



**Apple  
Tree**  
EARLY CHILD CENTER



**APPLE  
JUICE**

[www.appletreechildcare.com](http://www.appletreechildcare.com)

*April 2026*

## A note from the office:

Happy April! We hope all of your families had a great March.

A few reminders:

- **Nothing Bundt Cake fundraiser:** We will pick up the orders on April 10th and they will be ready to take home that day to pass out.
- **Mailboxes:** Please remember to check your mailboxes regularly
- **Jackets/Sweaters:** as the weather is starting to get warmer, we will be going outside in the mornings and afternoon. Some days start chilly, so please be sure your child has a jacket or sweater!
- **Contact Changes:** As the end of the year is approaching please let us know if contracts will be changing.

### Staff Spotlight:

**Amanda** is our Assistant Director. She joined our team a few months ago but fits right in so well. Her genuine love and care for our children, families and center is amazing.

**Miss Anita** is our baby room lead teacher. She has been with the center for 36 years. Her care and dedication for our families is outstanding.

We hope our families have a great April and start to enjoy the nice weather ahead.

**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](mailto:director.ecc@appletreechildcare.com)

Amanda - telephone number: 722-4335 email: [assistantdirector.ecc@appletreechildcare.com](mailto:assistantdirector.ecc@appletreechildcare.com)



**HAPPY BIRTHDAY**

Raylan  
Elsie

Katherine  
Benson



# How to Help Your Child Recognize and Understand Jealousy

Alyson Jiron, Brooke Brogle & Jill Giacomini

"It's not fair!" Jealousy is a normal emotion experienced by adults and children. Young children often do not have the skills or language to deal with this complex feeling. Many children deal with jealousy by acting out with challenging behavior such as tantrums, crying or hitting. Because your child may act out with anger, it can be difficult for you to respond to the true feeling of jealousy. When you teach your child to identify and respond to the true feelings of jealousy, you are doing more than making him feel better. You are also helping him learn to manage painful feelings and get along with others today and in the future. If your child knows that his feelings are normal and he is unique and valued for who he is, regardless of his toys or abilities, jealous feelings are less likely to escalate into destructive behaviors.



## 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](http://ChallengingBehavior.org).

### More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).

### Try This at Home

- Notice and label your child's feelings of jealousy. "I can see it makes you sad and jealous when I feed the baby. When the timer is up, you can choose an activity for just you and me! I love spending time with you."
- Be sure to spend dedicated, quality time with your child. Every child needs someone who is crazy about him! Fifteen minutes of one-on-one time without the TV, computer or phone will help you to build a positive relationship, support his social and emotional development, and help him feel loved, competent and confident. Quality time can be reading a book, giving hugs and/or high fives, singing a song or letting your child be your special helper.
- Remember a time when you felt jealous and share it with your child. Discuss with him how you dealt with your feelings of jealousy.
- Acknowledge differences in people. Teach him that everyone is unique and has different strengths and struggles. For example, you could say, "Your daddy is really good at playing baseball. I really like to play but it is hard for me." Or, "I see that some of those kids love playing with puzzles--others would rather play with the trains."
- Focus on your child's strengths. Tell your child the special things about him. "I love how you smile at the people in the store. It makes them happy." Or, "It makes me happy to watch you build with blocks. You create amazing towers and tunnels."

- Read books about jealousy and other emotions. Talk with your child about what the character is feeling and experiencing and discuss with your child ideas for strategies that the character might try. For more information about emotional vocabulary, visit [challengingbehavior.org](http://challengingbehavior.org) and type in the search box in the upper right-hand corner "How to Help Your Child Understand and Label Emotions."

### Practice at School

At school, teachers talk about and celebrate all kinds of differences. When children learn that our differences make us unique, they are less likely to feel jealous or compare themselves to other children and are more likely to feel proud of who they are. Teachers help children learn about diversity by reading stories, looking at pictures, or playing with toys that represent people from other countries or people with different abilities, beliefs or lifestyles.

### The Bottom Line

When your child can understand and label his different feelings (sad, angry, jealous) it helps him to cope with emotion, understand others, and reduce challenging behavior. It is natural for him to feel jealous from time to time. Children can become jealous of a parent's attention (e.g., new baby at home) or another child's toys or abilities. Teaching your child to cope with jealous feelings will provide your child with a lifelong skill.



[ChallengingBehavior.org](http://ChallengingBehavior.org)



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# Health & Fitness Tips:

## Healthy Easter Candy & Treat Options

Swap out the traditional Easter candy with any of the below options. They are full of real ingredients, no artificial flavors or food dyes.

