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## A note from the office:

*September 2025*

Happy last month of summer!

The transition to fall weather is our favorite time of year! Since the weather will be cooler in the mornings, please send a jacket with your kids and check that they have weather appropriate extra clothes in their cubbies!

Our themes for the month are:

September 1-5: Feelings & Emotions

September 8-12: Colors

September 15-19: Shapes

September 22-26: Apples

With Madison no longer in the center, please use Jess or Avery's emails to send scheduling changes and other information. You can reach Jess at [assistantdirector.ecc@appletreechildcare.com](mailto:assistantdirector.ecc@appletreechildcare.com) and Avery at [earlychildcenter@appletreechildcare.com](mailto:earlychildcenter@appletreechildcare.com) with any questions.

We hope everyone enjoys the last month of summer weather!

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

Jess - telephone number: 722-4337 email: [assistantdirector.ecc@appletreechildcare.com](mailto:assistantdirector.ecc@appletreechildcare.com)

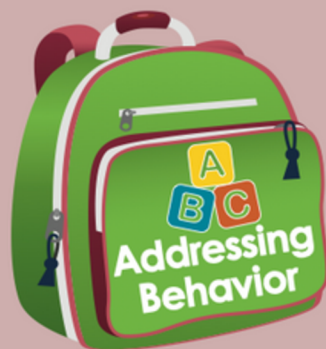
Avery - telephone number: 722-4335 email: [earlychildcenter@appletreechildcare.com](mailto:earlychildcenter@appletreechildcare.com)



Korbyn  
Kaly  
Noa  
Olivia

Wesley  
Brooks  
Bellamy  
Ella





## 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).



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

# How to Understand the Meaning of Your Child's Challenging Behavior

Brooke Brogle, Alyson Jiron & Jill Giacomini

As a parent or caregiver, you may see your child behave in a way that doesn't make sense and ask yourself, "Why does she keep doing that?" It can be very frustrating, especially when it seems like it should be easy for your child to figure out on her own a more appropriate way to behave. In moments like this, it is important to remember that children continue to use a behavior because it works! Your child's behavior is a powerful communication tool that she uses to tell you what she needs or wants. Sometimes, when a child does not know the appropriate way (such as words, sign language or pointing to pictures) to express her needs or wants she may use challenging behavior (such as hitting, screaming or spitting) to communicate. Challenging behavior gives children the ability to send a message in a fast and powerful way. Children will use challenging behavior to communicate until they learn new, more appropriate ways to express their wants and needs. To change the behavior, it is important for you to first discover what is causing the behavior. If you know why your child is choosing a behavior, you can then teach her to communicate her wants and needs in a new way that everyone feels good about.

Children use challenging behavior to either:

- 1) get something, such as attention, a toy or a nap, or
- 2) get out of doing something, such as going to bed, eating a new food or getting buckled in the car seat.

The first step you must take to help your child learn a new behavior is to determine if she wants something or wants to avoid doing something.



### Try This at Home

- **Observe.** Pay careful attention to what is happening when your child displays challenging behavior. Keep a chart to see repeated patterns in behavior. What happens before the behavior starts? What happens after?
- **Track.** Keep track of when the behavior occurs. Do you always see the behaviors just before nap time? Perhaps your child is tired and you can change your routine to include errands in the morning and quiet, at-home activities before nap time.
- **List.** Brainstorm ideas about what your child is trying to get, or avoid doing, by using challenging behavior. The more you watch your child, the more you will be able to narrow your list down to a few possible reasons why the behavior is occurring.
- **Teach.** Once you have an understanding of why your child chooses to use a challenging behavior, you can teach him a new way to behave in that situation. Pick a time outside of the situation when you can:

» **Role play:** Use puppets, trains, dolls or other toys to act out the new skill with your child. For example, you can make the doll say, "I really want to play outside. I want to open the door and run, but Mommy says I need to wait for her. I won't scream. I will say 'Hurry up Mommy. I am ready to play.'"

» **Read books:** Children often tell you how they are feeling when they are trying to guess how others are feeling. Ask your child questions about a character in a book as a way to start to talk about your child's own behavior. For example, "That little girl doesn't want to go to bed. I wonder why?"

» **Talk about the situation ahead of time:** Sometimes, children simply want to know about what is planned ahead of time or to be included in the planning. Parent schedules are busy and you often need to get things done quickly. However, quick transitions can feel overwhelming to young children. If you take a few minutes to include your child in the plan, you will likely see a dramatic decrease in challenging behavior. For example, you could say, "We are going to get in the car and go to the store when you finish this puzzle. Would you like to pick a special toy to bring with you to the grocery store?"



### Practice at School

Teachers are detectives too! When a child uses challenging behavior at school, teachers watch to see what caused the behavior and then teach the child a new way to communicate. For example, Ethan is playing with cars alone when Jacob tries to grab a car from him. Ethan hits Jacob and grabs his toy back. Jacob cries. Ethan was frustrated that a friend was taking a toy from him before he was done and used hitting as a way to tell Jacob that he wanted his toy back. The teacher might say to Ethan, "You looked frustrated when Jacob took your toy. Next time, you can use your words and tell him 'It's busy. I'm still using this toy.'" Teachers can also use puppets to reinforce the skill of saying "it's busy" during circle time or during other activities throughout the day.



