



A note from the office:

March 2026

Can you believe that it is March, already? We are sham-rockin' our way through the year!

A few reminders as we head into another month:

- Building Blocks is open 6:30am-6:00pm. Our doors will not be unlocked for entry until 6:30am, and any children who are in the center later than 6:00pm will have late pick up fees added to their account.
- Children in our Care-a-Lot and Disney rooms need to bring 4 clean bottles daily. According to HHS licensing, we are not allowed to wash bottles in our center and we must use a clean bottle for each feeding.
- Please be kind to our buzzer. If we are not in the office, it may take us a few minutes to get to the door, as we are busy in classrooms. If you need to purchase a new key card, please stop by the office with \$5 and we will gladly get you a new one so you do not have to wait for us!
- Please do not open the door for others. If you see others waiting at the front door, please do not open it for them. A staff member will open the door to ensure the person is a parent or authorized visitor to our center.
- **Child Supplies:** Please be sure you are checking your child's daily sheet or their cubby for any notices letting you know if your child needs diapers, wipes, extra clothes or blankets.
- Per HHS policy, your child is required to have 2 blankets (or a blankets and a fitted sheet) each day at nap time. Blankets should be taken home every Friday & returned to the center the following Monday.
- **No School Days:** If your school-age child is not attending on a no school day, please let Erica or Whitney know.
- **Spring Spirit Week** is 3/23-3/27. Join us in a fun week of dress up days to celebrate the end of winter and the start of spring!

Staff Spotlight:

Miss Mia has been a great addition to the Building Blocks team. She came to us from our Sergeant Bluff location. She is a great team player and is amazing with all age groups. The kids and staff love her!

Everyday is a lucky day! We hope everyone has a great month!

Miss Erica & Miss Whitney

HAPPY BIRTHDAY

Anna
Juliet
Odalie

Benji
Alan
Olivia

Abigail
Miss Anna



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 Help Your Child Recognize & Understand Frustration

Brooke Brogle, Alyson Jiron & Jill Giacomini

Frustration is a common emotion in young children and typically occurs as a child begins to discover the many things he would like to do, but simply cannot do yet. Frustration is a natural and healthy emotion and can provide a positive learning experience for a child. The feelings of frustration that occur when your child has difficulty communicating his needs or tying his shoes are his cue that he needs to try to do something in a different way or that what he is doing is not working. You can teach your child how to deal with frustration in a way that is useful for him. Most important, you must respond to frustration when it first arises before it changes into anger or becomes the dreaded temper tantrum. Two skills children must learn in order to deal with frustration are: 1) how to ask for help, and 2) know when to take a break!



Try This at Home

- Notice and label when you, your child or others are frustrated. Explain that everyone, including adults, feel frustration. You might say:
 - » About yourself: "I am frustrated. I have tried three times to fix the vacuum and it is just not working! I am going to take a break. I will come back and try when I am feeling calmer."
 - » About your child: "You are so frustrated! I see that you have been trying to build that tower and it keeps falling down! Let's have a snack and then try again together."
 - » About others: "That little boy looks frustrated. He can't climb up the ladder on his own. I wonder if he needs some help?"

- Teach your child appropriate ways to respond to frustration. You might say to your child, "You can ask Daddy. Say, 'Help please!'"
- Knowing when to take a break is a skill that can be taught to your child. You can say, "I see you are frustrated. Let's take a break. First, let's do five jumping jacks and get some water. Then we can come back and try again!"
- Puppets and toys are great tools for role playing situations that your child may be struggling with, such as trying to accomplish a task. "Wow, this train can't get up the hill. He has tried four times and keeps rolling back down. He looks like he wants to cry. I wonder what he can do?"



Practice at School

School is an opportunity for children to explore new concepts and try new skills. As a child attempts to become more independent, she often feels frustrated when she is not able to complete a task by herself. A teacher can help a child identify when she is feeling frustrated and prompt her to ask for help, try a new solution or take a break. "You have been working so hard to fit that piece in the puzzle. You sound frustrated. Would you like some help?" As the child learns new skills to manage frustrating feelings, she will become more confident in her abilities and eager to attempt new activities.



