



A note from the office:

April 2026

Spring is a lovely reminder of how truly beautiful change can be! We are very excited for another month of fun and growth with your children!

A few reminders:

- **Outside Food:** Please remember that since we are on the food program, no outside food or drinks are allowed in the center. If your child is enjoying a treat in the car or breakfast on the go, please have them finish it in your vehicle before entering the center. Any outside food brought into the center will be placed in a baggie and put in the cubby for your child to take home to enjoy.
- **Extra Clothes:** With the changing weather, this is a great time to check your child's cubby to make sure they have extra clothes that are appropriate for the weather and current size your child needs!
- **Field Trips:** With the weather warming up, please keep an eye out for field trips and other fun activities coming!
- **Tuition:** Tuition payments are due at the start of the week for that week of care. Late fees will be added to accounts if payment is not received by Wednesday at 6:00pm. Non-payment of tuition could cause us to refuse care until the bill is paid or a payment plan is arranged.
- **Parking Lot:** Please use caution in our parking lot when pulling in or leaving the driveway! Look twice and watch for other vehicles and children, as a child can appear in seconds! Also, please be sure you are using safe driving practices and using car seats for your children that need them!
- **Pre-K Graduation:** Please watch Miss Rachael & Miss Melanie's doors for information ofn pre-k graduation! May will be here before we know it!

Staff Spotlight:

Miss Caitlin is such a team player! She is always willing to step in wherever she is needed and she is loved by her Lizards!
Miss Jenna is so great at teaching her kids emotions and feelings! She does wonderful with PBIS skills and we are so lucky to have her!

We hope everyone has a safe and happy April! Please stop at the office anytime with questions or concerns!

Miss Steph & Miss Becca

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!





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.

More Information

More information and resources on this and other topics are available on our website, 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 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.



National Center for
Pyramid Model
INNOVATIONS

ChallengingBehavior.org



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Office of Special
Education Programs

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

Stay in touch :



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buildingblockshome.com

Teacher Fun Fact

What is your favorite late-night snack?

Miss Steph: Popcorn
 Miss Becca: Chips or Sweets
 Miss Tiara: Cereal
 Miss Ariel: Chips & Salsa
 Miss Brittni: Popcorn
 Miss Joelle: Popcorn & Cashews
 Miss Kami: Water
 Miss Kattie: Takis

Miss Madelyn: Chips & Dip
 Miss Mattie: Chips & Queso
 Miss Bella: Strawberries
 Miss Jenna: Popcorn
 Miss Caitlin: Chips & Dip
 Miss Melanie: Meat, Cheese & Crackers
 Miss Rachael: Cookie Dough

Photos of the Month



Leah
 Vivienne
 Holden
 Beau
 Neveah
 Amelia



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



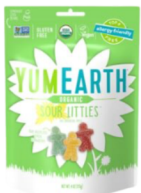
Hu Chocolate bars



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!

Care-A-Lot

Rain, rain, go away... We are so ready for nicer weather so we can start opening the windows for fresh air.

We want to thank our parents for their continuous effort to label their children's bottles each day. This is a tremendous help! We want to remind you that your child needs to be signed in and out on the ProCare app each day.

We are excited to see all of the accomplishments your children have this month! **Ryder** is trying so hard to crawl! **Luna** is getting so close to rolling over! **Layne** loves her food! Bread is her favorite and she gets so excited when it is time to eat! **Lillyann** is so incredibly sweet. When a friend was crying, she began to comfort them by rubbing their head!

Have a fantastic April!

Miss Tiara & Miss Ariel

Disney

Spring is in the air!

This month, as the weather gets nicer, please pack sweaters, shoes & hats, as we plan to take the little ones for walks around the park! Also, please bring weather and size appropriate extra clothes so that if accidents happen we can change your little ones into clean clothes without bothering you at work!

Madeline is so close to walking! We know it will happen any day now! **Owen** is ready to walk, too! Give us a little time and these two will be running around the room! **Wyatt** is scooting on her booty around the room! It is so cute! **Gavin** is finally crawling and is everywhere exploring!

Have a happy and safe Easter!

Miss Brittini & Miss Joelle

Ducks

Hello spring!

It's starting to get warmer so please make sure you are sending your child in weather appropriate clothing and that their extra clothes are the right size!

Keep an eye on the door for important updates! We are excited for Easter and have fun activities planned to get in the Easter spirit! During science, we will dye Easter eggs! We will learn about the earth as we go on walks, and we will look for insects to learn all about them! We will work hard on saying please and using our walking feet in the center!

Elliana is such a quick learner and has a very contagious smile. **Bennett** makes us laugh on a day-to-day basis with his funny actions!

Have a great month!

Miss Kami & Miss Kattie

Bees

Welcome April! Hello spring!

This month we will continue to learn ASL and review our ABCs, shapes & numbers! We are so excited to celebrate Easter and make fun art projects! We will be making our own bug fingerprints and enjoy a spring themed sensory bin! We will practice our patience by working on how to wait and take turns when our friends have a toy that we want. We will also continue practicing how to walk down the hall nicely and stay with the group when we are at snack!

Xakai loves to help his friends pick up! He does amazing at repeating his colors and loves doing the ABCs. **Bristol** is always so happy! She loves to cheer her friends up when they are sad.

Hoppy Easter!

Miss Shelby & Miss Madelyn

Dragonflies

Happy Easter!

This month we will be learning about insects, Earth Day and recycling! We will go on walks to see insects and talk about what we see. We will use our fine motor skills to practice our sorting and recycling. We will also practice saying, "Please stop" and how to ignore a friend if they are doing something we do not like.