### The Bottom Line

It can be fun and rewarding to figure out what your child is thinking and why! The more familiar you are with how your child reacts to everyday situations, the easier it is for you to teach him appropriate ways to deal with challenges like frustration, stress and fatigue. Children who learn how to manage these situations feel more confident and are less likely to use challenging behavior to communicate their needs.



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## Weekly Themes:

|             |                     |
|-------------|---------------------|
| 9/1 - 9/5   | Feelings & Emotions |
| 9/8 - 9/12  | Colors              |
| 9/15 - 9/19 | Shapes              |
| 9/22 - 9/26 | Apples              |
| 9/29 - 10/3 | Fall Harvest        |



## Teacher Fun Fact

### What was your favorite subject in school?

Miss Jess: Science  
 Miss Avery: Math  
 Miss Connie: Home Economics  
 Miss Anita: English  
 Miss Emma: Agriculture  
 Miss Kara: Math & Agriculture  
 Miss Lois: Reading  
 Miss Shay: Reading  
 Miss Riley: Reading

Miss Emery: Reading  
 Miss Amy: Science  
 Miss Josalyn: Reading  
 Miss Maggie: Reading & Library  
 Miss Michelle: Language Arts & History  
 Miss Amber: English, History & Computer Class  
 Miss Noelia: Science (Chemistry & Biology)

## Stay in touch :



@AppleTreeECC



@appletree\_earlychildcenter



appletreeecc.com



# Health & Fitness Tips:

## 4 WAYS TO BE A MORE PRESENT PARENT



Kids aren't looking for perfect parents; they are looking for present parents. Don't allow the stress of "Am I doing enough?" hamper you from enjoying what you are doing. Spending quality time being present with your child should trump your feelings of guilt and stress about not spending enough time with a child.

## AFTER SCHOOL SNACKS FROZEN YOGURT COVERED BLUEBERRIES

### INGREDIENTS:

- Fresh Blueberries
- Greek Yogurt
- Lemon Zest (optional)
- Nut Butter, melted (optional)
- Chocolate, melted (optional)

### DIRECTIONS:

- Line a baking sheet with parchment paper.
- In a bowl, combine blueberries and yogurt, and mix well. Optional to stir in lemon zest. Using a spoon, place small dollops on yogurt mixture onto baking sheet. Freeze until set, at least 1 hour.
- Enjoy as is or dip & coat the clusters in melted chocolate or peanut butter. If using peanut butter, place back in the freezer until hardened.

## SCREEN FREE ACTIVITIES FOR FAMILIES

- Ride bikes
- Have a water balloon fight
- Make cookies
- Have a picnic
- Play hide-and-go seek
- Play dress-up
- Create an outdoor or indoor obstacle course
- Visit a children's museum
- Play board games
- Craete friendship bracelets
- Join a book club
- Go fishing
- Learn how to golf (or any sport)
- Write a book
- Do a puzzle
- Make homemade pizzas
- Volunteer
- Exercise
- Plant & grow a garden





## Green

Welcome to the Green Room!

We are looking forward to another month of caring for your little ones and watching them grow! We love getting outside and going on buggy rides to look for bunnies and squirrels!

**Easton** loves to tell a lot of stories and his giggle is absolutely adorable. **Hayes** loves tummy time and is excited to see that cute boy in the mirror!

Enjoy the last summer days with your family and friends!  
**Miss Anita & Miss Connie**

## Light Green

Welcome to the Light Green Room!

This month we will learn sign language for 'more' and 'all done'! It's so cute to see the kids start to use the signs in the classroom! Please bring jackets for the kids so we can wear them if it is chilly in the mornings when we go on walks in the buggy. This month we will practice sharing with our friends! We will pass toys back and forth and use words like "your turn" and "my turn" as we trade toys!

**Cecilia** has learned to pull herself up on toys to play with them. **Maebry** plays independently and loves exploring in all of the areas of the room!

Have fun playing in the leaves as they start to fall!  
**Miss Kara & Miss Emma**

## Light Blue

Greetings from the Light Blue Room!

This month we will work hard to learn how to use our social skills of playing together nicely! We will practice playing group games and with toys in groups. Being kind to each other is one of our expectations for the center, so we will learn how to be kind to our friends all throughout the day.

There are so many fun themes this month including colors, shapes, apples, and our feelings & emotions. We will talk about how we are feeling each day at circle time and label our emotions as they happen in the classroom. During the color and shape themes we will practice naming the colors and shapes we see around the room. At the end of the month, we will explore apples and learn all about their colors, shapes and where they grow!

**Nolan** and **Skylar** love playing together and exploring all over the room!

Until next time...  
**Miss Lois, Miss Shay, Miss Emery & Miss Riley**

## Blue

Welcome to fall in the Blue Room!

