



KIDS KORNER



A newsletter designed with Parents of Preschoolers in mind!

January 2010

Cooperative
Extension Service
Clinton County
2601 North Hwy 127
Albany, KY 42602
(606) 387-5404
Fax: (606) 387-4380

When you're sick, you might remember what mom or grandma used to tell you: "Wash your hands!" and "Have some chicken soup so you'll feel better."



Researchers have shown that regular hand washing can help keep us healthy. "Operation Stop Cough" was a study conducted with Navy recruits. The recruits washed their hands at least five times daily. The researchers kept track of the number of trips to a medical clinic for two years. With the hand-washing program in place, there were 45 percent fewer respiratory illness cases.

Chicken soup may make a difference, too. According to a study, chicken soup can help clear mucus from nasal passages and relieve congestion better than other hot liquids. Actually, any hot liquid helps clear stuffy heads more than cold liquid, but chicken soup "worked better" than hot water. Maybe it's the protein, vitamins, minerals or some unknown factor that makes it work.

The Centers for Disease Control and Prevention (CDC) offers these tips for preventing colds and flu.

- * Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- * Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.

- * Avoid touching your eyes, nose and mouth. Germs spread this way.

- * Try to avoid close contact with sick people.

- * If you are sick with a flulike illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.

If you're feeling a cold coming on, you might want to follow the standard advice: "Drink plenty of liquids and get plenty of rest." For your liquids, you might enjoy this

chicken soup recipe. And, in the words of moms everywhere: "Wash your hands before you eat."

Chicken Soup

- 2 15-ounce cans fat-free chicken broth (or use homemade)
- 2 15-ounce cans water (or more depending on preference)
- 1/4 c. chopped celery
- 1/4 c. chopped carrots
- 1 Tbsp. onion, finely chopped
- 1/2 tsp. dried parsley
- 1/8 tsp. poultry seasoning (optional)
- 1/8 tsp. dried thyme leaves, crushed
- 2 c. chicken, cooked and diced
- 1 c. medium egg noodles

In 3-quart saucepan, combine broth, water, celery, carrots, onion, parsley, poultry seasoning and thyme. Over medium heat, heat to boiling while stirring occasionally. Reduce heat to low. Cover and cook for 20 minutes or until vegetables are tender, stirring occasionally. Add the chicken and noodles; heat through, stirring occasionally until noodles are tender.

Makes four main dish servings. Each serving has about 180 calories, 3.5 grams (g) of fat and 9 g of carbohydrate.

Resource: www.extension.org

Teaching Tolerance



There is a lot of hate and anger in the world today. Children have the ability to pick up on and imitate these upsetting and often difficult emotions from a young age. There is a great advantage to teaching tolerance, acceptance, and the appreciation of others' differences to children, often, and especially early in their lives.

Parents can help teach and encourage tolerance in children in a variety of ways. It is important to expose children to diverse groups of people and situations. It is even better if children can grow up spending the majority of their lives in a diverse environment. Simply exposing children to a broad range of people can build a foundation for tolerance.

Spending time in diverse settings is also powerful because it opens up the opportunity for discussion about differences that children may have noticed.

Allow children the opportunity to point out, talk about, and ask questions regarding the differences in people and places. Young children especially are naturally curious. They will probably feel more comfortable calling attention to variations than an older child. Children of all ages need the help of trusted adults to carefully and respectfully answer their questions. Adults should speak honestly and without bias when addressing dissimilarities between individuals and cultures. Finally, adults should be careful to only share information that is age appropriate and helpful in building the child’s knowledge and acceptance of others.

Reference:

Bettmann, E. H., Stern-LaRosa, C. (2000). *Hate Hurts; How children learn and unlearn prejudice*. New York, NY: Scholastic Books.

Source: Carole Gnatuk, Extension Specialist for Child Development, University of Kentucky College of Agriculture; Lauren Michalak, Graduate Assistant



Cooking with Kids

When it is cold and damp outside, there is no better time to go into the kitchen and cook up something warm and cozy. Including your children in cooking is a great way to help them learn. Cooking gives children the opportunity to experience the world first hand. Make sure that children are directly involved in the food activity. Adults are there to assist the children, not the other way around.

