



## A note from the office:

*February 2026*

Sometimes the smallest things take up the most room in your heart!

We are looking forward to another great month here at Building Blocks! As we start a new month, we have a few reminders:

- Building Blocks will be closed **Monday, February 16th, 2026** for staff training. Childcare will not be available.
- Keep an eye out for signs on the doors with information about when your child's Valentine's Day party will be.
- **School Age Parents:** Please let us know if your child will not be attending in the morning or riding the van in the afternoon. This helps cut down on confusion during pick up and drop off times.

Staff Spotlight:

**Miss Jenna** has been a great addition to the Building Blocks team! We are so lucky to have her! We love having **Miss Victoria W** in the Dragonfly room! The kids love her and she does a wonderful job!

Thank you for sharing your children with us! Stop by anytime with questions!

*Miss Jessica & 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!**





## 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).



National Center for  
Pyramid Model  
INNOVATIONS

[ChallengingBehavior.org](http://ChallengingBehavior.org)

# How to Help Your Child Recognize and Understand Fear

Brooke Brogle, Alyson Jiron & Jill Giacomini

Fear is a normal and healthy human emotion. We all experience fear from time to time. However, children and adults experience the world differently, so it is not uncommon for children to be afraid of things that don't make sense to their parents. Separation from parents, monsters under the bed, loud sounds and other experiences which may seem minor or silly to adults are quite real to children.

You can teach your child how to experience fear in a positive way. For example, it is good for children to have a healthy sense of caution—they should be afraid of running into the street. However, when a child has too much fear it can interfere with normal, healthy development. When you teach your child to recognize and label fear, it helps him to better manage his emotions and handle life's challenges.



## Try This at Home

- **Notice and label when your child or others are scared.** Include the physical features of fear. You might say:
  - » About your child, "You jumped and grabbed my leg when you heard that loud sound. You were scared."
  - » About others, "I see that little girl crying. She is scared because her mommy is leaving. I wonder what would make her feel better."
  - » About yourself, "I was really scared when I couldn't find you. My heart was beating really fast. Taking deep breaths and giving you hugs helps me to calm down."
- **Provide comfort and spend quality time together when he is scared.** If your child is afraid of the dark, you can tell a story at bedtime and cuddle in the dark before you leave his room. This will help him to feel safe.
- **Use playtime to explore fears.** Children learn through play. Puppets and toys are great to role play situations that your child understands. For example, "Wow, this dinosaur is shaking. He is scared because he is going to the doctor tomorrow. Let's help him by telling him what will happen at the doctor's office and teach him how to be brave."
- **Celebrate your child's successes.** If your child is afraid of dogs, you can plan to walk by a house with a safe dog. When you have walked by the house you can say, "Wow, you walked right by that doggy. You are super brave!"
- **Read books about being scared.** Talk with your child about what the character is feeling and experiencing and come up with ideas that might help. There are many books and

activities to help your child learn about emotions at <http://challengingbehavior.fmhi.usf.edu/Implementation/Program/strategies.html>.

## Practice at School

Teachers use stories, pictures and puppets to help children understand how it feels to be scared and discuss what they can do to feel better. Children practice making scared faces in the mirror or find pictures of people who look afraid. As a group, children talk about things that frighten them and the fact that things that are scary to one person may not be scary to someone else. When children have the opportunity to talk about their own feelings and learn about how others feel, they are better able to manage their own emotions and can begin to empathize with others.

## The Bottom Line

When you help your child to understand and label all of his feelings, including fear, sadness and jealousy, you give him more freedom to accept and experience the ups and downs of his life, which will ultimately reduce challenging behavior. Spend quality time with your child and listen to his worries and fears. This time together will help him to feel cared for and safe. With love, practice and language he will learn that, although the feeling may be uncomfortable, it will pass. For more information on how to teach your child about emotions, take a look at the *How to Help Your Child Understand and Label Emotions* handout in the Backpack Connections series.