The Bottom Line

Childhood is full of frustrating moments. As young children explore their world they are faced with many challenges. There are numerous things they simply can't reach, can't buckle, and can't climb on their own. From the child's point of view, parents and other adults are always saying "No" to the activities and objects he wants. It is important to help your child learn how to deal with this common experience. As a parent, you have the opportunity to help your child learn how to recognize, understand and find solutions to his frustrations. Each time your child is able to work through a frustration, he is adding a very important skill he needs to be happy and successful in the world. Children who learn these skills are less likely to exhibit challenging behavior and are better able to navigate life's ups and downs with confidence.



UNIVERSITY OF SOUTH FLORIDA

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This publication was produced by the Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children funded by the Office of Special Education Programs (OSEP), U.S. Department of Education (H3268070002) and updated by the National Center for Pyramid Model Innovations also funded by OSEP (H3268170003). The views expressed do not necessarily represent the positions or policies of the Department of Education, July 2013/January, 2018.



Weekly Themes:

3/2 - 3/6	Dr. Seuss
3/9 - 3/13	Weather
3/16 - 3/20	St. Patrick's Day Fun
3/23 - 3/27	Robots

Stay in touch:



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buildingblockshome.com

Teacher Fun Fact

If you found a pot of gold at the end of the rainbow, what would you buy?

Miss Erica: House & Car
 Miss Whitney: New Car & House
 Miss Jessica: Plane Tickets, Clothes & Food
 Miss Becky: New Home
 Miss Shantel: New Vehicle, Vacation for Family & New Home
 Miss Yesenia: House
 Miss Katrina: House
 Miss Alejandra: Mansion
 Miss Soraya: New House
 Miss Lexi: Beach Vacation
 Miss Yasmin: House

Miss Daisy: House
 Miss Clarissa: Car
 Miss Chloe: Mansion
 Miss Izabelle: Classroom Decorations, House, Car & for Charity
 Miss Shelby: Bunch of Craft Supplies
 Miss Mya: Big Truck
 Miss Bonnie: New House
 Miss Anna: House
 Miss Breonna: Buy a House
 Miss Kali: Nice Car
 Miss Molly: Nice Things for My Family

Photos of the Month



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:

POISON PREVENTION WEEK - March 15th - 22nd

Did you know over 40% of calls received by poison centers involve children under the age of six? A poisoning can happen quickly and often happens in the child's home. Overall, the danger of poisons is higher for children because they are smaller in size and their bodies process things more quickly. This means they are not able to handle toxic chemicals as much as adults. Because young children explore using their senses of taste and touch, parents should take extra care to make sure all potential poisons and medicines in the household are out of children's reach.

Top Five Poisons Commonly Ingested by Children:

1. Medications (pill poisoning)
2. Household cleaners
3. Cosmetics and personal care products
4. Foreign bodies (coins, watch batteries)
5. Poisonous plants (Flowers, berries and mushrooms)

Tips to Prevent Poisoning

1. Put child-resistant latches on cabinets containing non-food products.
2. Store medications in a locked cabinet, out of children's reach.
3. Store poisons in cabinets away from food or drinks.
4. Keep products in their original containers, not stored in food or beverage containers.
5. Remove poisonous house and yard plants.
6. Program the poison control number 1-800-222-1222 to be ready in case of emergencies or questions.
7. Use child-resistant packaging for household products whenever possible.

Discover the Power of Nutrition

March is National Nutrition Month. It is a time to focus on helping kids build lifelong healthy habits through nutrient-dense foods. Key activities include promoting colorful, balanced meals, increasing hydration, and reducing added sugars and processed foods to support child development and well-being.

ACTIONABLE TIPS:

- **"Eat the Rainbow":** Encourage variety by eating colorful fruits and vegetables to get essential vitamins.
- **Power Up with Protein:** Include eggs, beans, chicken and fish to help muscles grow.
- **Whole Grain Energy:** Choose oats, brown rice and whole-wheat bread for lasting energy.
- **Bone Strengthening:** Offer milk, yogurt and cheese for calcium.
- **Hydration:** Emphasize drinking water for digestion and energy.



