



## A NOTE FROM MISS ERICA & MISS WHITNEY

Happy May everyone, can you believe it's May already?!

We would like to wish **Miss Jana** a very Happy Birthday on May 4th! We hope she has a great day, and May the Fourth be with her!

Please remember that each child needs 2 child size blankets for nap time. They need one to lay on and one to cover up with. Blankets need to be taken home every Friday to wash and brought back on Monday. We would also like to remind everyone to refrain from bringing in outside food. If your child does come in with food, you are more than welcome to sit with them in the lunchroom to finish. Also, if your child comes in with a drink or water bottle, we ask that it is only water; this way it is fair for the other kids. We want to make sure everyone gets their important papers and any updates from us, so please be sure you are checking your mailbox by the front doors.

Important Dates:

- Pre-K Graduation - 5/14 @ 7pm
- Last Day of School - 5/23
- Memorial Day - 5/27, Building Blocks is closed.

We hope everyone has an amazing month of May!

**Miss Erica & Miss Whitney**

## TEACHER FUN FACT

### My favorite season is...

Miss Erica: Fall

Miss Whitney: Spring & Summer

Miss Ariel: Fall

Miss Nataleigh: Summer

Miss Soraya: Fall

Miss Becky: Summer

Miss Brittany: Fall

Miss Yesenia: Fall

Miss Chloe: Spring

Miss Jenna: Summer

Miss Zoe: Fall

Miss Angela: Summer

Miss Jana: Summer

Miss Lexi: Summer

Miss Yasmin: Summer

Miss Daisy: Summer

Miss Natalie: Spring or Summer

Miss Dayna: Spring or Winter

Miss Becca: Summer

Miss Alyssa: Summer



# Health & Fitness

## Make the Most of the First 2 Years Set Your Child Up for Success

Many parents know that the first 2 years of a child's life are important for brain development and building healthy relationships. But this time is also very important to help children stay at a healthy weight as they grow. Start teaching healthy habits right away - the first 2 years of your baby's life set them up for healthy growth & development.

### Healthy Eating Starts Now

Responsive feeding helps you and your child build a healthy relationship with food and feeding. Responsive feeding means that you watch for your baby's hunger and fullness cues, respond warmly and promptly, and focus on creating a positive feeding experience.

Giving your baby a variety of foods makes it less likely that he'll be a picky eater later on. Babies form their taste patterns by 9 months old. So when you start feeding your baby solid foods, it's important to offer a variety of colors, textures and flavors. Giving your baby fruits and vegetables early and often makes it more likely he'll eat them later.

Babies and toddlers who drink fruit juice and other sugary drinks are more likely to have tooth decay and less likely to drink water as they grow older. The American Academy of Pediatrics recommends that babies (under 1 year old) drink only breast milk or formula. Babies older than 4 months can also have water. The healthiest choices for toddlers (1 to 3 years old) are water, water or breast milk. If you do offer juice, limit it to 4 ounces per day.

### Sleep Matters from the Start

Getting enough sleep can help your child stay at a healthy weight later in life. It's linked to better mental health, too. Babies and children thrive on routines, including consistent bedtimes and naptimes - so it's important to start healthy sleep habits right away.

### Active Babies Become Active Children

Babies and toddlers need active play to grow healthy! Many toddlers don't get enough active play. Spending too much time in strollers, swings and car seats can lead to motor delays.

### Screen Time Habits Start Early

Up to 30% of toddlers already have TVs in their bedroom. But children with TVs in their bedrooms are more likely to be overweight, get less sleep, and have mental health problems as teens. **Children learn through active play and conversations**, so make it a priority for your child to have plenty of real life interactions and experiences - and less screen time!

### Healthy Parents, Healthy Child

When it comes to starting healthy habits, **parents are the most important influence** in a young child's life. Be a role model for your child by eating healthy, taking time to be active and limiting your own screen time.

For more information, visit [www.healthychildren.org/growinghealthy](http://www.healthychildren.org/growinghealthy).

This product was developed by the American Academy of Pediatrics Institute for Healthy Childhood Weight. Development of this product was made possible through a grant from the Centers for Disease Control and Prevention.



American Academy of Pediatrics  
Institute for Healthy  
Childhood Weight  
WHERE LIFELONG RESULTS BEGIN

# Help Us Stay Calm

Strategies that help you and your child during challenging behavior

## Stay Calm | Reflect | Re-Connect

When your child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. If you express your anger and frustration, it might result in more challenging behavior from your child. Remaining calm will provide the safety and support your child needs as they learn how to calm themselves.

### Step 1: Calm Yourself



Drink some water;  
Have a snack



Count until calm



Take deep breaths



Connect with a friend



Ask for help



Think something positive or fun about your child

### Step 2: Reflect

What feelings and thoughts came up?