Cooking is especially enjoyable for children because it gives them the opportunity to use all five of their senses. They see the foods and have the chance to touch them. They can also hear foods popping or sizzling and smell the aromas. Finally, the best part of all is that they get to taste their finished product.

Food activities help foster children’s creativity. Cooking gives parents the opportunity to help children use descriptive vocabulary such as “bitter,” “steamy,” or “delicious.” Cooking should be an open activity where children can set their own pace and learn from their mistakes. Cooking lends itself to a lot of variety. There are various recipes and ingredient combinations with which children can experiment, with an adult’s suggestion. Cooking gives children the opportunity to engage in an activity that is new and challenging, but not too difficult. A child might be comfortable scooping flour out of a bag, but she might need help with a more difficult task, such as

pouring milk out of a gallon jug. Whisking, cutting, or measuring with teaspoons and tablespoons give wrist and finger muscles practice. Stirring, pouring, and ladling use shoulder and arm muscles associated with gross motor skills. Cooking tasks like these give children the chance to build upon both fine and gross motor skills. It is important for parents to stay close and gently guide children in the process.

Cooking also creates a chance to practice math and science skills within your own home. Children are able to engage in simple math skills such as learning amounts and the concepts of more and less and measurements. Children can hypothesize about what might happen next, or if a recipe gets changed. They also have a front row seat to watch changes as they occur.

Another special learning benefit is increasing children’s interest in tasting new or different foods. They may be more inclined to try a greater variety of foods if they have had the chance to prepare it.

Children of almost any age can help in the kitchen, as long as there is enough parental supervision. Sharp knives should not be used, but a plastic, serrated knife may be safe for children. Ovens and electric burners should never be used without adult supervision. Take the time to talk with children about hot appliances, when they should and should not be used, and how long appliances stay hot even after they have been turned off. Cooking is also a good opportunity for children to practice with safeguards such as health, safety, cleanliness, and germs.

Remember; don’t keep kids out of the kitchen just because it can get messy at times. Cooking is a great opportunity to bond with children. It opens the door for discussion, creativity, and learning.

Reference: Mayesky, M. (2009). *Creative activities for young children (9th)*. New York: Delmar Publishers.

Source: Carole Gnatuk, Extension Specialist for Child Development, University of Kentucky College of Agriculture; Lauren Michalak, Graduate Assistant

Sincerely,
Christy Nuetzman

Clinton County Extension Agent for Family & Consumer Sciences

Newsletter produced by: Extension Family & Consumer Sciences Agents in District 5 in cooperation with the University Of Kentucky College Of Agriculture Cooperative Extension Service. This edition produced by Audrey Myers, FCS Extension Agent for Green County.

Distributed in cooperation with local schools and day cares.



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Make room for snacks - they're good for you!

Feel guilty when you have a snack? Get rid of the guilt. Healthy snacks are a great way for people of all ages to meet their daily nutrient needs. Planned snacks promote good health and add pleasure to life.



Kids need snacks

Tiny tummies can't hold lots of food. Kids may need to eat four to six times a day to get the nutrients and energy they need to play, learn and grow. Don't worry — snacks eaten two to three hours before meals won't spoil appetites.

Think this information about healthy snacks could help your family? Post it on your refrigerator or pantry so everyone can see it.

What's your snack plan?

With just a little planning, you can have snacks that are healthy, quick and tasty.

- ✓ When you shop for groceries, don't forget snacks. Buy individual containers of yogurt, canned fruit, tuna packed in water, pudding, low-fat milk, juice boxes (100-percent fruit) and water.
- ✓ When you're putting away groceries, take time to wash fresh fruit and vegetables. Store them by low-fat yogurt and dips in the refrigerator so they will be ready to grab for quick snacks.
- ✓ Put snacks on lower shelves so children can serve themselves.
- ✓ Hang a snack list on the refrigerator so everyone can see what is available.