### Dye Free & Clean Easter candy



Lake Champlain chocolate bunnies



Yum Earth Bunny + helly beans



Unreal peanut cups



Yum Earth Egg hunt kit



Lesser Evil Sugar cookie popcorn



Hearthy Foods Marshmallows



Target Fruit Snacks



Bear Fruit Bites



Yum Earth Jelly Beans



Skinny Dipped Coconut almond bites



Yum Earth Variety candies



Lake Champlain chocolate eggs



Simple Mills Cocoa blast



Hu Chocolate bars



That's It Crunchables



Smash Foods Snack bites



Yum Earth sour littles



Unreal chocolate coconut bars



Tony's Chocolate eggs



Free2b Sunflower butter cups



Skout bars Code: homeswaps



Solely Fruit jerky



Made Good Crispy squares



Seven Sundays Cereal snackies

## Outdoor Activities for Spring

It's finally spring – and time to send the kids outside to burn off the extra energy from being indoors over the winter months. Here is a list of outdoor activities great for the springtime.

- 1. Plant Seeds:** Pick out seeds or seedlings of your favorite vegetables & flowers. Find different pots and plant your flower or vegetable garden.
- 2. Create a Obstacle Course with Chalk on your Driveway:** From walking in a straight line, to hopscotch and jumping on one leg, there are numerous possibilities when creating your driveway obstacle course.
- 3. Wash the Car:** Even if they don't do a great job, they'll have fun.
- 4. Paint:** Any paint project can be done outside. Put down an old blanket or sheet you don't mind getting dirty. Decorate rocks with paint. Paint with squirt guns. Use items you find outside as paint brushes (ex. leaves, sticks)
- 5. Outdoor Scavenger Hunt:** There are a lot of great lists online to print for free. Stay in your backyard or go on a walk to try and find as many items as you can.
- 6. Blow Bubbles:** Let the kids chase them & pop them!

## Weekly Themes:

3/30 - 4/3	Easter
4/6 - 4/10	Insects
4/13 - 4/17	Spring
4/20 - 4/24	Earth Day & Recycling
4/27 - 5/1	Dinosaurs



## Teacher Fun Fact

### What is your favorite late night snack?

Miss Jessica: Crackers & Cheese  
Miss Amanda: Popcorn  
Miss Anita: Fun Size Candy Bars  
Miss Connie: Mini Drumstick Ice Cream Cones  
Miss Kara: Nerd Clusters  
Miss Riley: Popcorn  
Miss Lois: Popcorn  
Miss Shaylawn: Ice Cream

Miss Amy: Veggies & Hummus  
Miss Emma: Goldfish  
Miss Maggie: Popcorn  
Miss Michelle: Popcorn & M&M's  
Miss Rhonda: Crackers & Cheese  
Miss Journey: Granola Bars or String Cheese  
Miss Josie: Avocado Toast

*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

Happy Spring & Happy Easter!

We are excited for spring and the warmer weather. Bring out the buggies! We look forward to our walks and want to remind you to bring a jacket/sweater for the cool days, along with a hat to protect your little ones from the sun.

**Jonas** is working on passing toys from one hand to the other! Keep working Jonas. **Naidelyn** is working on sitting up all by herself! You got this Naidelyn! We have some on the move. Elliot is so happy to be on the move and Beckett is so close to crawling. We know it won't be long.

Enjoy the spring weather!

**Miss Anita & Miss Connie**

## Light Green

Spring has sprung!

We are learning what soft touches are and how to share toys with our classmates. We will be going outside a lot as the weather warms up. Please make sure to bring a sweater/jacket for your little one.

**Liam** has started to walk and is so happy to get around! **Graham** is crawling everywhere and happy to be on the move. We love to watch **Asher** clap his hands and always has a big smile on his face. **Ka'Mari** has been talking our ears right off and has been using so many new words.

We can't wait for more fun memories to be made this month in the Light Green room.

**Miss Kara & Miss Riley**

## Blue

Welcome to spring in the Blue room!

We have a lot of fun activities planned for the month. We will explore science by mixing colors together to see what colors they make. We plan to practice our math skills by sorting blocks by color and counting them to see how many we have for each color. We will read a lot of stories and do fun art projects about Easter, insects, spring, Dinosaurs and Earth Day.

**Harper** is so kind to her friends. She is always there to comfort them when she sees that they are sad. Keep spreading kindness Harper. **Nolan** is really recognizing all his colors and loves to talk about them and point them out in the classroom. Way to go, buddy!

Happy Easter!

**Miss Amy**

## Light Blue

Winter's over and we are ready for SPRING.

This month we have so many fun things planned. We will be practicing our math skills with Easter egg counting and exploring science by talking and learning what Dinosaurs eat. We plan to read a lot of stories and do fun art projects about Easter, insects, spring, dinosaurs and Earth Day.

We love how excited **Sage** gets for circle time where we read stories and sing songs. **Shauna** really enjoys playing in the dramatic play area with our baby dolls, blankets and bottles. She loves to care for the baby dolls.

Enjoy the warmer weather & Happy Easter! Until next time...