How do you think your child is feeling?

What might your child need to prevent the behavior from occurring again?

Are you calm enough to re-connect with your child?

### Step 3: Re-Connect

When you re-connect, you can help your child learn new skills. Once you feel calm, and your child appears calm, here are a few tips.

#1



Make sure your child is calm

I see that not getting a turn made you angry.

Acknowledge feelings



Offer choice

Let's find a new toy.

Redirect to a new activity



Talk and play with your child

## CARE-A-LOT

Look what's bloomin'! This month we are going to be spending time on our sensory mats and will be working on our sensory painting.

We are so proud of **Evan** as he is so close to crawling and he's mastered standing on all fours! We also want to keep cheering on **Catalina** as she is so close to sitting up independently!

We have been focusing and working really hard on doing a lot of tummy time and practicing how to sit up.

If you believe your child is ready to start baby food, feel free to talk with us and we can get them started here. We wanted to remind everyone to please be sure to bring in at least 4 bottles a day. Don't forget to take them home daily to wash and bring back.

We love watching and being a part of your little one's growth! Have a great month!

Miss Ariel & Miss Nataleigh

## BEES

May Day, May Day! We are getting ready for a marvelous month!

This month our kids will be learning about plant life. Each of our kids will grow their own plant and they will have the opportunity to show them to their loved ones.

We are so excited to see **Analiz** pushing herself to walk every day! It makes us so happy to see **Harper** encouraging her friends to walk by using her helping hands!

There are a number of holidays this month! Cinco de Mayo is on the 5th, Happy Mother's Day to all our moms on the 12th, and Memorial Day is the 27th. Building Blocks will be closed in observance of Memorial Day.

We hope everyone has an amazing month!

Miss Yesenia & Miss Chloe

## CATERPILLARS

Happy warmer weather!

This month we will be learning about Disney, Mother's Day, plants, flowers and picnics & camping. We are planning to make our very own puffy paint. We are excited to see how it turns out. We will be decorating our room with all our art projects. Be sure to take a look at them.

Since opening the new room we are very excited to see the kids become more independent in their fine motor skills.

Happy Mother's Day! Thank you to all the wonderful moms.

Summer is just around the corner.

Miss Jana

## DISNEY

Welcome to May and may all you mothers have a great Mother's Day!

This month we will be focusing on and playing with our sensory toys.

We want to celebrate **Lana** as she has reached a big milestone: she is starting to walk! **Ivan** is showing great progress as well, he is starting to walk with the walkers. We are so proud of you, Ivan!

Parents, please remember to bring in 4 bottles daily and diapers, when needed.

Happy Birthday to **Kylen, Mateo and Desirae!** We hope you have a fun-filled day!

Have a great month!

Miss Becky. Miss Soraya & Miss Brittany

## DUCKS

We hope your month is positively a-MAY-zing!

This month we will spend time learning about plants and how to grow flowers. We will have a sensory table with sand and toy dinosaurs. This will be a fun sensory experience for the kids as they can "dig" up dinosaurs.

We are excited to see that **Enver** has not been afraid to make new friends. Way to go, Enver! We are so pleased to see **Masen** making new friends while she is getting more comfortable in her room!

Please join us in welcoming **Miss Jenna** to the Duck Room! She is so excited to get to know all of the kids and watch them learn and grow!

Goodbye April and hello May!

Miss Jenna & Miss Zoe

## BUTTERFLIES

We are excited to learn and grow this month! We will be learning all things spring. We will be sorting flowers by color. We will be headed outside for more walks and coloring on the sidewalks with chalk.

**Baely** started putting stickers on her potty chart. **Remi** is starting to ask more questions to help understand his feelings.

Happy Birthday to **Owen** and **Finlee**! We cannot wait to celebrate with you guys.

As a reminder we take naps daily, your child needs to have two blankets for naptime. Please be sure to bring in blankets every week.

Have a happy May!

Miss Lexi & Miss Yasmin

## DRAGONFLIES

Can you believe that it is May already?

This month we will be learning about plants and flowers. We have a lot of art projects planned so be sure to check your children's cubby regularly.

We also want to be sure with the changes in weather that your child has weather appropriate clothes, water bottles and sunscreen in their cubbies.

We would like to wish **Liam** a Happy Birthday. We hope you have a wonderful day of celebration. **Olivia** has been doing an amazing job at counting to 10. She even has started to count further than 10. We are so impressed!

As a reminder we take naps daily, your child needs to have two blankets for naptime. Please be sure to take them home on Friday and bring them back on Monday.

We hope everyone has an amazing month of May!

Miss Angela & Miss Chloe

## FROGS

April showers bring May flowers!

This month we will be learning about the wonderful world of Disney, Mother's Day, plants & flowers, picnics and camping.