Pack a snack box

Avoid the temptation of high-fat, salty snack foods by packing a box of tasty, healthy snacks to keep at work, in the

car and in your child's backpack. Stock the box with foods that don't need refrigeration, such as raisins, nuts, peanut butter, whole-grain crackers, pretzels, whole-grain cereal, bottled water, juice boxes (100-percent fruit), trail mix and small cans of tuna packed in water.

*Store these foods in the refrigerator

5 – Minute Snacks

- *Baby carrots, broccoli or cauliflower and low-fat dip
- Whole-grain crackers and peanut butter
- *String cheese and an apple
- Grapes and a bagel with peanut butter
- Pretzels and raisins
- Nuts and orange slices
- Whole-grain cereal and a banana
- Banana and a fig bar
- *Cheese cubes and apple or pear slices
- Grape tomatoes and whole-grain crackers
- Applesauce and graham crackers
- *Flavored yogurt and roasted soy nuts
- *Baked corn chips and bean dip
- *Lean ham or turkey slices wrapped around a breadstick



10 – Minute Snacks

- Low-fat microwave popcorn and 100-percent fruit juice.
- * **Milk shakes:** Pour milk, juice and ice in a covered container and shake.
- Ants on a log:** Fill celery sticks with peanut butter and sprinkle with raisins.
- Spread peanut butter on whole-wheat bread, top with fresh or dried fruit.
- * **Yogurt sundae:** Slice a banana, add vanilla yogurt and sprinkle with nuts.
- * **Mini pizza:** Top French bread, pita bread or a tortilla with tomato sauce, sprinkle with garlic powder and oregano, add a slice of cheese and broil one to two minutes.



- * Microwave a potato and top it with grated cheese and salsa.
- * **Mexican tortilla:** Top a tortilla with refried beans and cheese. Warm in a toaster oven or microwave. Add lettuce and salsa.
- * Stuff whole-wheat pita bread with tuna and lettuce.

- improves coordination and balance.
- helps kids blow off steam safely.

Increasing physical activity and exercise can do a lot for your child's lifelong health (and your own). Now is the best time to build the habit of daily physical activity. Only 2 percent of children who are inactive become active adults.

Involve the whole family

Even though exercise experts say periods of 20 minutes or more of continuous activity will produce the most health benefits, children can break that 60 minutes of exercise into increments as small as 10 minutes and still derive good health benefits. For example, a child might walk or ride a bike to and from school, play tag or jump rope at recess and walk the family dog in the afternoon. Be sure to introduce more physical activity into your children's lives by involving the entire family. Parents have a huge influence on their children. Your child is likely to adopt your exercise habits, so if you increase your activity level, your children will too. And a family-wide increase in physical activity prevents a child from feeling singled out.

Schedule time for family exercise. Make it fun! Lots of family activities feel more like fun than work:

- Ride bikes together
- Dance
- Go swimming on the weekend
- Explore a new park or back road on foot or bicycle
- Play Frisbee, hoops or catch together
- Play tag, organize a neighborhood jump-rope festival
- Walk the dog together
- Take a family walk after supper before you turn on the TV



Sincerely,
Christy Nuetzman, Clinton County Extension Agent for Family & Consumer Sciences

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Children and Physical Activity: Have Fun and Be Fit

Children seem to have boundless energy. It's important for them to use a lot of it in lively physical play. Children need at least 60 minutes of moderate physical activity a day for good health.

But many American children don't get that much. With the increasing popularity of computers, video games and television, today's children are increasingly less active. The average American child spends about 24 hours each week watching TV. That's almost 3½ hours per day! Forty-three percent of adolescents watch more than 2 hours of television each day.

Being active is important for children's health.

Physical activity:

- helps the body make better use of insulin, which reduces the risk of Type II diabetes. Type II diabetes is often called "adult onset" diabetes, and has more than quadrupled among children.
- burns excess body fat to maintain a healthy weight.
- increases circulation by widening blood vessels and even creating new ones, which reduces the risk of heart attack and stroke when they get older. In fact 40 percent of five to eight year olds now show at least one heart disease risk factor – risk factors that 10 years ago weren't seen before age 30!
- strengthens bones and improves bone density to lower the risk of osteoporosis later in life.
- helps keep joints healthy.
- improves lung function and physical as well as mental stamina by increasing the amount of oxygen in the blood.
- lowers blood pressure, a major risk factor for heart attack, aneurysm, glaucoma, and stroke.
- helps produce restful and higher-quality sleep.



