

Pre-School Pages



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

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Kids Care

While you are shopping, it may seem like it is hard to find fun activities to do with younger children. However, there are all kinds of fun things you can do to help your child develop language skills. The store is a great place for teaching new words and for introducing your child to new people and places. You can turn the time you have together into a valuable way to teach language skills to your child. Just remember to make it fun and to pick a time when neither you nor your child is hungry or tired. Leave for home before your child gets grumpy. Here are some ideas:

1. Talk about what you are seeing and doing. For example, grab a box of cereal from the shelf. Tell your child what it is. Comment on the colors of the box. Shake the box and have your child listen to it. What sound does it make? Have our child shake the box as well.
2. Let your child feel the items you put in your cart. Touching a carton of milk is an opportunity to talk about cold and hot. Feeling an orange is a way to talk about concepts like rough and bumpy. Let your child touch a soft sweater or try on a hat or a mitten. Find a mirror. Let your child feel the materials and talk about them.
3. Keep moving but do not rush. Talk as you go. Let your child help as you go with getting things off the shelf and putting them into the basket. Let your child help you put the groceries on the counter.

Shopping is a great way to surround your child with meaningful talk. Children need to hear lots of words as they learn how to communicate. It is especially helpful when you talk about the here and now—things that are going on in front of your child. This helps to engage your child and make learning fun.

References: The Center for Parent Involvement (1999). School Readiness Series, Parent Tip Sheets, #16: Toddler Talk. Tampa, FL: Florida Center for Parent Involvement, Louis de la Parte Florida Mental Health Institute, and University of South Florida. Retrieved October 2012 from <http://cfs.cbcs.usf.edu/resource-centers/fcpi/assets/file/schoolready/16redlmg.pdf>.

Source: Kerri Ashurst, Senior Extension Specialist for Family and Consumer Sciences, University of Kentucky, College of Agriculture

Play Time

Tissue Paper Valentine's Heart

Supplies:
Construction paper
Tissue paper
Glue stick



Draw a large heart on the construction paper. Let your child use a glue stick to cover the inside of the heart. Have your child rip the tissue paper into small pieces and place inside the heart until it is covered. Cut out the heart.

Source:
<http://www.loveplayandlearn.com/valentines-day-craft-toddlers/>

Let's Eat

Yogurt Smoothie in a Bag



- 1/4 cup yogurt, low-fat vanilla (or plain)
- 1 tablespoon milk, 1%
- 2 teaspoons frozen fruit juice concentrated (thawed)

1. Place ingredients in a heavy duty snack sized plastic bag.
2. Squish the bag until all ingredients are mixed, then stick a straw in a bag to drink the smoothie.

Source:

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/yogurt-smoothie-bag>

Life Savers

Baking Valentine treats? Be food safe—don't eat raw cookie dough!

Some treats look too good to resist, even before they're baked! But eating raw cookie dough or cake batter — even just a taste — can make you very sick. Whether the dough is prepackaged or homemade, the heat from baking is needed to kill any bacteria that might be present in the raw ingredients.

Any time you're baking, keep in mind these safety tips to prevent foodborne illness:

- Don't eat raw cookie dough or any other batter that is supposed to be cooked or baked.
- Keep raw foods separate from other foods to prevent cross contamination.
- Follow directions for baking temperatures and times.
- Wash your hands, countertops and utensils carefully after handling raw dough and batter.
- Refrigerate raw dough or batter if you aren't going to bake it right away.

Reference: Levinson, K. (2012, May 8). *Cook Your Mother's Day Cookies!* Retrieved September 20, 2013,

from http://www.foodsafety.gov/blog/cookie_dough.html

Source: Debbie Clouthier, Extension Associate for Food and Nutrition, University of Kentucky; College of Agriculture, Food and Environment

Dollars & Sense

Making Your Money Go Farther

At the end of the month, do you wonder where did my money go? Understanding how and where you spend your money is important for financial success, especially in tough economic times. There are several key steps you can take to stretch your money a little farther each month.

- Get organized—keep all of your bills and important financial papers in one place
- Track your spending for one month by writing down all of your expenses
- Identify your total monthly take-home income
- Develop a plan, on paper, for how to spend your money each month
- For big expenses, such as car insurance, vacations or holidays, you may want to set aside a little each month so that you are prepared when these events occur
- After two to three months, evaluate your spending plan; are you overspending in any certain category? If so, redo your plan to more accurately reflect your spending habits
- Keep working at your spending plan until you find a combination that works with the needs of your family

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky, College of Agriculture

Sincerely,



County Extension Agent for
Family & Consumer Sciences

