

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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August 2016

Celebrate

Back to School Last Hurrah



Maintain a positive attitude about summer ending, advises Edward Christopherson, a

Kansas City-based child psychologist. "If you are nervous about school starting, then your child is certainly going to be nervous about school starting," he says. It also helps to plan fun, transitional activities to prepare your kids. Plan a fun weekend for Labor Day, and include the kids in the plan. Labor Day is a great time to say good-bye to summer and hello to all the good things coming up in the new school year.

Going back to class doesn't mean your kids have to say farewell to outdoor fun. Make a habit of getting outside together after the school day ends, for as long as the warm weather lasts. When the air turns cold, hold a "camp-in" weekend evening, suggests Sarene Marshall, director of The Nature Conservancy's global climate change team: "Set up floor pillows or sleeping bags, turn off all the electronics, and play good, old-fashioned games."

Source: PBS Parents

Play Time

Cook With Children

Children love to learn cooking skills. Children are more likely to eat foods they have helped prepare. Follow these guidelines to keep your child safe in the kitchen:

- Supervise children during all cooking activities.
- Tie back long hair and loose clothing.
- Use child-safe equipment such as plastic bowls and blunt knives.
- Use sturdy stools so smaller children can reach the counters.

Tasks children may be able to perform at 3–4 years

- Get out and put away groceries
- Get out pans or tools
- Set table
- Wash fruits and vegetables
- Tear salad greens



Source:

<https://www.uidaho.edu/extension/eat-smart-idaho/child-tips>





Let's Eat

Strawberry Smores

Prep time: 5 minutes

Makes: 1 Serving

Total Cost: \$0.39

Serving Cost: \$0.39

This quick, easy, and mouth-watering recipe is a perfect afternoon snack for back to school and parents will love that it's an inexpensive and healthy treat!

Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)
- 2 tablespoons yogurt, low-fat vanilla

Directions

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Notes: Substitute any desired low-fat yogurt flavor.

Try other fruits like blueberries, bananas, etc.

Source: University of Maryland Extension. Food Supplement Nutrition Education Program (link is external). Photo courtesy of The University of Connecticut Health Center, Center for Public Health & Health Policy

Kid's Care

When Big Brother and Sister go back to School...



When it's time for your older child to go back to school, your toddler or preschooler may go through separation anxiety. Here are a few tips on how to keep your little one

happy even when his built-in playmate is off to school

Many stores get in on back-to-school sales action, so you can stock up on your preschooler's art supplies while you're buying your older child's binders and notebook paper. Younger children love feeling involved and packing the backpack or having their own supply stash makes them feel important.

If your younger kiddo shows signs of sadness at his sibling's departure, take the time to really listen to his concerns. Don't dismiss his feelings, even though you may be tempted to simply distract him. He needs to know that you're there for him and that it's safe to talk to you about what he is going through. Reassure your little one that Big Brother will return at the end of the day and that you have your own fun day planned. By staying in tune with your preschooler's emotional needs, you can help ease her transition when her older sibling returns to his school and friends.

Sincerely,

County Family & Consumer Science
Extension Agent