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Help for Picky Eaters During Mealtime



Many parents complain about picky eaters. Although it is natural to worry, it is unusual to under eat to the point where their health is in danger. You may need to offer a tablespoon of a new food up to **12** times before a child is accepting of the taste, texture, or smell. If your child won't eat a variety of foods, try these nutritionally equivalent substitutes.

* **No meat?** Try poultry, fish, beans, peanut butter, eggs, cheese, nuts, or tofu. These foods are important for protein, calcium, iron, and zinc.

* **No green vegetables?** Try carrots, squash, corn, beets, and peas. These are less bitter when cooked.

* **No vegetables at all?** Try bananas, apples, pears, and grapes. These offer similar nutrients. Other fruits high in vitamin A to try include apricots, mangos, peaches, nectarines, and blueberries. OR try guava, oranges, tangerines, strawberries, and grapefruit for an excellent source of vitamin C. OR try fruits high in both vitamins A and C, such as papaya, cantaloupe, watermelon, and persimmons.

* **No casseroles or mixed dishes?** Try plain pasta, rice, noodles or dry cereal. Sometimes

just separating the foods into separate piles works.

* **No milk?** Try yogurt, cheese, cottage cheese, pudding, custard, creamed soups, chocolate or flavored milk, calcium fortified soy milk or orange juice and ice cream. Smoothies made with milk or ice cream have become quite popular and you can sneak in some fruit along with the milk. These products provide the calcium found in milk and are often tolerated better by those who have digestive upsets from regular milk. As soon as your child can do simple things in the kitchen, allow them to help you plan the menus, shop for foods, set the table, and fix simple parts of the meal. Biscuit dough, vegetables and dip, opening packages, and pouring or just stirring can give your child a sense of creativity and an appreciation for the effort that is required to prepare the food. Family meal time is all about routine, relaxation, and good food and conversation. Set the stage at your house for your child's healthful food habits.

Source: **On Your Own...** a bimonthly newsletter from the University of Kentucky Cooperative Extension Service

March 20th is the first official day of Spring!



A Recipe for Hand Washing

Good hand washing takes three things:

- warm water
- soap
- rubbing your hands for 30 seconds

Follow good hand-washing habits yourself. Your child will watch and follow what you do. Encourage your child to count slowly to 30 or to sing the Alphabet Song (which takes 30 seconds) to help make hand washing fun and thorough.

Get a safe stepping stool so your child can reach the sink.

Hang a hand-washing reminder by the toilet.

Always Wash Hands

Before:

- Handling food
- Eating a meal or snack

After:

- Handling food
- Combing hair
- Using the bathroom
- Blowing your nose
- Touching a pet
- Changing a diaper
- Coughing or sneezing into your hands
- Handling garbage

Ask Your Children the Following Questions:

Why do we wash our hands?

Can you see germs?

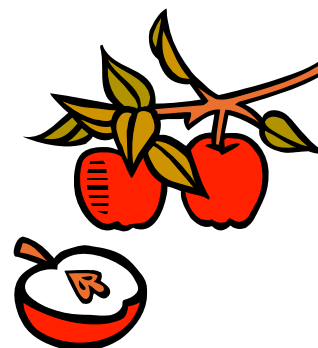
What happens if germs get into our bodies?

What happens if you get sick?

When do we need to wash our hands?

How do we wash our hands?

Source: ca.uky.edu



COOKING WITH KIDS

Apple Salad

- 1 tablespoon orange juice
 - 2 tablespoons salad dressing or mayonnaise
 - 2 cups diced apples
 - 1 cup diced celery
 - ½ cup raisins
 - ½ cup nuts
1. Mix orange juice with salad dressing or mayonnaise.
 2. Toss apples, celery, raisins, and nuts with dressing mixture.

