



**Apple  
Tree**

PRESCHOOL & LEARNING CENTER



**APPLE  
JUICE**

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

*July 2026*

## A note from the office:

Happy July! Summer is in full swing and we are thrilled to see our classrooms and playgrounds buzzing with energy and laughter. Thank you for entrusting your little ones to us each day—it is a joy to watch them grow, learn and explore.

We are very excited for Miss Whitney to be joining our team. She comes to Apple Tree with years of experience in the classroom as well as in a child care center as an assistant director. Miss Whitney cannot wait to meet each and every one of you.

A reminder, Apple Tree will be closed on Friday, July 3<sup>rd</sup> in observance of Independence Day.

A few reminders:

- Check folders weekly for art projects.
- Please notify the office of any vacation days in advance.
- Please make sure your child has two blankets for naptime.
- Please watch for upcoming activities posted on the classroom doors.

We are grateful for your continued support and partnership in creating a safe, fun and nurturing environment for your children.

We wish you a wonderful month of sunshine and family memories!

*Miss Lisa & Miss Whitney*



**HAPPY BIRTHDAY**

Santiago  
Waylon  
Ethan  
Griffin

## Important Dates:

7/3 - Apple Tree is CLOSED in observance of 4<sup>th</sup> of July

7/4 - Happy 4<sup>th</sup> of July

## Stay in touch :



@AppleTreePreschoolLearningCenter



@appletree\_siouxcity



appletreechildcare.com

# Share APPLE TREE WITH A Friend

## REFER A NEW FAMILY

## \$100 TUITION CREDIT

Refer a new family and receive a \$100 tuition credit after their first 90 days of enrollment, while they enjoy free registration (\$50 value) when they enroll. It's our way of saying thank you for helping our community grow!



## Teacher Fun Fact

### What is your favorite ice cream topping?

Miss Sara: Mint Sauce  
Miss Joshlyn: Hot Fudge  
Miss Cassi: Strawberries  
Miss Leah: Hot Fudge

Miss Emonie: Cookie Dough  
Miss Pearl: M&Ms  
Mr Devon: Snickers  
Miss Natalie: 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!**



# 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



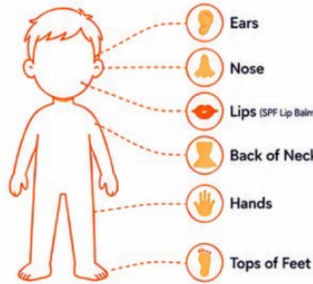
### WHEN TO APPLY

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.



# 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](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)

### 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.



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# Kittens

It's heating up outside!

In June, the Kittens practiced taking a break when needed. This month we will focus on learning how to play together and how to use nice touches.

Our theme this month is everything summer! We will be painting suns, making fireworks and paper kites. During science time, we will guess if we think items from our classroom will sink or float when we put them in water! We will spend a lot of time on the playground and playing with water! We will also be practicing how to play together nicely and share toys. We will also learn about using nice touches with our friends!

Does your family take a vacation in the summer? Where are some of your favorite places to go? Give your answer to Miss Sara for a special treat!

**Phoenix** is new to Apple Tree. He is a bundle of energy and is such a great addition to our classroom! **Waylon** is always so helpful. He can be counted on to help both his peers and teachers whenever asked.

Come cool down with the kittens!

**Miss Sara & Miss Joshlyn**

# Kangaroos

Wishing everyone a safe, bright, BBQ-filled 4th of July!

This month the Kangaroos are going to work on a new goal of playing together and solving problems themselves! We will practice what it means to share, take turns and set a timer if a friend has a toy we want. In July, we are going to learn about jungle animals and different kinds of ice cream. We will make jungle and ice cream art to fill our room with summer fun! We will also taste test ice cream with different toppings to see what our favorite is! What is your favorite kind of ice cream? Please let Miss Cassi know and you'll get a prize!

**Crimson** loves to build things with his friends using geo-connectors. **Leo** loves to tell stories to the teachers and his friends.

We are looking forward to a brilliant July!

**Miss Cassie, Miss Leah & Miss Daisy**

# Panda Bears

Goodbye June! Hello July! We are ready for the best summer month, yet!

During the month of July, the kids will be learning about the Golden Rule, including everyone and what makes a good friend! We will try extra hard this month to pick up after ourselves when we play in a center and how to share, play together and regulate our emotions!

We will be create themed art projects, take field trips, and have fun at the center!

Please have your children leave their personal toys at home to avoid them getting lost or damaged at the center! If your child would like to bring a stuffy to cuddle with at nap time, they can! Also, if you have not, please bring a water bottle labeled with your child's name to use on warm days!

**Theo** is a great listener and a great helping hand! **Maceana** is a great friend in the classroom and on the playground! She has the drive to always want to help out!

Stay cool and have a wonderful rest of your summer!

**Miss Emonie & Miss Pearla**

# Apple Corps

We're ready to rock July!

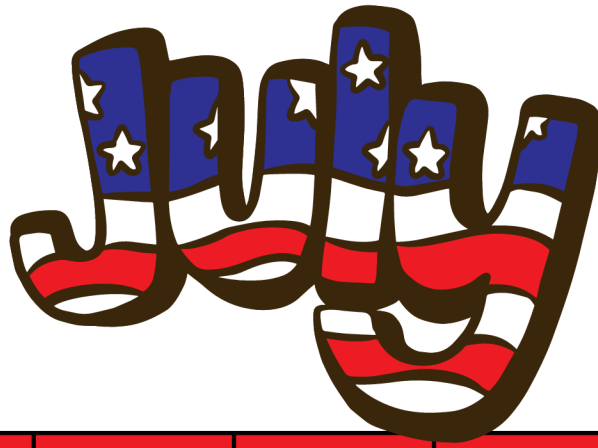
This month, Apple Corps will celebrate with red, white and blue popsicles for outstanding performance and for following center expectations! To show our creativity, we will be making magic paint! Then we will play BINGO to keep our math skills sharp, as school is just around the corner!

We will continue to practice our problem solving skills by trying one of our solution cards before asking the teacher for help. We will also practice respecting other friends' personal space and keeping our hands to ourselves.

**Bryce** shows great improvement everyday with his problem solving and social skills! He is a great example in the classroom. **Laura** is a great help to the teachers and has showed improvement in using her social skills to solve problems.

Thank you and have a great July!

**Mr Devon & Miss Natalie**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2 APPLE CORPS First Tee at Sun Valley Golf Course	3  APPLE TREE Closed Today	4  4TH OF July
5	6	7 APPLE CORPS Palmer Candy	8	9 APPLE CORPS First Tee at Sun Valley Golf Course	10 APPLE CORPS Sgt. Bluff Splash Pad	11
12	13	14 APPLE CORPS Chesterman's  KANGAROOS Sioux City Museum Dino Dig	15	16 APPLE CORPS First Tee at Sun Valley Golf Course	17 APPLE CORPS Wells Blue Bunny (\$5)  PANDAS Dorothy Pecaut Nature Center (\$2)	18
19	20 APPLE CORPS Riverside Park	21	22 APPLE CORPS Lewis & Clark Center	23 APPLE CORPS First Tee at Sun Valley Golf Course	24 APPLE CORPS Leeds Splash Pad  PANDAS Sioux City Museum Dino Dig	25
26	27 APPLE CORPS Sgt. Bluff Water Kickball	28	29 APPLE CORPS Dorothy Pecaut Nature Center (\$2)	30 APPLE CORPS First Tee at Sun Valley Golf Course	31	1