



A note from the office:

January 2026

We can hardly believe 2026 is here already!

A few friendly reminders to all parents:

- * Please don't bring any outside food into the center. This is due to our center being on the CACFP food program and the rules and regulations we need to follow.
- * If your child will not be attending/riding the bus, please give the center a call (943-2223). This really helps us out as we staff according to ratios/attendance.
- * Snow days will be happening. Please watch for signs on your child's door to know when they are going out and bring all their snow gear labeled with their names.
- * Toys from home need to stay at home or leave them in the car. This really helps us out with lost, broken or stolen personal items.

We have a couple staff spotlights this month.

Miss Krista - She is new to Building Blocks, and we have loved having her join our team. She is currently in the Frog room. She is great with the kids, and they are adjusting to her so nicely.

Miss Gracelynn is wonderful with the kids, and we love that she can work in all age groups.

We hope everyone has a safe, warm, and happy January.

Miss Jessica & Miss Becca

HAPPY BIRTHDAY

Xylo

Bryer



How to Help Your Child Recognize & Understand Disappointment

Brooke Brogle, Alyson Jiron & Jill Giacomini

Disappointment is a normal, though difficult, part of growing up. Your child is likely to experience disappointment as she makes new friends, tries new things and experiences the ups and downs of her world. Whether it's a trip to the park that is ruined by rain or missing a birthday party, life is full of little and big disappointments. When you allow your child to feel, experience and learn from little disappointments at an early age, you help her to create the skills she will need to successfully handle the bigger disappointments she will experience later in childhood and as an adult.



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

Try This at Home

- Notice and label when you, your child or others are disappointed. Explain that everyone, including adults, feel disappointment. You might say:
 - » About yourself: "I am disappointed. Grandma was supposed to come for a visit but she is home sick. I'm going to make her a Get Well card."
 - » About your child: "You have tears in your eyes. I see you are disappointed. You really wanted to go to the park but it is raining. I wonder what we can do on a rainy day like today?"
 - » About others: "That little girl is really disappointed. Her mommy told her she could not have an ice cream. I wonder what she can do to feel better in her body."
- Practice ways to handle disappointment before a potentially disappointing incident occurs. For example, if you know that your child will be disappointed if someone else is on her favorite swing, come up with appropriate solutions ahead of time. You could say, "When we go to the playground, someone else might be on your favorite swing. You might feel disappointed. What could you do to stay calm?" Come up with some solutions such as asking the child for a turn, saying please, or bringing a shovel and pail to play in the sandbox while the other child is on the swing.
- Encourage and teach problem solving. "I know you are disappointed to miss Sophie's birthday party. You are a great card maker and I bet you will find a way to wish her a happy birthday."
- Disappointment can quickly lead to feelings of anger if not acknowledged. Simply acknowledge her feelings without overreacting. "You really wanted the red cup. Your sister has the red cup today. Do you want the blue or the green one?"

- Role model how small disappointments can sometimes end up being positive. "I was so disappointed that the car was getting fixed today but I ended up having so much fun with you. It was a great day!"

Practice at School

Children can become disappointed at school when their excitement or expectations about a toy, activity or person don't turn out the way they want. Each child handles disappointment differently and teachers help children to recognize how they are feeling and begin to think about ways to find solutions for their problem so they can feel positive again. As a class, children learn by watching their peers solve their own problems and try to think about solutions themselves.

The Bottom Line

Disappointment can be a healthy and positive, although unpleasant, emotion in young children. The disappointment of not getting to wear the princess dress, dropping the ice cream cone or not being first in line prepares children to deal with life's greater obstacles in later childhood and adulthood. Parents can help their children recognize and understand disappointment, soothe themselves and problem solve. While tempting, it is not helpful for parents to try to keep their children from feeling disappointment and have life always flow smoothly. Parents can help their children so much more if they instead teach them how to recognize and cope with all of their feelings (i.e. anger, joy, excitement and disappointment) and teach children how to cope with emotions instead of expressing themselves with challenging behaviors.



Reproduction of this document is encouraged. Permission to copy is not required.

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:

12/29 - 1/2	Welcome 2026!
1/5 - 1/9	Germs
1/12 - 1/16	Fairy Tales & Nursery Rhymes
1/19 - 1/23	Eating Healthy
1/26 - 1/30	The Wonderful World of Disney

Stay in touch:



@BuildingBlocksPreschoollowa



@buildingblocks_official



buildingblockshome.com

My New Years resolution is...

Miss Jessica: to walk 10,000 steps daily.
Miss Becca: to make time for myself.
Miss Tiara: to read more books.
Miss Kenzie: to pay off my truck.
Miss Joelle: to stop drinking Monsters.
Miss Kami: to do more art.
Miss Madelyn: to get out of my comfort zone.

