

# 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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## Celebrate

### Father's Day



Since the early 1900's in America we have celebrated Father's Day on the third Sunday in June. This gives us time to reflect and appreciate dad for all his hard work and accomplishments. It seems

sometimes we get stuck on what to buy that special man in our lives for this occasion. Here are some ideas to help you think out of the "tie" box for dad this year.

1. Create a coupon book for dad. Free help cleaning out the garage or washing the car is always a hit.
2. Take a photo with all the kids and place it in a special frame for dad's desk. He will be reminded of those who love him each time he sees the picture.
3. Turn your kitchen into a restaurant serving dad's favorite dishes on this special day. Let him set the menu and then he can sit back and relax while you serve him his beloved foods.
4. Take dad on a scavenger hunt looking for clues as to how much you love and appreciate him. Let the final clue lead him to the kids who are waiting with hugs and giggles.

## Let's Eat



They learn from watching you. Eat fruit and veggies and your kids will too. You teach them lessons they'll use for life. It's normal for 2- to 5-year-olds to be "picky" eaters. Help them increase the types of fruits and vegetables they like by setting a good example. One mom told us, "My 3-year-old picks up on so much. She loves to copy what I do. Sometimes she will ask for a food she saw me eat. And I didn't even know she was watching me! So, I try to eat fruits and vegetables. That way she'll want them too. My doctor told me that kids learn eating habits when they are young. I want my child to learn to eat fruits and vegetables so she'll be healthy. It makes me feel good that I'm teaching her something she'll use for life."

### What kinds should you eat?

- Fresh, frozen, and canned fruits and vegetables are all smart choices. Buy some of each to last until your next shopping trip.
  - Frozen vegetables have as many vitamins and minerals as fresh. Choose frozen vegetables that contain vegetables and nothing else – no added fat, salt, or sugars.

- Buy canned fruits that are packed in “100% juice” or water.
- Rinse canned beans and vegetables with cold water to make them lower in salt.
- Look for canned vegetables that say “No added salt” on the front of the can. Buy them when they go on sale.
- Cooked vegetables or ripe fruits that are cut into small pieces are easy for your child to eat.
- Cut whole grapes and cherry tomatoes into smaller pieces to prevent choking.

## Superfood Smoothie

1 medium peeled banana, sliced and frozen  
 1 cup frozen spinach  
 1 medium apple with skin, chopped and frozen  
 1 (20 ounce) can pineapple chunks in 100% juice

1. Place all ingredients in a blender and blend until smooth. Smoothie taste testing results:

Makes 4 servings. Serving size: 1 cup. Nutrition facts per serving: 140 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30mg sodium; 36g carbohydrate; 4g fiber; 28g sugar; 2g protein; 90% Daily Value of vitamin A; 35% Daily Value of vitamin C; 8% Daily Value of calcium; 6% Daily Value of iron.



## Kids Care

### How to Avoid Sunburn for Kids

Just a few serious sunburns can increase your child’s risk of skin cancer later in life. Kids don’t have to be at the pool, beach, or on vacation to

get too much sun. Their skin needs protection from the sun’s harmful ultraviolet (UV) rays whenever they’re outdoors.



- **Seek shade.** UV rays are strongest and most harmful during midday, so it’s best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it’s happened.
- **Cover up.** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors.
- **Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don’t protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.
- **Wear sunglasses.** They protect your child’s eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- **Apply sunscreen.** Use sunscreen with at least SPF 30 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don’t forget to protect ears, noses, lips, and the tops of feet. Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well.

Source: [www.cdc.gov](http://www.cdc.gov)

Sincerely,

County Family & Consumer Science

Extension Agent