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UNIVERSITY OF  
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Office of Special  
Education Programs



## Weekly Themes:

2/2 - 2/6	Dental Health
2/9 - 2/13	Valentine's Day
2/16 - 2/20	Community Helpers
2/23 - 2/27	The 5 Senses

## Stay in touch :



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## Teacher Fun Fact

### Chocolate Kisses or Conversation Hearts?

Miss Jessica: Chocolate Kisses  
Miss Becca: Conversation Hearts  
Miss Tiara: Chocolate Kisses  
Miss Ariel: Chocolate Kisses  
Miss Brittini: Chocolate Kisses  
Miss Joelle: Chocolate Kisses  
Miss Kami: Chocolate Kisses  
Miss Alicia: Chocolate Kisses  
Miss Shelby: Chocolate Kisses

Miss Madelyn: Chocolate Kisses  
Miss Mattie: Chocolate Kisses  
Miss Kenzie: Chocolate Kisses  
Miss Bella: Chocolate Kisses  
Miss Eva: Chocolate Kisses  
Miss Caitlin: Chocolate Kisses  
Miss Melanie: Chocolate Kisses  
Miss Rachael: Chocolate Kisses

**HAPPY BIRTHDAY**

Elliana	Keegan
Amelia	Avaya
Maxton	Jerry
Bidhi	Miss Caitlin
Friedrich	

## Photos of the Month



# Health & Fitness Tips:

## FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH

It's never too early to start focusing on your child's oral health. The American Association of Pediatric Dentists recommends that parents establish a dental home for their child by their first tooth or first birthday. Here are a few tips for maintaining your child's oral health.



1. Schedule routine check-ups every six months.
2. Clean your baby's gums daily. Until teeth come in gently wipe a damp washcloth over the gums to clear away harmful bacteria after each feeding.
3. Start to brush with the first tooth. Use water & a tiny bit of children's toothpaste (about the size of a grain of rice).
4. Brush twice each day for two minutes. Children ages 2-6 should use a pea-sized amount of fluoride toothpaste. Always supervise kids younger than 6 when brushing.
5. Snack healthy! Fruit jucie, sports drinks, fruit snacks and sticky candies all pose serious threats to your child's teeth. Give kids calcium-rich snacks like cheese or low-sugar yogurt.
6. Keep them hydrated. Avoid sugary drinks and stick to good old-fashioned water. Water helps to rinse away any sugar or particles that can lead to cavities.
7. Replace your child's toothbrush every 3-4 months.

## Almond Snack Mix

### INGREDIENTS:

- ⅓ cup whole, unsalted almonds
- ⅔ cup whole-grain cereal squares
- ½ cup low-fat granola (without raisins)
- ¼ cup dried apricot halves, cut into pieces OR ¼ cup golden raisins
- ¼ cup sweetened, dried cranberries



### DIRECTIONS:

- Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.
- Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.



## Heart Healthy Snack Ideas for Kids

- Prepare grab-and-go snack bags. Mixed packaged cereal (not sugary brands) with dried fruit & nuts, and portion into sandwich bags.
- Make smoothies. Blend milk with frozen fruit and a banana. Add yogurt for extra thickness.
- Put grapes in the freezer – they taste just like popsicles.
- Spread peanut butter on apple or pear slices.
- Dip raw vegetables, like baby carrots, in hummus or salsa.
- Use cookie cutters to make healthy sandwiches in fun shapes. To make heart healthy, use whole grain bread, lean lunchmeat & vegetables. Avoid regular mayo, salami, bologna, liverwurst and pepperoni, which are all high in saturated fats.



## Care-A-Lot

Love is in the air!

This month we have so many activities planned to work on sensory exploration in art and milestone progression! Our older friends will be working on sitting up! We will continue tummy time to build neck muscles for our younger friends. Some of the kids are showing interest in food and can't wait to start trying new food!

**Kamden** is doing well at acclimating to being at daycare! **Wyatt** can hardly sit still! She is always excited about something and her whole body moves to show it!

Have a fabulous February full of love!

**Miss Tiara & Miss Ariel**

## Ducks

Welcome fantastic February!

We have so many fun art projects planned this month! We are excited to continue to learn our ASL, numbers and shapes! We are ready to make Valentine's Day art! We will paint with forks, marbles and our hands! The kids get so excited to feel the paint in their fingers during these projects! We will practice taking turns and sharing our toys with our friends!

