JUNE ANNOUNCEMENTS:

- We have a working smart lock on the front door! To enter the school; hit the ‘YALE’ button, punch in the code provided via ProCare, and the lock will close behind you after 30 seconds. To exit you will have to physically unlock the door as well. The code for parents is separate then the master code staff uses. At the end of the day we enable an "all code-lockout" that will disable the ability to enter the center with anything other than the master code. This way no one but staff will be able to enter when the center is closed. The smart lock is provided to increase the safety of our center for your children while they are under our care.
- We will be closed Monday, June 20th to observe Juneteenth.
- Building Blocks will no longer be providing water bottles. Please bring a water bottle for your child everyday, that will return home with them at the end of the day. We will fill up the bottles if they run out, but we will not be providing our own physical sippy cups anymore. We do not have a dishwasher at the center, and this new policy is to eliminate time spent hand washing dishes during the work day.
- Ms. Marleys class will be focusing on exercise for the month of June. There will be lots of fun activities and lessons throughout the month to teach your children about the concept and importance of exercising!
- Please remember to pay monthly tuition for your children the first week of every month. Ms. Lindsey sends out invoices and bills on ProCare and acceptable forms of payment are: Venmo, check, cash, or a debit/credit card payment via ProCare.

SUMMER IS QUICKLY APPROACHING

June 21st marks the first official day of Summer 2022! We are so excited to continue to care for your children through the summer, and there will be even more opportunities for fun activities and crafts. With the hotter months among us, we ask that parents start sending their children with sunscreen that teachers will label and keep in your Childs class. Before we go outside everyday, we will apply sunscreen to your child's face, neck, arms, and legs (unless otherwise requested by parents). It is recommended that children start being sent to school in shorts and a t-shirt, as we do not want any child to be uncomfortable when we are outside. If temperatures get above a temperature of 95, we are required by licensing to keep children inside.

One idea we have decided to bring to life is a monthly “water day” which parents and family members can volunteer to participate in. On the last Friday of every month from June (24th) to September (providing the weather permits), we will host a water day from 9:30 am to 11:30 am. We will provide your children snack and lunch as usual. We ask that parents and guardians send their kids with a swimsuit, at least one change of clothes, a towel, sunscreen, and water shoes. We will provide more information on volunteering for water day as we approach the last Friday of the month.
TIME TO POTTY TRAIN
The Building Blocks team has been noticing that recently there has been more conversation around potty training, with both parents and students. Potty training is a huge step in a child’s development. It’s the big transition from baby/toddler to a full fledged kid! In order to join Ms. Marley’s preschool class, your children need to be potty trained. So without further ado, here’s some building blocks in potty training:

- Never pressure or push your child to start potty training, when they are ready you won’t have to question it.
- Studies show that early potty training before the age of 18 months has a lesser success rate than children who start potty training around 2 years old and above.
- Your child will start showing an interest in using the toilet and wanting to be more independent.

TIME TO POTTY TRAIN CONT.
- Your child will start verbalizing, using, and understanding words around using the toilet.
- When you do start potty training, it is recommended that children go straight from their diaper to underwear, not a pull-up. This is because pull-ups only draw out the potty training process. However, pull-ups are great for having your child wear at night, as going 10-12 hours holding their bladder is unrealistic.
- In general children feel more inclined to "copy" adults, so if you or a close family member of the same sex feel comfortable, demonstrate the correct way to use the toilet for your child.

An important thing to remember is to keep the experience positive, light and fun. Remember to praise your child for all their potty successes. Be careful not to let your children see your frustration when they have an accident, but if they start to feel self-conscious about it, re-assure them and communicate empathy. It will be hard at first, and your child may even regress in the first few months. But the staff here at Building Blocks is here to help you along the way and will participate in the potty training process while your children are under our care during the day. For students who are just starting out, we set a timer on our phone for every 30 minutes and take them to the potty. We will walk each student through the process of using the toilet, from pulling down their pants, to washing and drying their hands. We are all in this journey together, so let’s not forget to enjoy the ride!

Encorporating Healthy Foods

Broccoli? Brussel Sprouts? Yuck! Sometimes introducing a new food can be tricky with younger children. Here’s some tips to help the next time foods are introduced go a little bit more smoothly. First, when serving them new food, just give them one single bite. It’s overwhelming when an entire portion of your plate gets taken over by something new and scary, so by giving them just one bite, you allow them to feel less intimidated by it. You can always serve them more if they like it. Second, don’t force it. By forcing them to try something new or “finish what’s on your plate,” you encourage an unhealthy relationship with food. This mindset can be stressful, and making a child eat something they’re unwilling to try just causes resentment, stress, and an unwillingness to try that food the next time it’s presented. Third, eat what they are eating. This allows them to see that it’s safe to eat the new food and gives them more security when trying out new food. Children observe and absorb a lot more than we adults sometimes realize, so by eating the foods that they haven’t tried yet, we give them the courage to just try. New foods don’t have to be a scary experience, it can be fun! It’s never too early to teach basic kitchen skills, and in fact, this is the fourth tip: let them prepare their snack. Not the obvious, more dangerous tasks that go on in the kitchen, but letting them learn skills like pouring, spreading, and stirring. Introduce a new way of having celery by letting your child make their own “Ants on a Log,” (celery with peanut butter and raisins) and let them just explore food with a more lighthearted, fun approach.