Kid-Approved Veggie Wrap

INGREDIENTS:

- ½ cup plain Greek yogurt, or sour cream
- 2 ounces cream cheese, softened
- 1 cup cheddar cheese, shredded
- 2 large bell peppers, diced
- 1 cup fresh broccoli florets
- 1 large English cucumber, seeded and diced
- 1 cup carrots, shredded
- 8 small soft wraps, or 4 large
- 1 tablespoon dried parsley
- ½ tablespoon dried dill
- ½ tablespoon garlic powder
- ½ tablespoon onion powder
- ½ teaspoon kosher salt
- ¼ teaspoon dried basil
- ¼ teaspoon pepper

DIRECTIONS:

- In a medium mixing bowl, cream together ½ cup plain Greek yogurt, 2 ounces cream cheese, and dried parsley, dried dill, garlic powder, onion powder, kosher salt, dried basil, and pepper together using a handheld mixer until creamy.
- Spread a thin layer of the ranch spread evenly on a soft wrap, leaving a ¼-inch border around the edges.
- Sprinkle about 2 tablespoons of shredded cheddar on each wrap. Add the prepared vegetables, to each of the wrap.
- To fold the veggie wrap, fold in the sides of the tortilla and then roll from the bottom up. Serve veggie wrap immediately or wrap tightly in plastic wrap store for up to 24 hours in the refrigerator.

Care-A-Lot

Hello! Spring is in the air! Let's hope for warmer weather for outside walks!

This month we will be helping our friends work on their next milestones. **Yasiel** will be working on sitting up and **Maclin** will be working hard to roll over! It is always so much fun to see the kids master a new milestone.

Remember to dress your little one in green for St Patrick's Day on the 17th and join in on the fun Dr Seuss Spirit Week Days, **March 2nd-6th!**

Yasiel is now holding his own bottles! He is so big!

Let's hope for a lucky month for all of us! Enjoy the weather!

Miss Jessica

Bees

Welcome to the luckiest month of the year!

This month we will be exploring the world of Dr. Seuss through books. Our kids love reading books! Another activity we will be doing is using our fine motor skills to finger paint rain for weather week. We will also be learning about St. Patrick's Day by creating a collage of all the things we see of St Patrick's Day! We will make weather in a jar during science and we will learn our colors!

A solution that we will focus on is taking a break. It can be stressful throughout the day as a toddler. Taking a break will teach our kids to stop and step back. A rule we will be learning is to use our walking feet. Toddlers have so much energy, so teaching them when it is safe to run is important.

Alan has been kind with helping his friends go places. He shows them the way and guides his friends by holding their hands. **William** has been using his solution "no thank you" with sign language to tell a friend they are doing something he doesn't like.

We hope this month brings luck and joy to all!

Miss Yesenia & Miss Katrina

Dragonflies

Welcome to March in the Dragonfly room!

This month the kiddos will be learning about their ABCs and 123s. We will sign and say our numbers and the alphabet each day at circle time. We will also start tracing them. We will spend extra time learning how to share toys with our classmates and how to take turns. Since we will celebrate Dr. Seuss week and St Patrick's Day this month, we will make green slime and we will count just how lucky we are!

Mateo knows his numbers and letters in Spanish and this month he said 1-12 in English. **Lucy** learned how to share toys and that sharing is caring.

We saw so many achievements last month and we are looking forward to another month full of success!

Miss Daisy & Miss Clarissa

Disney

Welcome!

This month we will be counting blocks as we stack them and will make a hanging rainbow project. With St. Patrick's Day approaching, be sure to put your little one in green.

We will help support **Josphene** as she is trying to walk independently and she is so close! **Lorenzo** is working hard at sitting up on his own and we are helping him practice during free play time.

Avacyn is officially standing up! **Jalen** is holding his own bottle!

Have a great day! We hope you enjoy looking for gold!

Miss Becky & Miss Shantel

Ducks

Happy March everyone! Spring is just around the corner and we are so excited or all of the fun that is to come!

