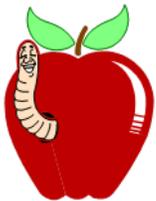


**FAMILY & CONSUMER SCIENCES**

# Pre-School Pages



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

**Cooperative Extension Service**  
(Your) County  
Street address  
City KY zip-speed  
(000) 000-0000  
Fax: (000) 000-0000  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)

*April 2016*

## Play Time

### Silly Questions



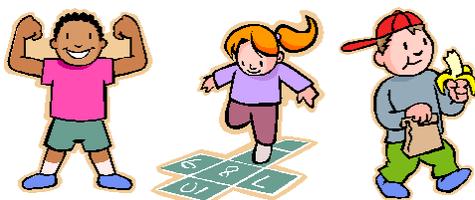
**Purpose**  
This game encourages your child's imagination and use of words.

**How to Play**  
Ask your child to imagine what would

happen if something silly occurred, such as: What would happen if I put on my glasses upside down? What would happen if candy bars grew on trees? What would happen if people walked on their hands instead of their feet? Let your child make up some silly questions for you, too. Have fun guessing and acting out these silly questions. You'll be pleased and surprised with your child's imagination.

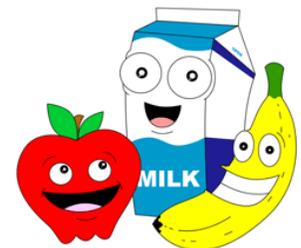
Carole A. Gnatuk, Ed.D., Extension Child Development Specialist

Adapted from a publication originally written by Dorothea Cudaback, D.S.W., and colleagues at the University of California Cooperative Extension.



## Let's Eat

**Helping children reach a healthy weight**



Today's children are spending more than four hours a day watching TV and playing video games. They eat more unhealthy foods that come in larger portion sizes and are less physically active than children of the previous generation, resulting in more health problems and a shorter lifespan than their parents. These children are often overweight or at-risk for becoming overweight, and in danger of experiencing serious health concerns, including heart disease, type 2 diabetes, asthma and sleep apnea.

To help a child who is overweight or at risk for becoming overweight:

- Be a role model. Set the example by eating well and exercising.
- Help the child get some form of physical activity daily. Children need 60 minutes of exercise each day, such as riding a bike, skateboarding or playing sports.
- Provide healthy snacks such as fruits, vegetables, cereal bars, low fat cheeses and yogurt.
- Have a regular mealtime, which studies have shown promotes better nutrition.

- Reduce television time to no more than one to two hours of quality programming per day.
- Limit fast food to no more than once a week.
- Replace soda and juice drinks with water, 1 percent milk and 100 percent fruit juices.
- Make sure kids do not skip meals and snacks throughout the day, and start their day by providing a healthy breakfast each morning.

**Source:** Ingrid Adams, Extension Specialist for Nutrition and Weight Management, University of Kentucky; College of Agriculture, Food and Environment



## Dollars & Sense

### Paying Your Child an Allowance

Allowances are commonly used by parents to teach children about money. Paying your child a small amount of money each week can teach healthy budgeting, spending and saving practices at an early age. You can choose to pay your child a fixed weekly allowance or an allowance based on the completion of various tasks and chores. If you are considering paying your child an allowance, here are several considerations to keep in mind:

- Start paying your child an allowance when they are able to tell the difference between all coins and bills. For most children this occurs around preschool age.
- Deciding on how much money you should pay your child can be tricky. Think about how much money you can afford to pay your child on a weekly basis as well as what you expect your child to pay for.
- Discuss guidelines for spending with your child. It can be a valuable lesson to set up savings goals with your child.
- Pay your child with small bills. This can make it easier for a child to divide their money for different purposes such as spending or saving.

- Be consistent! Set up a weekly “payday” and be sure that you have the right amount of money to pay your child.

**Source:** Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky; College of Agriculture, Food and Environment, Kristyn Jackson, LMFT, Ph.D. Candidate, Department of Family Sciences

## Breakfast Parfait

### Ingredients

- 2 cups pineapple, canned and chopped
- 1 cup thawed berries, frozen
- 1 cup yogurt, lowfat vanilla
- 1 peeled and sliced banana
- 1/3 cup raisins



### Instructions:

1. In glasses or bowls, layer pineapple, berries, yogurt, banana, and raisins.

### Source

Adapted from:  
Recipes to Grow On  
University of Illinois Extension Service

**Author:** Illinois, University of, Extension Service  
<http://web.aces.uiuc.edu/wellnessways/>

Sincerely,

Cecelia Hostilo  
County Extension Agent for  
Family & Consumer Sciences



