

# 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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## Life Savers



School bus safety starts with you, every morning and every afternoon. Take a few minutes to make sure your kids understand the rules of the road. Most school bus

fatalities occur when children are outside the bus, and three quarters of these tragedies involve children under nine. Make sure your children know these rules:

- Be on time.
- Never run to or from the bus.
- Stand back from the curb.
- Don't push or shove.
- Stay in your seat.
- Don't yell or shout.
- Always obey the driver.
- Wait for the driver's signal before crossing.
- Always cross at least 10 feet in front of the bus.
- Never crawl under the bus.

Coordinate with other parents to make sure that an adult is present at the bus stop every day, especially with children under the age of nine.

Your kid's favorite clothing may not always be the safest. Drawstrings can catch in school bus doors, playground equipment, fences, and escalators. Remove, shorten, or replace drawstrings with another kind of fastener. By following simple rules you can keep your kids safe - before they get on the bus.

## Let's Eat

### Family Mealtimes

Mealtime is a time to regroup as a family, discuss the day, plan family outings, share stories, and connect. Family meals allow your preschooler to focus on the task of eating while giving parents or caretakers a chance to model good behavior. It takes a little work to bring everyone together for meals, but it's worth it and the whole family eats better. It may not be possible to eat together every day, but try to have family meals most days of the week. Meals should be provided at regular times when your preschooler is hungry but not starving. Try these tips for making family meals enjoyable:



☺ Focus on the meal and each other. Turn off the television. Take phone calls and texts later.

☺ Talk about fun and happy things. Try to make meals a stress-free time.

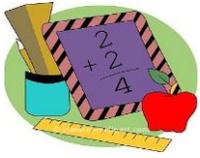
☺ Don't lecture or force your child to eat.

☺ Have your child help you get ready to eat. Children can clear, wipe, or set the table; hand out napkins or silverware; turn off the TV; or remove toys or other items from the kitchen.

☺ Involve your child in the conversation at the dinner table.

# Dollars & Sense

## Spending Plans



Preschool-aged children are capable of learning simple spending plans. Early training in categorizing money establishes patterns for future money-management behavior.

Making saving a category in spending plans can encourage this important habit as children reach their late teens. As adults, saving will seem natural for them and they will be inclined to save on their own.

- Play a game that teaches children to divide money into "spend" and "save" categories.
- This activity is ideal for older children in the Pre-K to second grade age group.
- Give each child two or three envelope templates.
- Let the children color or decorate their Envelopes with pictures and stickers or crayons. Pictures on an envelope can relate to what the envelope represents. For example, children may want pictures of toys on their "save" envelopes to show what they are saving for.
- Instruct the children to cut out their envelopes.
- Show the students how to fold the sides of their envelopes and fasten two of the sides together, leaving the flap open.
- Label the envelopes with SAVE, SPEND and GIFTS. [Note: If you do this activity with children under five, just use save and spend. For students in first and second grades, you could use more categories for the envelopes, such as "gifts."]

## Play Time

### Picnic Games

- Secretly place an object in picnic basket. Have your children guess what the object is from the clues that you give them. For example if you have hidden a ball in the basket, give your children clues such as

these: "It is round. It bounces. You play catch with it."

- Put a plastic tablecloth in the middle of the circle area. Put several items on it that you can use for a picnic. Let the kids look at the items for several minutes. Take the tablecloth and items away and see how many items they can remember.
- Have the kids roll a ball to each other chanting going on a picnic won't you come with me? Please bring something that begins with letter (A, B, C, etc). The one who gets the ball has to think of something that starts with that letter that they could bring to a picnic.
- Pretend that you are going on a picnic and you need to make a list up of what to bring. Say to the kids, "If I were going on a picnic, I would bring \_\_\_\_\_." Have the kids repeat the phrase adding an item that you would bring on the picnic. Say the same phrase again and have them add another item. Repeat the phrase adding the two items that you would bring on the picnic. Continue on until the kids cannot remember the items.



Every child is born with creative potential, but this potential may be stifled if care is not taken to nurture and stimulate creativity. Creativity shows one's uniqueness. It is the individual saying: "I can be; I can do." Isn't this what we want for our children? Creativity is the ability to see things in a new and unusual light, to see problems that no one else may even realize exist, and then come up with new, unusual, and effective solutions to these problems.

Sincerely,

County Extension Agent  
for Family & Consumer Sciences