & GIRAFFES Water Day KANGAROOS Make Dirt Cups APPLE CORPS SR Riverside Splash Pad	11
12	13 MONKEYS, FROGGIES & LIONS Water Day KANGAROOS Make a Zoo Trail Mix KOALAS Field Trip to Chick- fil-A	14 LIONS Books from Home APPLE CORPS JR Trip to SSC HyVee APPLE TREE Visit from Siouxland Humane Society	15 FROGGIES Stuffed Animal Parade KANGAROOS Field Trip to Chick-fil-a KOALAS Water Day APPLE CORPS SR Trip to SSC HyVee	16 GIRAFFES Jungle Water Day TIGERS Trip to Chick-fil-a APPLE CORPS JR & SR Field Trip to Ice Skating	17 APPLE TREE PJ Day ZEBRAS Elephant Parade GIRAFFES Water Day KOALAS Field Trip to Lewis & Clark Center	18
19	20 MONKEYS, FROGGIES & LIONS Water Day KANGAROOS Trip to Railroad Museum	21 ZEBRAS Books from Home & Parachute Play KANGAROOS Make a Bus Snack APPLE CORPS JR Trip to Mid- America Museum	22 TIGERS Sgt Bluff Splash Pad KOALAS Water Day APPLE CORPS SR Trip to Mid- America Museum	23 GIRAFFES Parachute Play KOALAS Trip to Mid- America Museum APPLE CORPS SR Trip to M'Side Library	24 FROGGIES Car Marker Drawing GIRAFFES Water Day	25
26	27 MONKEYS, FROGGIES & LIONS Water Day GIRAFFES Popsicles in the Yard TIGERS Class Picnic	28 FROGGIES Ice Pops in the Yard KANGAROOS Trip to LaunchPad APPLE CORPS SR Water Kickball at Sgt. Bluff	29 ZEBRAS Popsicles in the Yard KANGAROOS Ocean Snack KOALAS Water Day LIONS Trip to LaunchPad APPLE CORPS JR Trip to Jolly Time	30 MONKEYS Ice Pops in the Yard APPLE CORPS SR Trip to Jolly Time	31 ZEBRAS & GIRAFFES Water Day TIGERS Trip to LaunchPad APPLE CORPS JR Water Kickball at Sgt. Bluff	1