**Bennett** is doing so well! We can't wait to see him grow more! **Bethany** is adjusting to the room and loves it here!

We can't wait for this fun, fabulous February!

**Miss Kami & Miss Alicia**

## Butterflies

Love is in the air!

This month we will spend time working on our large motor skills with the tunnels! We will work on our fine motor skills with our sensory bin and learning how to hold our pencil! We will review our colors and find things of each color in our room!

The solution card we will work on this month is how to trade with our friends when we want a toy they have. We will also practice keeping our hands safe, and how to use our words to tell friends "please stop".

**Archer** is such a great helper! **Berrit** loves to help pick up toys.

Happy Valentine's Day!

**Miss Mattie & Miss Kenzie**

## Disney

Welcome to our little cupids!

This month we welcome a new friend, Leah, to our crew! We are always so excited to have new friends join us!

We will be making Valentine's Day artwork to hang in the windows! We will be working on our gross motor skills like crawling, standing and walking! It is always so much fun to see the kids progress in these milestones! We will sing our ABCs and read so many books, including, "Love You to the Moon"! We will also practice using our hands gently when playing with others!

**Bethany & Bennett** are officially walking and zoom around the room to explore! **Archer** loves to hold his friends' hands during meal times! He loves to show love!

Thank you for letting us love your littles!

**Miss Brittini, Miss Joelle & Miss Ariel**

## Bees

Buzzing into February with our sweet little bumblebees!

We will start off the month learning about dental health and talking about our teeth. We will have fun with crafts for Valentine's Day, making love bugs and our own picture frames! Then we will learn about community helpers and read a book about firefighters. At the end of the month, we will learn about our 5 senses and practice using them.

We will have a Valentine's Day party on **Friday, February 13th**! You are welcome to bring Valentines and treats if you would like, to share with the class.

**Marta** has been starting to walk! She does so well with standing and taking off! We are so proud of her! **Eowyn** is the newest bumblebee! She has adjusted to well and is so sweet and kind to her friends. We can't wait to see what she does in the future!

Wishing our families a lovely February!

**Miss Shelby & Miss Madelyn**

## Dragonflies

Welcome to February in the Dragonfly Room!

This month we will be working on counting to 10, tracing our letters and singing our ABCs! We will be doing hands-on art and exploration with sensory play in our sensory bin and we will drive cars through sand! We will learn how to use our words to ask for things nicely and how to ask for help when we need it.

Our Valentine's Day party will be **Friday, February 13th** and we are excited to spread love and kindness throughout our center.

**Andi** is great at helping friends and at cleaning! **Scarlett** is fantastic at helping pick up the room at the end of free play.

Happy Valentine's Day!

**Miss Bella**

## Caterpillars

Welcome February!

This month we will be working on our fine motor skills in our sensory bins while stacking small blocks. We will also be working on our gross motor skills by balancing on a line on the floor. We will see how their coordination progresses with practice! With Valentine's Day on our minds, we will practice using kind words with our friends and how to use nice touches!

**Emberlyn** is always helpful at circle time pronouncing the alphabet clearly as she says each letter. **Bidhi** is so great at helping clean up in the classroom! We welcome this sweet girl to our class!

Have a great month!

**Miss Eva**

## Lizards

February is going to be a lovely month!

This month we are talking about dental health, Valentine's Day, our 5 senses and community helpers! We will learn why we should keep our teeth clean and how to brush them! Our **Valentine's Day Party will be Friday, February 13th**, so please bring valentines for your child to share with the class! We will dress up as community helpers and learn about the jobs they do to help our community function! We will also explore the room using our 5 senses!

The solution that we will practice this month is how to get a timer to take turns with toys! We will also work hard on using please and thank you when requesting items in the room!

**Finnegan** wakes up from his naps in such a chatty mood! Sometimes he is talking so fast that he mixed up words and giggles! **Octavia** is such a snuggle bug in the mornings when she arrives!

Let's hope for warmer weather ahead!

**Miss Caitlin**

## Miss Rachael's Pre-K

This month is all about love! I love my classroom!