Makes 8 servings.

Nutrition Facts per serving: 110 calories, 6g total fat, 0mg cholesterol, 45mg sodium, 11g sugar, 2g protein

Source: USDA Nutrition Connection

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Clinton County Extension Agent for Family
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Clinton County Extension Office, 2601 North Hwy 127, Albany, KY

April 2010



- ## Spring into Physical Activity!
- ✓ Playing games is a way to have fun with your friends.
 - ✓ Obey the rules when you play.
 - ✓ Always let your mom and dad know where you are.
 - ✓ Try to be active 60 minutes each day!



Easter is April 4th

Share Meals, Make Memories

Does your family have a commitment to eat a few meals together each week? Sharing food and good conversation is an old tradition that has real value in today's world. A family meal does not have to be a cooked-from-scratch, time consuming affair. Try a pizza or frozen main dish with a tossed salad. Or use your slow cooker to have the smells of home cooking greet you and your family at day's end. To tune into your family, try turning off the TV, cell phone, and other gadgets. Keep mealtime talk upbeat. Use the chance to get to know how your family's day really went. You can use the time together to plan future vacations or favorite meals. Children who eat with their families tend to have healthier diets and to do better in school. So do what you can to help your family share meals and make memories.

Source: Janet Tietyen, Extension Specialist for Food and Nutrition, University of Kentucky, College of Agriculture.

Cooking with Kids: Magical Fruit Salad



- 1 can (20 ounce) pineapple chunks
- ½ pound grapes, seedless, red or green
- 2 bananas
- 1¾ cups nonfat or low fat milk
- 1 package (3½ ounce) pudding mix, instant, lemon or vanilla

1. Drain off the pineapple juice. Put chunks in large bowl.
2. Rinse grapes and drain. Add grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts per serving: 100 calories, 0 g total fat, 0 mg cholesterol, 140 mg sodium, 24 g total carbohydrate, 2 g protein.

Serving Size: 1/12 of recipe **Yield:** 12 servings **Source:** *USDA Nutrition Connection*



Teaching Children About Money

What age should parents begin educating their children about money? Financial experts agree that it's never too early. The more children learn about money, the more they will be able to make wise financial decisions as they grow older.

Parents can begin teaching young children how to count money. Practice playing simple games that children will enjoy. For example, place a nickel on the left side of the table, and on the right side, place five pennies. Children are very quick to learn new games, and if you continue this strategy using dimes, quarters, half dollars, etc., before you know it, they will have mastered the art of not only counting money, but understanding its value as well.

Next, you can teach the value of saving. Once they learn that saving is a good idea and that it is something they should always do, their financial future will be brighter. Let's say your child wants a new bicycle. You can teach them to save part of their allowance for that bike, while still keeping some money available for ice cream, or for going to the movies with their friends. That way they will begin to understand the value of both short-term saving and long-term saving.

It's never too early, also, to teach your child different ways to make money. For example, they can mow lawns, rake leaves, shovel snow, clean out the garage or basement, etc. Sit down with your child and brainstorm with them on some ways they would like to earn money. You'll be surprised and delighted at the effort they will begin making.

Help your children chart their financial course in life. Teach them basic money management skills and their future will be brighter.

Source: www.ces.ca.uky/moneywise/familywise.html

Prepared By: Katie Alexander,
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Distributed By: Christy Nuetzman,
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A Newsletter Designed with Parents of Young Children in Mind!
May 2010



Clinton County Extension Office, 2601 North Hwy 127, Albany, KY 42602



Spring has sprung, and flowers are blooming. It is a wonderful time of the year. Just as the flowers are taking new shapes, maybe we need to take a new shape, too. If you want to try to lose a few pounds that you put on over the winter, try doing a new outdoor activity. Maybe it is playing Frisbee outside with the kids, planting a garden, or walking with a friend for 30 minutes a day. Try to keep moving as much as possible. And, now that the weather is nice, you can do this outside.