This month we are planning to make a sensory wall for the kids to enjoy and explore. We will also be focusing on helping the kids sign words like please, eat & more. Signing helps us connect and communicate. We will practice using our walking feet in the classroom and in the halls to stay safe. During science we will see what happens when we put fizzy bath bombs in water and we will count while we finger paint during math.

Lilly has officially started walking and is able to walk to the lunchroom with little to no assistance. We are so proud of her! **Eugene** is so attentive during circle time and even knows the whole "open, shut them" song word for word.

Have a great month!

Miss Soraya & Miss Alejandra

Butterflies

Welcome to March! Don't forget to wear green!

The first week of the month will be filled with Dr. Seuss activities! We will make green eggs & ham and the Cat's Hat, that we will get to wear! In science we will make a rainbow with skittles and water to see the colors mix together. We will also count & sort dinos by color in math. During circle time, we will practice how to ask for toys nicely and how to keep our hands to ourselves when we are upset.

Evan has started saying goodbye to his teachers when they have to go home. **Genevieve** says all of her colors! Her favorite one to say is yellow.

We hope you have a fantastic St Patrick's Day!

Miss Lexi & Miss Yasmin

Caterpillars

We hope everyone has good luck this month!

We will be working on sharing with our friends and how to use our inside voices during play activities. We will practice how to use our walking feet to stay safe in the center. We have fun Dr. Seuss, St. Patrick's Day and spring themed art projects planned and we will get a little messy with shaving cream! We will sort colored dinosaurs in math and count how many of each color we have.

Isla has been very good with sharing with her friends! **Grayson** has been great at working on colors and shapes at circle time.

Watch out for the leprechaun and have a great month!

Miss Chloe

Frogs

Shamrocks, rainbows and sparkly things...what will March bring?

This month we are excited to introduce our wiggle brain breaks into circle time and get our wiggles out to help our brains soak up all our learning. We are going to enjoy St. Patrick's Day by learning how to make leprechaun traps, have a dance party with balloons and make rainbow treat necklaces. We are ready for all of the exciting St. Patrick's Day activities we have planned. We will even count gold coins and make bubbling pots of gold! It will be so much fun!

Melody is so engaged in circle time. She is a leader in our classroom.

Stay golden!

Miss Shelby

Pre-K

Hello March!

This month we are going to finish our pets study and begin our recycling study. We will learn the importance of keeping our planet clean and picking up after ourselves. We will also start to focus on the numbers 20-30 and 3D shapes. During the week of St. Patrick's Day, we will make leprechaun traps!

We will review how to request a friend shares a toy. Sharing does not mean taking what someone else has, but playing together or taking turns. We will practice using inside voices in the classroom utilizing a volume meter.

Ramsey: "Can you watch my dog while I go be a doctor?"

Kynleigh: "I'll take care of him"

Ramsey: "that was kind of me, right?"

We love these interactions between the kids! They have such active imaginations!

Willow and **Jack** were doing a great job taking turns while playing I Spy!

Watch out for the little leprechauns!

Miss Bonnie, Miss Anna & Miss Breonna

Turtles

Happy March!

This month we are going to be testing ourselves with counting, colors and shapes. We will be creating a lot of arts and crafts, so please make sure to check your child's art folders weekly. We will also grow a rainbow during science and count gold coins in math.

We will be focusing on saying, "please stop", if someone is doing something we do not like. Our emotions can get big, but it is important to communicate what we are feeling instead of making red choices. We will learn when we should use our whisper, inside and outside voices in the center. For example, we will practice using our whisper voices during trips down the hall when the babies are still asleep.

I am so proud of **Ashton**! After a week of practicing tracing his name, he can write it all on his own! **Reid** always has the funniest stories about his dogs at home.

See you in April!

Miss Izabelle

Lizards

Happy March! Wishing you a month full of luck!

We are going to be learning our days of the week and months of the year during circle time this month. During science, we will make a homemade lava lamp! We will also be counting the colors of the rainbow as we play in the St. Patrick's Day and rainbow sensory bin.

Sometimes asking for help is hard to do, so we will practice how to ask for help when we have an issue too hard to handle ourselves. We will also practice walking nicely with our hands to ourselves while we're in the hallways.

