

ABC Mom Learning Center & Childcare

Early Education with a Teacher's Mind and a Mother's Heart



Math Mondays, Metamorphosis, & Mindful Healthy Habits in March

We celebrate Pi Day in March and along with exploring this mathematical concept, we will also be engaging our early learners in special math fun on Mondays. In addition, we'll welcome back the season of spring and introduce new caterpillar friends into our classroom as we investigate the beautiful transformation observed through the metamorphosis of butterflies. As a school family, we will continue our practice of healthy habits as we investigate ways to proactively care for ourselves, both mind and body. Wishing everyone a marvelous month of joy in March!

1

SPRING FORWARD 2026

Friendly reminder to take it easy as our bodies transition to Daylight Savings Time.

2

TUITION DUE

Tuition is due by Friday, 3/20/2025. Late payments will result in a \$25 fee.

3

DREME FAMILY MATH

Please check out this wonderful family math resource [here](#).

Dental Health



Learning about our teeth and oral health

Nutrition



Exploring healthy nutrition through the different food groups

Outdoor Play



Enjoying the joy and beauty of nature through outdoor play while we strengthen our bodies

March 2026 Overview

Learning Themes: Math Mondays |
Metamorphosis of Butterflies: Science
Journaling and Reflection | Mindful Healthy
Habits

From a very early age, we can support children to build a healthy relationship with math through joyous discovery, playful explorations, and responsive support as we build the necessary critical thinking skills which lay the foundation for their mathematical adventures. In March, we'll kick off our weeks with playful "Math Mondays" as we explore the fascinating world of math through stories, songs, games, age-appropriate math manipulatives, and fun. As we play and learn together, we'll be introducing different mathematical concepts and vocabulary that will build a foundation of learning as children journey onto their kindergarten adventures.

This month, we will also be scientific observers as we enjoy our front-row seats to the marvelous transformation of our ten caterpillars into fluttering butterflies. Our young scientists



have each created their own "Butterfly Science Journals," and will be observing and documenting the magical metamorphosis of butterflies in March.

Last, but not least, we will be continuing our understanding of healthy habits through mindful reflection of the different ways that we can support our health. As we explore health through nutrition, movement, mental wellness, and more, we seek to create rhythms that will lead to greater health for our early learners and families. We're looking forward to learning and growing with our ABC Mom families as we move towards joy, health, and wellness in this beautiful month of March. Happy Spring to all!

FAMILY STYLE MEALS

Family style meals are a great way to connect as a family and support knowledge and skill building in our early learners. Children build important life skills as we all sit together at the table and share a meal. While we enjoy eating a meal with one another, this create opportunities for conversations about healthy nutrition. Children also learn to serve themselves and pass along food to others at the table. In addition, since children are the ones putting food on their own plate, they develop agency and an understanding of when their bodies feel full and when they are still hungry. They also build fine motor skills and hand eye coordination as they use different tools to put food on their plate. For more info, see [here](#).