Outdoor Play as Learning, Relationship Building, and Fun

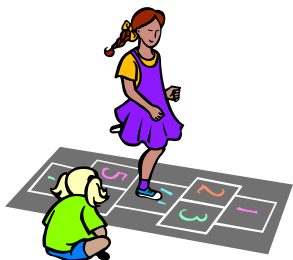
As parents, grandparents, or relatives caring for children, we know that spending quality time with us is the thing children want most—any time of the year. However, some of us have not played for a very long time. You may wonder how to actually play *with* a child. The answer is to let them show you what interests they have and the ways they especially like to play. Then, follow their lead and let them teach you.

When temperatures warm up, going outdoors seems like a great idea. Leave the computers and cell phones inside and step into the breezy fresh air. Let the following ideas spark your imaginations:

- Make pictures or a hopscotch court on the sidewalk with colored chalk.
- Paint the side of the house with water and a paintbrush.
- Build a fort with cardboard boxes and a blanket.
- Plant seeds in an outdoor container and care for the plants that grow.
- Dig a hole in the soil and discover the tiny creatures and roots that live there. Identify them by searching a nature book.
- Prepare food for a picnic and hike to a scenic spot to eat. After dark, lie on your backs and watch the stars. Take binoculars along and watch for birds. Use an inexpensive bird book to identify them.



- Play tag.
- Visit an outdoor historical site.
- Play on a playground.



Did you have fun together? Did you and your child learn something interesting? Yes? Plan to do it again very soon!

References: Gable, S. (2001). Nurturing children's talents. Retrieved 2-12-10 from <http://extension.missouri.edu/publications/DisplayPub.aspx?P=GH6127>. Phillips, K. (2010). Fun things to do outside with your child. Retrieved 2-1-10 from <http://www.life123.com/parenting/young-children/family-activities>. **Source:** Carole Gnatuk, Extension Specialist for Child Development, University of Kentucky, College of Agriculture



National Council on Skin Cancer Prevention Sun Protection Messages

- ✓ **Generously Apply Sunscreen** to all exposed skin using a Sun Protection Factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply every two hours, even on cloudy days, and after swimming or sweating.
- ✓ **Wear Sun Protective Clothing** such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.
- ✓ **Seek Shade** when appropriate, remembering that the sun's rays are the strongest between 10 a.m. and 4 p.m.
- ✓ **Use Extra Caution Near Water, Snow, and Sand** as they reflect the damaging rays of the sun which can increase your chance of sunburn.
- ✓ **Get Vitamin D Safely** through a healthy diet that includes vitamin supplements. Don't seek the sun.

Early detection of melanoma can save your life. Carefully examine all of your skin once a month. A new or changing skin lesion in an adult should be evaluated.

Kids in the Kitchen

(Spring 2005 Healthy Choices for Healthy Families)

Isn't it a wonderful time to be outside walking through the green grass and watching all different kinds and colors of flowers bloom and enjoying the outdoors? Do you like to watch animals when you are outside? Do you ever see a bunny or butterfly? Do you try to catch a butterfly? Why don't you try to make a butterfly grilled cheese sandwich to eat? Ask an adult to help you.



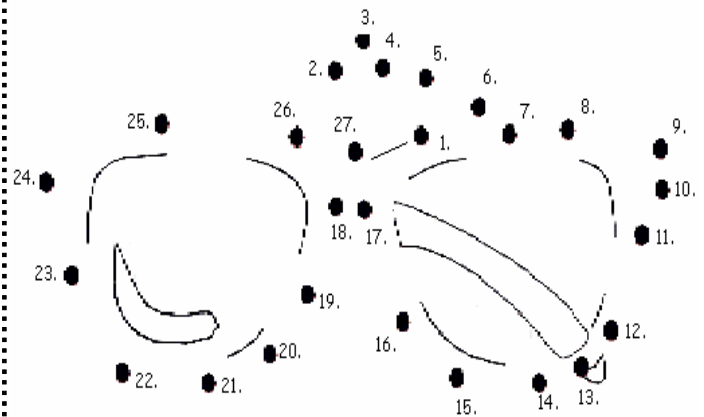
Butterfly Grilled Cheese Sandwich

- Sliced cheese
- 2 slices bread
- Celery stalk, cut in half
- 2 small carrot sticks
- 2 cherry or grape tomatoes

Ask your parents to make a grilled cheese sandwich, and then cut the sandwich into wing shapes by cutting it in half diagonally. Put the wing-shaped sandwich pieces on a plate and place a celery stalk between the halves. Use small carrot sticks for the antennae with cherry or grape tomatoes as the ends.