Ryker is always so smiley and has been such a great helper at clean up time. **Cooper** has been more talkative and is such a great helper!

Have a wonderful month!

Miss Bella

Butterflies

Bring on the flowers!

As we enter spring, please remember to bring jackets, as we head outside in the mornings and it can still be a bit chilly!

We will venture outside to look for bugs on a fun scavenger hunt! While on the playground, we will work on our large motor skills by running, jumping and climbing! We will work hard at learning how to play together and how to share! It can be so tricky at first, but once we master it, it's great to see the kids share with each other!

Lillian listed all of the colors correctly! **Makenna** found the correct solution card on the wall!

Happy Easter!

Miss Mattie

Caterpillars

Hello!

This month we will be working on using our hands for helping and how to clean up in the classroom as a team. We will also work on sharing and how to take turns with the toys we all love and want to play with.

We will do an Easter egg hunt and get outside as much as possible!

I am looking forward to another great month with the Caterpillars.

Miss Kenzie

Lizards

April showers bring May flowers!

During circle time this month, we will be talking about the solution "Get a Teacher" and when we should get a teacher to help us solve a problem. We will also work hard at saying please and thank you when we ask for something!

We will dye Easter eggs, look for insects, and use the words same and different when we describe what we see. We will plant a class flower and watch it grow for spring. We will do a recycling sensory bin and at the end of the month we will make dinosaur prints out of clay! It is going to be a great month!

Octavia has come out of her shell and is showing her true colors! We love it! **Carter** helped a friend when they hurt themselves and stayed with them until they felt better!

Have a great spring!

Miss Caitlin

Miss Rachael's Pre-K

Hopefully we do not have too many April showers... Please watch the weather for outside days!

This month we will go over the letters W, X, K, Z and then we will review all of the letters. We are using our letter knowledge and skills to sound out words. In science we will do an insect salt and water melt and practice counting in math. We will practice how to trade and how to know when it is time to get a teacher when we have a problem.

Jovanni has mastered writing his name! **Norah** is a new friend in the room and is adjusting great! She follows the rules and directions!

It is conference time. Be looking for the sign-up sheets.

Miss Rachael

Frogs

Hello spring!

This month we are learning all about spring! We will learn about the insects that we see and how we take care of the Earth. We will also talk about Easter and all of the fun we'll have looking for eggs. We will make fizzy eggs during a science lesson. A reminder to please check your child's file for any artwork.

We will review our solutions and work on how to ask a teacher for help. Sometimes handling a big problem by ourselves is not possible and we need a teacher to help! We will also work on using our listening ears when a friend it's talking to us.

McKenzie is such a sweet, kind and helpful girl. She is always willing to help me or a friend.

I hope you all have a great April!

Miss Jenna

Miss Melanie's Pre-K

Hoppy April!

This month we will practice playing together and how to keep our hands to ourselves. We will be working on letters W, X, K, Z and then reviewing those letters.

We will be going outside a lot more, so please make sure to wear weather appropriate clothing. Please also bring sunscreen, as we will be needing it soon!

If your child is graduating in May, please bring a baby picture and a present day picture of them!

Madeline uses her words to tell friends how she is feeling. **Connor** is always willing to play with others!

Hope everyone has a fun Easter!

Miss Melanie

School-Agers

Happy April & Happy Easter!

With the warmer weather approaching it makes us think of SUMMER. Please make sure your school-age child is signed up for our summer program. Be sure to sign up ASAP before all the spots are filled up.

Please let the office know if your child will not be needing transportation from school to Building Blocks for the afternoons. This would be if they leave school early due to an appointment or are sent home sick. It really helps out our van drivers and makes our PM driving so much smoother.

Have a great month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 MISS MELANIE'S PRE-K Egg Match APRIL'S DAY! 	2 DUCKS Dye Easter Eggs MISS MELANIE'S PRE-K Roll A Dice Game	3 BEES Easter Bunny Footprints BUTTERFLIES Bunny Hops LIZARDS Dye Easter Eggs MISS RACHAEL'S PRE-K Peep Day	4
5 	6	7	8	9	10 DUCKS Find the Bug in the Class BUTTERFLIES Bug & Tweezer Activity MISS MELANIE'S PRE-K Roll A Dice Game	11
12	13 BUTTERFLIES Scavenger Hunt for Bugs MISS MELANIE'S PRE-K ABC Flower Find MISS RACHAEL'S PRE-K Sunflower Seed Flower	14	15	16 LIZARDS Plant Flowers MISS RACHAEL'S PRE-K Symmetry Butterfly Art	17 BUILDING BLOCKS PJ Day DUCKS Plant Flowers MISS RACHAEL'S PRE-K Name Kites	18
19	20 MISS MELANIE'S PRE-K Washing Ocean Animals MISS RACHAEL'S PRE-K Earth Day Dot Art	21	22 	23 DUCKS Earth Day Walk LIZARDS Recycling Sensory Bin	24 MISS MELANIE'S PRE-K Planting Sensory Bin BUTTERFLIES Earth Day Color Sensory	25
26	27 MISS RACHAEL'S PRE-K Dino Tracks	28 MISS MELANIE'S PRE-K Dino Tracks	29 MISS MELANIE'S PRE-K Egg Hatching	30 BUTTERFLIES Dinosaur Dance Party BEES Wear a Dinosaur Shirt LIZARDS Dinosaur Play MISS MELANIE'S PRE-K Dino Magnetic Tiles	1	2