This month we will be learning letters M, P, and H. The children have been doing so great recognizing the letters and their sounds! We are going to continue to work hard on learning social skills, including how to ask for toys nicely! We will also practice the correct way to play with toys nicely in the classroom to keep ourselves and others safe.

**Michael** is fitting right in with the group and we are so happy to have him! **Tysen** has been such a big helper making sure our new friends feel welcome.

Reminder to look at the door for information on field trips!  
Peace, love and Happy Valentine's Day!

**Miss Rachael**

## Frogs

Hello families! I hope your first month of 2026 was amazing!

This month we are learning about community helpers, our 5 senses, and of course, Valentine's Day. We have a lot of fun sensory, art and science planned. We are also going to do a Valentine's Day party! If you would like to bring a box to decorate for Valentine's and a treat for the kids you sure can!

We will spend some extra time this month focusing on our solution cards and how to take a break when we need one. I will teach the kids that it is okay to have big emotions and take a break to calm down. We will also practice how to use our walking feet at Building Blocks, praise the children who use them, and we will give the children reminders throughout the day!

**Silas** does a really good job at sharing with his friends. **Friedrich** does a great job at helping his friends and teacher.

Have a great month!

**Miss Jenna**

## Alligators

Let's spread kindness this month!

Throughout February, we will be learning the letters M, P and H, and the last week of the month will be a review of those three letters. We will work on spelling our names and how to write them. We will also work on alphabet letter and sound recognition. We will practice how to use kind words with our friends and teachers, and how to be safe at Building Blocks.

**Connor** is a great helper when it is time to clean up! **Nevaeh** is always showing kindness and laughter!

I hope everyone has a fun Valentine's Day!

**Miss Melanie**

## School-Agers

Welcome February!

This month we will be working on Valentine's Day, dental health, community helpers and 5 senses art after school!

We hope everyone's year has started out great. We love hearing about their day when they get back from school. Reminder that we need you to sign your child in and out on the clipboards by the classroom door. This is a requirement by HHS & the food program.

We will spend some time this month practicing how to take turns and share and how to use our walking feet in the center to stay safe!

We hope everyone has a great month!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LIZARDS Clean Teeth Sensory Bin  PRE-K Dentist Jacey Visit	3 ALLIGATORS Alphabet Teeth Cleaning	4 BEES Tooth Fairy Craft BUTTERFLIES Use Toothbrush for Sensory Play  PRE-K Dental Sensory Bin	5	6 LIZARDS Learn How to Keep Teeth Happy	7
8	9 LIZARDS Hook the Hearts Sensory Bin  CAPS OFF TO KINDNESS Wear Your Favorite Hat	10 BEES Make Valentine's Day Shakers ALLIGATORS Letter Hunt  PEACE, LOVE & KINDNESS Wear Tie-Dye or Bright Colors	11 DUCKS Make Valentine's Day Crafts LIZARDS Candy Heart Matching PRE-K Roll & Cover Activity COMFY KINDNESS Wear Your PJs	12 ALLIGATORS Make Loveosaurus Bugs  PRE-K Raining Hearts SUPERHEROES OF KINDNESS Dress like a Superhero!	13  BE KIND, VALENTINE Wear Valentine's Day colors & hearts	14 Happy Valentine's DAY
15	16 HAPPY Presidents DAY BUILDING BLOCKS is CLOSED today SGT. BLUFF SCHOOLS No School	17 BEES Community Helpers Sensory Bin ALLIGATORS Make Community Helpers Tool Belt	18 BUTTERFLIES Little People Fireman Sensory LIZARDS Tool Matching Game PRE-K Fire Art	19 DUCKS Practice Helping Friends LIZARDS Community Helper Matching	20 BUILDING BLOCKS PJ Day	21
22	23 LIZARDS 5 Senses Sensory Bin	24 DUCKS Paint with Hands ALLIGATORS Pop Rocks Sound Science	25 PRE-K Potato Heads	26 LIZARDS "This feels..." art	27 BUTTERFLIES Play with Tunnels LIZARDS Guess the Object Game	28