Teacher Fun Fact

Miss Mattie: to read every night.
Miss Tori: to spend more time outside.
Miss Eva: to learn more about early childhood education.
Miss Caitlin: to make more homemade food.
Miss Melanie: to save money.
Miss Rachael: to spend less money.
Miss Ariel: to save money.

Photos of the Month



Health & Fitness Tips:

Fun Wintertime Activities to Get Moving

For Kids - Outdoors



For Kids - Indoors



10 Positive Morning Affirmations for Kids

(Start your day with a happy heart!)

I am loved.

Today is a fresh start.

I can handle anything that comes my way.

I am kind helpful.

I learn and grow every day.

I believe in myself.

I bring joy to the world.

I am brave and strong.

I make good choices.

I am grateful for today.

Yogurt Bites

INGREDIENTS:

- ½ cup granola
- 1 cup Greek yogurt
- ¾ cup fresh fruit, diced

TOPPING:

- ¼ cup granola
- Sliced fruit

DIRECTIONS:

- Line a 12-cup muffin pan with muffin liners.
- In a bowl, combine Greek yogurt with diced fruit.
- Divide granola into lined muffin cups and cover with the yogurt mixture. Top with granola and sliced fruit.
- Put into a freezer for 2-4 hours. Pop out each bit with a spoon and enjoy slightly defrosted 2-4 minutes later.



Care-A-Lot

Hello 2026! We are so excited for the new year.

A lot of friends are getting ready to start on baby foods, so we are looking forward to trying new things.

Rosalie has the greatest laugh that comes from her belly! We love to hear her laugh. Two of our newest friends, **Ryder** and **Amaya**, are transitioning well and are the sweetest girls.

Have a fantastic New Year.

Miss Tiara & Miss Kenzie

Disney

Hello 2026! Happy New Year!

The Disney babies are starting the new year off with a race. **Bethany** and **Bennett** are tied for who will walk first. We are so happy they are both reaching this milestone.

We have a few birthdays this month. Happy 1st Birthday to **Halle**, **Bethany** and **Archer**. Enjoy your day little ones!

We will be singing a lot of fun songs and one of our favorites is *Itsy Bitsy Spider!*

Stay warm!

Miss Brittini, Miss Joelle & Miss Ariel

Ducks

Welcome to the New Year! Hip Hip Hooray, it's 2026!

We can't wait to learn a lot of new things this year. We will start off learning about germs and how fast they spread. Eating healthy is always a fun week, since we get to try some new fruits and veggies. With Disney week coming up, we will have fun singing all kinds of Disney movie songs. Which character is your favorite?

We will work on saying "please stop" to our friends when we need to and also sharing toys with our friends during playtime.

Robby Lee is so fun! He never fails to make us laugh with all his fun dance moves. **Henry** is so close to walking. We can't wait to see him completely get it.

Have a wonderful year!

Miss Kami

Bees

Warmest wishes for 2026! We can't believe it's already 2026. We can't wait to see what the kids will achieve & learn this year.

We have fun art projects prepared this month. As a class, we will continue to learn more words and sign language. We continue to work on sharing toys with our friends, which is so hard at this age since everything is MINE.

Londyn is new to our room and is adjusting so well. Her favorite time is playing with her friends. **Takai** is also newer to our room and adjusting great. His laugh and smile always brightens up the room.

Have a fun-filled month.

Miss Madelyn

Butterflies

Helloooo 2026!

We plan to have a bubble party to ring in the new year. We are working on matching our shapes & colors, as well as identifying them. We will be doing puzzles a lot this month, which helps with our fine motor skills.

We are working on the solution card-- Ask for help. **Wrenlee** always points to the solution card on the wall before acting them out. It is so cute! **Waylon** is a newer friend to our room and is adjusting so well. He has been fitting in great with all of his new friends!

Happy New Year!

Miss Mattie

Dragonflies

Bringing in the New Year with the Dragonflies.

We will enjoy doing arts and crafts this month around the themes of New Years, germs, eating healthy and Disney characters. Which Disney character is your favorite? The Dragonflies love to read and we have planned a lot of fun storytimes this month.

Bidhi has been helping her friends a lot and is great at sharing. We are so proud of you, Bidhi. Keep spreading kindness.

We will continue to work on taking turns in the classroom and using nice touches with our friends.

Please make sure your child's cubby has an extra outfit for spills & accidents.

Stay warm and have a great month.

Miss Tori

Caterpillars

Welcome to the New Year!

We are preparing to move up some of the three year olds. A reminder that they will need to be potty trained to move to the three's classrooms. I will be working hard on potty training here during the preschool day. Please stop by and talk to me about the best approach with your child for starting this process.