**Braxton** and **Kynleigh** are both fully potty trained. Woo Hoo!

Happy Birthday **Oaklynn**!

As a reminder, we take naps daily, your child needs to have two blankets for naptime. Please be sure to bring in blankets every week.

We hope everyone has an amazing month of May!

Miss Dayna

## ALLIGATORS

Welcome May! Not that we are counting down but there is officially 100 days until summer!

This month we will be learning how to draw shapes and letters. We will also work on writing our first names.

**Penelope** is improving on her numbers and alphabet. **Jack** is officially in underwear.

We hope the weather cooperates with us and lets us enjoy a lot of outdoor time. Please check the weather and bring your child in appropriate clothes. We are excited about the nice weather ahead of us. We are ready to welcome summer.

Miss Daisy

## TURTLES

We can hardly believe summer is almost here!

This month we plan to get outside as much as possible with the weather warming up. It's a bit chilly still in the mornings, so please be sure to have a jacket for your child.

We will learn all about Disney and how to care for plants, summer camping & picnics, as well as celebrate our moms.

**Violet** is always greeting her friends in the mornings and loves welcoming them. **Priscilla** is a big help to her friends and loves sharing new ideas to help them.

We hope you all get out and enjoy this month! Stop in anytime if you have questions!

Miss Becca

## LIZARDS

Happy May!

The Lizards are ready for this nice weather. We have been doing amazing things lately. We can't wait to show you. One of our favorite class songs right now is the 'ABC song'. They can all sing it by themselves.

This month we will be learning about how plants and flowers grow, how they need water and sunlight to become beautiful flowers. Our little lizards will get to plant their very own flowers. We will then learn about different types of dinosaurs and create some of our own. We are also going to make Disney art projects and gifts for our mothers.

**Mara** and **Elena** are completely potty trained. Woo Hoo! We want to welcome our new friend **Ramsey**! We are super impressed that he already knows all his shapes and colors.

We hope everyone has a great May! We can't wait to keep growing together!

Miss Natalie

## PRE-K

Welcome to Pre-K graduation month!

As we start the month, we are preparing for our Pre-K graduation. We will be learning about what activities happen in kindergarten. We truly believe that each and every one of our preschoolers are ready to jump right into kindergarten this fall. We are so proud of them!

Writing one's name independently is a huge step that we want to accomplish before kindergarten. This month we are going to focus on that. We are also going to learn a bit more about springtime and the butterflies' life cycle. We will be raising our very own caterpillars and can't wait to watch them turn into butterflies.

**Eleanor and Caydence** went "camping" together and pretended to make s'mores. **Paige** wrote all of her friends' names down in a book she made.

Happy Mother's Day!

Miss Anna & Miss Alyssa



## PRE-K GRADUATION

Tuesday, May 14th at 7:00pm

Sioux City First Church

4420 Cheyenne Blvd., Sioux City

## SCHOOL-AGERS

Welcome to the beautiful month of May!

This month we will be starting our very own garden. We are asking for the kids to bring in any seeds or old egg shells they would like to donate to our garden.

Our star students this month are **Kenna and Elly**. They are both kind friends and are super helpful with the younger kids.

Happy Birthday to **Pyper, Everleigh and Simona**. We can't wait to celebrate you.

Let's stop and smell the flowers this month. Thanks for all the support!

Miss Alyssa



Refer a friend or family member to Building Blocks & if they enroll, (one month of attendance required) you will receive a **\$50 GIFT CARD** to a restaurant of your choice!

**YOUR FRIEND WILL RECEIVE FREE REGISTRATION FOR ENROLLING THEIR CHILD (\$50 VALUE)**

**BUILDINGBLOCKSHOME.COM**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 THEME: The Wonderful World of Disney	29 We will read stories with Disney characters!	30	1 We will do a freeze dance with Disney songs!	2	3 We will search the center for Mickey & Minnie ears!	4 
5 THEME: Mother's Day 	6 We will play a mommy & baby farm matching game.	7	8 We will do a Mother's Day themed art project.	9	10 Join us for Muffins with Moms!	11
12 THEME: Plants & Flowers 	13 We will learn the parts of a flower.	14 	15 We will search the center for flowers.	16	17 We will do a flower number song and fingerplay.	18
19 THEME: Camping & Picnics	20 We will do a scavenger hunt for picnic baskets!	21	22 We will make a classroom picnic blanket.	23  <b>LAST DAY OF SCHOOL</b> Sioux City Schools	24 We will make a special picnic snack!	25
26 THEME: Dinosaurs	27  Building Blocks is CLOSED TODAY	28	29 We will stomp on dino footprints and count!	30	31 We will do a dinosaur dig in our sensory bin!	1