

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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September 2016

Play Time

"Fall" for Autumn Outdoor Family Fun!



The dog days of summer may be behind us, but that doesn't mean it's time to pack up the outdoor adventures quite yet. Crisp fall days are just around the corner, and they lend themselves perfectly to throwing on a sweater and embarking on family fun from sun up till sundown.

- **Go on a nature hike.** Bring along a field guide to identify different kinds of trees. Look for wildlife collecting food for winter. Watch for migrating birds.
- **Take a hayride.** Many farms offer hayrides during the fall. This is a great way to kick back and enjoy nature with smaller kids who may not be up for a long walk.
- **Visit a corn maze.** Many farms earn extra income for the winter by turning their cornfields into large mazes. Test your directional sense, and get some fresh air in the process. Corn mazes are fun or all ages.
- **Fly a kite.** The gusty, brisk air makes autumn a great time for flying kites. Buy one from the store, or make your own from two long sticks, strong paper, and string.

- **Visit the pumpkin patch.** Kids will love wandering around the patch to pick out the perfect pumpkin. Choose a couple of big ones for jack-o'-lanterns, and grab a few smaller ones for painting or general household decorations. Smaller pumpkins make great additions to fall centerpieces. Roast the seeds in your oven with a sprinkling of tasty spices, and grab a few to make pumpkin pies.
- **Stuff a scarecrow.** Dig out an old shirt and overalls, and stuff it with leaves until firm. Add a pumpkin head (from your trip to the pumpkin patch) and you've got a great fall decoration.
- **Collect fall leaves.** Press them into books or preserve them in glycerin. Paste them onto handmade paper to create greeting cards, or glue them between two pieces of wax paper to make an attractive sun catcher.
- **Have a bonfire.** Invite some friends over for a backyard bonfire. The chill in the air makes fall the perfect time to sit together by the warmth of a blazing fire with a nice warm mug of cocoa or cider.
- **Make a leaf pile and jump in!**

Source: <http://farmersalmanac.com/home-garden/2009/10/12/top-ten-outdoor-activities-for-fall/>



Let's Eat

Breakfast Banana Split



1 small, ripe banana

1/2 cup fresh blueberries or other fresh fruit

1/2 cup nonfat or low-fat vanilla yogurt

1/2 cup low-sugar cereal (such as Cheerios, Wheaties, Grape Nuts, or Bran Flakes)

1. Peel the banana and slice it lengthwise (from tip to tip).
2. Wash and cut the other fresh fruit into small pieces.
3. Spoon the yogurt in a mound in the center of a cereal bowl.
4. Sprinkle the cereal on top of the yogurt.
5. Arrange the banana halves on either side of the yogurt.
6. Sprinkle the top with the blueberries or other fruit.

Adapted from Smart Mouth Recipes, Center for Science in the Public Interest (www.cspinet.org)

Kid Savers

Back to School Safety Tips

To keep your child safe, the National SAFE KID Campaign, the Consumer Product Safety Commission, and the American Academy of Pediatrics offer these safety tips:



Traveling to and from School

- Plan a walking route with your child to get them to and from school and/or the bus stop safely. Be especially mindful of intersections.
- Teach your children to avoid and to identify strangers. Be specific about who is considered to be a stranger.
- Make sure your child does not walk to school alone.
- Make sure your child knows how to obey traffic laws and crossing guards whether they are walking or riding a bike.
- Use a helmet to protect your child's head if they ride a bike to school.
- Teach your child to wait for the bus to fully stop before they enter the road. Also, teach them about a driver's blind spot.
- Tell your child not to bend down in front of the bus to tie shoes or to pick up objects because the driver may not see them and start to move.
- Help your child to memorize your home phone number and address. They also need to know how to dial 9-1-1 for help.

On the Playground

- Keep drawstrings on jacket hoods and sweatshirts short to avoid getting them caught in playground equipment.
- Teach your child not to push or crowd others since this behavior causes accidents.

Other Safety Tips

- Make sure your child's backpack is not too heavy.
- Watch for signs of bullying at school. Help your child develop bully-coping strategies.

Source: Pearson Education, Incorporated. (2009). Back-to-school safety tips. Family Education. Retrieved October 2, 2009.

Sincerely,

County Extension Agent
for Family & Consumer Sciences



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