We will start to focus on more tracing, along with learning the letters in our name and the alphabet. In our class we are working on taking turns and waiting our turn.

Emberlyn is so polite. She often uses the words "please" & "thank you". Keep it up, Emberlyn! **Isla** has really opened up and is now one of the lead voices at circle time. When we count, do our ABC's, shapes and talk about the days of the week, I can always hear her voice. Good job, Isla!

Let's make this year a great one!

Miss Eva

Lizards

Happy New Year!

This month we will be doing a lot of fun arts & crafts, along with reading fun stories. We will be talking about the wonderful world of Disney. Which character is your favorite? We will be learning about different ways to stay healthy, including eating healthy & germs. We hope to learn how to cover our coughs and wash our hands throughout the day. I will also be encouraging the kids to try new fruits and veggies to stay healthy.

Ezra is always asking for hugs at random times throughout the day. I just love that Ezra! **Keegan** loves his nap time. He often wants to sleep a little longer even without his cot.

We will continue to focus on using kind words to our friends and teachers, along with using our listening ears.

I hope 2026 brings all of you and your families good blessings!

Miss Caitlin

Frogs

We can hardly believe the new year is here. We are so excited to start learning with Miss Krista.

This month we will be doing a lot of fun arts & crafts, along with reading fun stories. We will be talking about the wonderful world of Disney. Which character is your favorite? We will be learning about different ways to stay healthy, including eating healthy & germs. We hope to learn how to cover our coughs and wash our hands throughout the day. I will also be encouraging the kids to try new fruits and veggies to stay healthy.

Have a safe and happy January!

Miss Krista

Miss Melanie's Pre-K

Welcome to the New Year!

I will be encouraging a lot of name spelling, name writing and letter recognition this month. This is something you can help with at home. We will be working on the letters S, R & N.

We will have a couple snow days so make sure to watch for signs so you can remember your child's snow gear. Please label with their names.

This month's kind kid is **Abigail**. She is always willing to play with everyone and is so sweet. **Hayes** has been such a big help lately. I really appreciate all your help, Hayes.

We will continue to work on waiting our turns and sharing our toys with friends. We will also focus on using our listening ears throughout the day.

Let's have a fantastic year!

Miss Melanie

Miss Rachael's Pre-K

Happy 2026! Let's make it the best year yet!

This month we will work on the letters S, R & N. We will use the themes of the month to incorporate a lot of fun arts & crafts. We will be writing in our journal. "When it snows I like to.....", I can't wait to see all the kid's answers. We will continue to talk about solution cards and how to use them appropriately. This month we will focus on "Take a Break". This helps us know when our bodies and minds just need a minute to reset.

Beck has been doing a great job at following the directions. I just love that, keep it up Beck! **Jerry** has been working so hard on his worksheets and crafts lately. I love to see him engaged and getting work done.

Please watch for snow day signs. Make sure your sending snow gear with your child and label them with their names. We will still play outside and enjoy the snow.

Happy Birthday **Grey**.

Stay warm.

Miss Rachael

School-Agers



Happy New Year!

This month we will be talking about our New Year resolutions. We be practicing how to use our words to solve problems in the classroom and to use our listening ears to hear our friends and teachers when they are talking to us.

Mia is always willing to help out. She loves to help the younger school-agers during after school pick-up and in the classroom. Thanks for your help, Mia. **Zalynn** is great at putting others first and gets along with everyone.

Enjoy the new year!

Miss Ariel



10%

DISCOUNT FOR EDUCATORS

10% off tuition when you enroll at our childcare center.
Show your badge, pay stub or work email address connected
to the school / university



JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1  BUILDING BLOCKS is CLOSED today	2 DRAGONFLIES Bubble Party	3
4	5	6 MISS MELANIE'S & MISS RACHAEL'S PRE-K Germ Science Activity	7	8	9 MISS MELANIE'S PRE-K Germ Handwashing Activity	10
11	12 SGT. BLUFF SCHOOLS No School	13 MISS MELANIE'S PRE-K Fairytale Match	14 MISS RACHAEL'S PRE-K Unicorn Painting Art	15 DRAGONFLIES Egg Shape Matching Sensory Bin	16 MISS MELANIE'S PRE-K Humpty Dumpty Together Project BUILDING BLOCKS PJ Day	17
18	19 	20 MISS MELANIE'S PRE-K Fruit Graph	21 DRAGONFLIES Indoor Picnic	22	23 MISS MELANIE'S PRE-K Float or Sink Graph	24
25	26	27 MISS MELANIE'S PRE-K Elsa's Frozen Hand	28	29	30	31