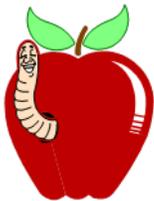


**FAMILY & CONSUMER SCIENCES**

# Pre-School Pages



A newsletter for parents of preschoolers  
packed with food, facts & fun  
from your local county extension office

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*April 2016*

## Play Time Silly Questions



Adapted from a publication originally written  
by Dorothea Cudaback, D.S.W., and  
colleagues at the University of California  
Cooperative Extension.

## Let's Eat Helping children reach a healthy weight

Today's children are spending more than  
four hours a day watching TV and playing  
video games. They eat more unhealthy  
foods that come in larger portion sizes and  
are less physically active than children of the  
previous generation, resulting in more health  
problems and a shorter lifespan than their  
parents. These children are often overweight  
or at-risk for becoming overweight, and in  
danger of experiencing serious health  
concerns, including heart disease, type 2  
diabetes, asthma, and sleep apnea.

### Purpose

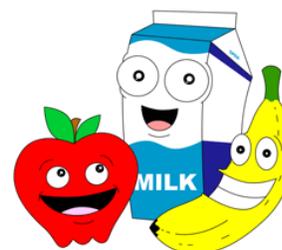
This game encourages your child's  
imagination and use of words.

### How to Play

Ask your child to imagine what would  
happen if something silly occurred, such as:  
What would happen if I put on my glasses  
upside down? What would happen if candy  
bars grew on trees? What would happen if  
people walked on their hands instead of their  
feet?

Let your child make up some silly questions  
for you, too. Have fun guessing and acting  
out these silly questions. You'll be pleased  
and surprised with your child's imagination.

Source: Carole A. Gnatuk, Ed.D., Extension  
Child Development Specialist



To help a child who is overweight or at risk for becoming overweight:

- Be a role model. Set the example by eating well and exercising.
- Help the child get some form of physical activity daily. Children need 60 minutes of exercise each day, such as riding a bike, skateboarding, or playing sports.



- Provide healthy snacks such as fruits, vegetables, cereal bars, low fat cheeses, and yogurt.
- Have a regular mealtime, which studies have shown promotes better nutrition.
- Reduce television time to no more than one to two hours of quality programming per day.
- Limit fast food to no more than once a week.
- Replace soda and juice drinks with water, 1 percent milk and 100 percent fruit juices.
- Make sure kids do not skip meals and snacks throughout the day, and start their day by providing a healthy breakfast each morning.

**Source:** Ingrid Adams, Extension Specialist for Nutrition and Weight Management, University of Kentucky; College of Agriculture, Food and Environment

## Dollars & Sense

### Paying Your Child an Allowance

Allowances are commonly used by parents to teach children about money. Paying your child a small amount of money each week

can teach healthy budgeting, spending, and saving practices at an early age. You can choose to pay your child a fixed weekly allowance or an allowance based on the completion of various tasks and chores. If you are considering paying your child an allowance, here are several considerations to keep in mind:

- Start paying your child an allowance when they are able to tell the difference between all coins and bills. For most children this occurs around preschool age.
- Deciding on how much money you should pay your child can be tricky. Think about how much money you can afford to pay your child on a weekly basis as well as what you expect your child to pay for.
- Discuss guidelines for spending with your child. It can be a valuable lesson to set up savings goals with your child.
- Pay your child with small bills. This can make it easier for a child to divide their money for different purposes such as spending or saving.
- Be consistent! Set up a weekly “payday” and be sure that you have the right amount of money to pay your child.



**Source:** Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky; College of Agriculture, Food and Environment  
Kristyn Jackson, LMFT, Ph.D. Candidate, Department of Family Sciences

Sincerely,

County Extension Agent for  
Family & Consumer Sciences