**Miss Lois & Miss Shaylawn**

## Yellow

Spring is in the air!

This month we plan to read a lot of stories and do fun art projects about Easter, insects, spring, Dinosaurs and Earth Day. We will be using shaving cream with food coloring to experience science and see what colors we can mix to make other colors. We love to count in our classroom and see how high we can count to.

**Amelia** is such a great friend. She loves to help her friends, and we love to see her spreading kindness. **Beckam** is always in a happy mood and is a great listener. Thanks Beckham for always doing what is asked! We plan to get outside a lot more so make sure your child has a jacket/sweatshirt to wear on chilly mornings.

Have a great spring!

**Miss Emma**

## Red

Spring is a beautiful reminder of what change can be!

This month we will celebrate Easter by painting Easter eggs and enjoy different look & find activities. We will read books and look at insect models to learn all about the ways they help our environment. We will enjoy exploring science by looking at insect models & life cycles under magnifying glass. For Earth Day, we will practice sorting trash from recycling and learn ways to reuse things. We will do exciting spring artwork with watercolors and plant seeds to watch them grow. This group loves dinosaurs and we will be talking and learning about them this month. We will do a math activity with dinosaur counters and big colored numbers to match up and count.

We will be going outside a lot so make sure your child has a jacket/sweatshirt for the chilly mornings.

**Eliana** loves to sing to herself, and it is so great to hear her voice when she joins in the group singing. **Haven** has been such a big help with preparing art materials and items needed for activities. I love your help, Haven.

Thanks for partnering with us to help your children grow.

**Miss Maggie**

## Dark Blue

Spring has sprung!

This month we will finish up our letter unit. We will be working on name recognition and practicing writing our names. We will also work on counting, recognizing and writing the numbers 1-10.

We plan to go exploring outside and see all the new things that come with spring. We will practice our math skills with number recognition by playing games together and counting.

**Madelyn** loves to pretend play with her friends. One thing she loves is to work and do her friends hair. **Olivia** loves to play in the block area building ramps with her friends. She is so good at sharing her thoughts with building!

It's hard to believe that the preschool year is about over. We have really enjoyed working together and learning new things along the way!

**Miss Rhonda**

## Purple

Spring is nature's way of saying let's party!

Throughout the month we will incorporate the following themes into our learning: Easter, insects & bugs, spring & dinosaurs. We will continue to learn letters & numbers each week. We will also introduce the Easter story through the use of resurrection eggs each day during devotions. During science time, we will take a listening walk to listen for signs of spring. We will practice our math skills using sequencing with the Easter story.

Be on the lookout for more details to come for parent/teacher conferences at the end of April.

**Addison** enjoys helping around the classroom. She also really loves to do arts and crafts. Thanks for your help, Addison. **Betsy** enjoys pretend play with her friends. She loves looking at books & being read to.

Happy spring & Happy Easter.

**Miss Michelle**

## Black

Spring is finally here!

This month we have so many fun things planned. We plan to read a lot of stories and create fun art projects on Easter, insects, spring, dinosaurs and Earth Day. We will play a caterpillar game, make a flower bouquet and learn about the changing seasons. We will also learn about recycling and why it is important. For Easter, we will make a craft about the death, burial & resurrection of Jesus.

**Nolan** enjoys arts & crafts, monster trucks and giving hugs. He is always willing to help out in the classroom with different tasks, and I sure do appreciate his help. **Juan- Jose(JiJi)** enjoys playing monster trucks with his friends. He always includes everyone and loves to make his friends smile.

See you next month! Happy Easter!

**Miss Journey**

## Gold

Happy spring & Happy Easter!

This month we plan to read a lot of stories and do fun art projects on Easter, insects, spring, dinosaurs and Earth Day. With the warmer weather, we plan to go outside more so please make sure your child has a jacket/sweatshirt for the cooler mornings.

We will work on using kind words when we talk to our friends and teachers. We will use our listening ears to hear what others are saying. This will help our classroom spread kindness!


**Tinsley** is an absolute ray of sunshine. She will talk your ear off about some of her favorite things, rodeos & horses. She is a very sweet & caring friend.

**Kamden** has the softest heart. He goes above and beyond to respect his friends and teachers. He has tons of energy, and he is fun to be around.

See you next month!

**Miss Josie**

# APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 	2	3	4
5 	6 <b>SIOUX CENTER CHRISTIAN No School</b>	7	8	9	10	11
12	13	14	15	16 <b>DARK BLUE Parent Teacher Conference</b>	17 <b>DARK BLUE Parent Teacher Conference</b>  <b>SIOUX CENTER COMMUNITY 1:20 Dismissal</b>	18
19	20 <b>PURPLE Parent Teacher Conference</b>	21 <b>PURPLE Parent Teacher Conference</b>	22 	23	24	25
26	27	28	29	30	1	2