Arbaxas is new and has made many new friends. He has also learned to count to 20! **Liam** learned all the planets and can list them in order.

May your luck never run out this March!

Miss Mya

School-Agers

Spring is yet to come! Join us for the fun!

This month we will be having Dr. Seuss Spirit Week from the 2nd to the 6th. We will do a St. Patrick's Day art project and wear green on the 17th! We will make slime during a fun science activity and as a fun and active math activity, we will time how long it takes us to walk to the water tower and back.

We will focus on the solution of using our words to communicate when we are frustrated. This skill helps us respect each other while we are in the classroom.

Tula is a great listener. She raises her hand when questions are asked. **Finn** is a great listener. He is also a great friend to his peers.

Until our next update...stay curious!

Miss Molly & Miss Kali

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 DISNEY Thing 1 & 2 Art DRAGONFLIES Dissolving Candy Science WEAR SILLY SOCKS	3 DRAGONFLIES Practice Numbers WEAR GREEN	4 DRAGONFLIES Egg Dying Experiment WEAR WACKY CLOTHING OR HAIR	5 DISNEY Make Green Art DRAGONFLIES Counting Hats Math BUTTERFLIES Make Green Eggs & Ham WEAR YOUR MUSTACHES	6 DRAGONFLIES Make Green Slime FROGS Read How to Catch a Leprechaun LIZARDS Fruit Loop Necklace WEAR A HAT & STRIPES	7
8 	9 DRAGONFLIES Raindrop Math BUTTERFLIES Learn About Weather FROGS Build Leprechaun Traps CATERPILLARS Make Umbrellas PRE-K Start Reduce, Reuse & Recycle Study	10 DISNEY Cloud Artwork DRAGONFLIES Condensation Experiment FROGS Make Rainbow Necklaces CATERPILLARS Paper Rainbows PRE-K Bring Recyclables	11 DRAGONFLIES Counting Sun Math FROGS Balloon Dance Party BEES Weather Finger Paint (Bring Extra Clothes)	12 DISNEY Rainy, Sunny, Snowy Art DRAGONFLIES Water Bottle Tornado SCHOOL-AGERS Play Dodgeball	13 DRAGONFLIES Subtracting Stars LIZARDS Rainbow Paper Headbands PRE-K Make Their Own Paper to Recycle SCHOOL-AGERS Walk to Water Tower	14
15	16 DRAGONFLIES Fizzy Gold Pot Experiment DUCKS St. Patrick's Day Sensory Bin Library Visit for 3's, 4's & Pre-K	17  DRAGONFLIES Counting Lucky Charms FROGS Movie Day WEAR GREEN!	18 DRAGONFLIES Magic Rainbow Ring Experiment CATERPILLARS Make Clover Handprints	19 DISNEY Rainbow Art DRAGONFLIES Trace & Count Numbers	20  DRAGONFLIES Skittles Water Experiment SCHOOL-AGERS Play Kickball	21
22	23 DRAGONFLIES Count Robot Parts WEAR FAVORITE JERSEY OR ATHLETIC WEAR	24 DRAGONFLIES Robot Motion Experiment WEAR BEACH GEAR OR SHIRT FROM A PLACE YOU HAVE VISITED	25 DRAGONFLIES Add Squares in Math WEAR DISNEY OR MICKEY/MINNIE EARS	26 DISNEY Robot Art DRAGONFLIES Robot Shape Experiment SCHOOL-AGERS Make Slime DUCKS Paper Flower Bouquets WEAR TIE-DYE NO SCHOOL Sioux City Community Schools	27 DRAGONFLIES Count & Match Numbers LIZARDS Lava Lamp Activity CATERPILLARS Make Paper Robots PRE-K Make Oobleck SCHOOL-AGERS Movie Day WEAR GREEN, ORANGE OR YELLOW	28
29	30 DISNEY Find Gold Artwork CATERPILLARS Make Paper Bunnies	31 PRE-K Field Trip to Floyd Senior Living DUCKS Bubble Play Outside	1	2	3	4