

Pre-School Pages



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

Cooperative Extension Service

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Celebrate

Arts & Crafts Kit

Children may need help to beat the winter doldrums. A little imagination and a lot of flexibility are all that's needed to pass the time until spring. Put together a creative arts and crafts kit that's handy to pull out when your children are looking for something to do or when you want to have some creative fun with them. The kit could include:

- Crayons
- Construction paper
- Washable markers
- Felt and fabric scraps
- Pencils/pens
- Ribbon or ric-rac
- Scissors
- Yarn or string
- Hole punch
- Beads and buttons
- White glue/glue stick/tape
- Pipe cleaners
- Plastic drinking straws
- Glitter
- Lunch bags
- Water color paint
- Wiggly eyes
- Paint brushes



Let's Eat



It is very important that children drink plenty of water, even in the winter months. Adding fresh fruits and vegetables to water makes it more appealing and even provides some vitamin C in a fun, refreshing drink.

Water with a Twist

One or more of fruits or vegetables, such as:

- Oranges
- Lemons
- Limes
- Strawberries
- Pineapple
- Cucumber

Chilled water

Instructions:

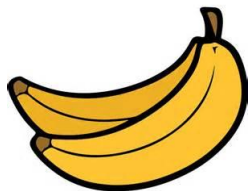
1. Wash fruits or vegetables and cut into slices.
2. Add slices to a pitcher of water or to individual cups of water, mixing different fruits and vegetables as desired. Squeeze citrus to release more flavor into the water.
3. Serve and enjoy.
4. Optional: Eat the fruit as you drink or when you're done!



Food Safety Note: Keep cold or drink within 2 hours. Can be refrigerated for up to 3 days.

Variation: Use seltzer water instead of plain water.

Fast Fruit Salad



Ingredients:

- 2 apples
- 2 bananas
- 2 oranges
- 1 small can of pineapple chunks in juice

Instructions:

1. Wash apples, remove cores, and chop into bite size pieces.
2. Peel and slice bananas.
3. Peel and chop oranges into bite size pieces.
4. Mix all fruits in a large bowl.

Variation: Try different combinations of fresh or canned fruit.

Yield: About 8 servings

Kids Care

Keep your family active while indoors during this winter season

- Pull out those old Jazzercise Videos in the closet, or pick one up from a thrift store.
- Dance to songs that you love.
- Hula Hoops and jump ropes can be great indoor fun!
- Simon Says is a great listening game.
- Charades is a game the whole family can enjoy.



Dollars & Sense



Teach your Preschooler about Spending & Saving

Children are not born with “money sense.” Children learn about money by example and experience, beginning at a very young age. Parents are an important influence on what and how children learn about money. It is never too early to start teaching sound money management skills. Begin teaching basic principles of money as soon as children can understand that money is needed to buy the things they enjoy.

Much of what your children learn about money is not from the conscious efforts you make to teach money management. Children are great imitators. Children pick up your values, attitudes, and money habits by watching and listening to you. In fact, you do not have to say anything to pass along money attitudes, habits, or decision-making styles.

If you shop with a list, your children will probably shop with a list. If you always spend money before it is earned, you may have a hard time teaching children to save. Children learn from observing you and others in the grocery store, post office, bank, toy store, mall, and home. Do not underestimate what children have learned about money through observation.

Source: <https://extension.org/>

Sincerely,

County Extension Agent for
Family & Consumer Sciences Education