This month we will be working on so many exciting things! We will be talking about the different feelings and emotions that we have, and how to express them. During our color theme, we will work on naming our colors and finding them in the classroom. Shapes are fun to learn together. I love seeing the children start to give names to familiar shapes. At the end of the month, we will learn about apples. Yum! We will spend the whole month working on our solutions, and sharing is the first one we will learn and practice! The kids in our room are fantastic at independent play, and we want to help them learn how to share the toys they have with each other by giving some of the toys to a friend to play with.

**Eliza** is doing a great job with listening and cleaning up when the timer is done. **Bryson** is doing a great job using his words and asking for more, or saying done when he is finished!

From all of us in the Blue Room, we hope you have a safe and Happy Labor Day!

**Miss Amy**

## Yellow

Welcome to the Yellow Room!

This month we will be making feeling faces paper plates to learn about feelings and emotions. We will focus on a new color and shape each week and search for them throughout the center. At the end of the month we will be painting with apples to make fall-themed art for our rooms! Sharing is such an important part of learning to play cooperatively with our classmates, so this month we will take extra time to learn how to share our toys with others so that everyone is included in the fun!

We have such caring friends in our room! **Brayden** shared a truck with his friend! **Leo** tried to help a friend feel better when they were sad!

Have a great month!  
**Miss Josalyn**

## Red

Hello to the parents and friends of the Red Room!

It's hard to believe that summer is ending! It went so fast! During September we will be learning about feelings, colors, shapes and celebrating the start of fall with an apple themed week! As 2 year olds, regulating emotions is a big part of adjusting to the world around us! We will be reading social stories and going over ways to calm our bodies and communicate with others. We will do fun art and sensory activities to explore colors & shapes. We will be mixing paint, using stencils and playing with magnet blocks. As we head into late September and early October, please be sure your child has appropriate clothes to go outside, as we will go out whenever possible!

**Johanna** loves to color pictures to share with her family and friends! **Haven** is such a kind friend! She shares her toys with others so well!

Thanks for your partnership in helping your child grow!  
**Miss Maggie**

## Purple

Greetings from the Purple Room!

We are enjoying all of the excitement a new preschool year brings...new friends, toys, teachers and so much learning fun! This month we will focus our learning around the themes of feelings & emotions, colors, shapes and apples. We will also learn our class rules and expectations to get us ready for learning success! We will focus on learning how to take turns with our friends in our centers of the classroom and we will learn how to ask for help from our teacher.

**Olivia** enjoys pretend play with friends and making beautiful art for our classroom! She is always so helpful! **Micah** loves being outside and he has a blast playing pretend with friends in the classroom.

Until next time...

**Miss Michelle**

## Dark Blue

Hello from the Dark Blue Room! I am so excited to get to know our friends!

This month we will be working on classroom rules by learning classroom songs. We will be focusing on learning to take turns and how to use our words to ask for things when playing with friends. We will have so much fun with our themes of feelings & emotions, colors, shapes and apples! This is going to be a great year in the Dark Blue room!

**Kalvin** is excited to start preschool. He enjoys playing and sharing with his friends. **Aubrey** is excited to play vet with her friends and have fun in preschool.

We are looking forward to a great preschool year!

**Miss Rhonda**

## Black

Hello September and new seasonal colors!

This month we will be learning all about the rules and expectations that keep us safe and respectful in our classroom. We will learn how to respect our friends by keeping our hands and feet to ourselves. During the first week of the month, we will be discussing how to respond to our feelings and emotions. We will spend the rest of the month learning about colors and shapes, and we will end the month learning about apples! Yum! The letters we will learn are L, T and I.

**Dominic** donated classroom supplies and we are very thankful! **Nolan** has enjoyed reading books! Great work!

Wishing all our friends a great start to a new school year and a happy autumn!

**Miss Amber**

## Gold

Hello families! We are excited to jump into another fun month of learning, exploring and growing together in the classroom!

This month we will be doing activities around the theme of feelings and emotions! We will read stories about different emotions (happy, mad, sad, excited, etc.). We will watch scenes from the movie *Inside Out* and discuss the different emotions in the movie. This month will be a month full of emotions and how to respond to them!

**Ja'Nii** likes to help her friends pick up and includes everyone so that no one feels left out of play. **Amelia** is so sweet. She enjoys to color and is always respectful to her teachers and friends.

Let's make this a month full of smiles and kindness.

**Miss Noelia**



Refer a friend or family member to Apple Tree & if they enroll, (one month of attendance required) you will receive a \$50 gift card to a restaurant of your choice!



# SEPTEMBER

| Sunday  | Monday  | Tuesday | Wednesday | Thursday | Friday  | Saturday |
|---|---|---------|-----------|----------|---|----------|
| 31  | 1<br><br>APPLE TREE is<br>CLOSED TODAY | 2       | 3         | 4        | 5   | 6        |
| 7<br> | 8   | 9       | 10        | 11       | 12  | 13       |
| 14  | 15  | 16      | 17        | 18       | 19  | 20       |
|   |   |         |           |          | SIOUX CENTER<br>COMMUNITY<br>1:20pm Dismissal |          |
| 21  | 22<br>                               | 23      | 24        | 25       | 26  | 27       |
| 28  | 29  | 30      | 1         | 2        | 3   | 4        |