Eat and enjoy!

Want to Be Sun Smart? Be Sure to Wear These!



Sincerely,

_____ County Extension Agent for Family & Consumer Sciences

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Keeping Hydrated during

Summer Physical Activities

Summer is here, and with it many opportunities to be involved in activities such as hiking, running, biking, and swimming. It is important during these normally hot and humid months to drink enough water and stay hydrated.

Water is important to the body. It helps digest food, gets rid of waste products, and helps maintain a constant body temperature. Adults need about 8 to 12 cups of water a day. Some of this water comes from foods such as, fruit juices, milk, tea, coffee, fruits, and vegetables. Fruits like watermelon and tomatoes contain about 95 percent water.

The amount of water a person needs changes with the type of exercise, how hot and humid the day is, and how much is lost in perspiration. If a person is exercising and sweating a lot, more than 12 cups of water may be needed to replace the water lost from the body.

Not drinking enough water can cause dehydration. This condition is caused when water lost from the body through urine and sweat is more than water that is taken in. A dehydrated body cannot cool itself properly and this can lead to heat exhaustion or heat stroke. It is a good rule to remember to drink water before you become thirsty. Thirst is a sign that the body is already dehydrated.

Watch for these early signs of dehydration during physical activity:

- Dry or sticky mouth
- Low urine output or dark yellow urine
- Headache and feelings of lightheadedness, especially when getting up quickly
- Feeling dizzy or confused

Here are some ways to stay hydrated during summer physical activities.

- Drink 1 to 2 cups of water about an hour before you begin your physical activity
- Drink 1 cup of water 30 minutes before your activity
- Drink ½ to 1 cup of water every 10 to 15 minutes during your activity. This may mean that you carry a bottle of water and take small drinks during your activity.
- Drink 1 cup of water within 30 minutes after the activity



Summer Water Safety



The long hot days of summer are here and a lot of you will be getting out enjoying the water. Whether it is the pool in your backyard, community swimming pool, lake, or beach there are rules for staying safe in the water. Each year thousands of adults and children lose their life in the water. Here are some safety tips to prevent drowning:

- Never leave children unattended around water. Designate an adult to be a "water watcher".



- Never swim alone.
- Try to swim in areas where lifeguards are available.
- Learn to swim.
- Parents and older children should learn CPR.
- Do not allow children to use pool noodles, swimmies, or inner tubes as life saving devices.
- If out on the lake or beach, know weather conditions; heed warning flags for waves, rip tides, and NO SWIMMING areas.
- If you have a pool in your backyard make sure you have a four foot high fence with self-closing, self-latching gates with locks pointing outwards and out of reach of small children.
- When out on a boat wear Coast Guard approved life-jackets appropriate for age.

Following these safety tips will help prevent you or a family member from becoming a statistic this summer



Outdoor Summer Play: Make use of the Shade!

It is true that children of all ages need to be playing outdoors in the warm months. Fresh air, sunshine, and exercise are essential for their healthy development. However, too much sun on the skin is not a good thing. Here are some skin care guidelines from the Sun Safety Alliance:

- Stay away from direct sunlight between 10:00 a.m. and 4:00 p.m. Ultra violet rays are strongest during those hours.
- Infants under 6 months of age should not be in direct sunlight or in the path of reflected rays of the sun from concrete, sand, water, or snow.
- Take young children and their toys and books to a shady area. If there are no

- natural areas of shade, create one with a flexible canopy or large beach umbrella.
- Children should wear wide-brimmed hats and clothing that covers most of their skin. Do not apply sunscreen to children less than 6 months old unless your health care provider says you may.
- For older infants and young children, gently rub on sunscreen at least SPF 30 in strength on exposed areas of skin. These areas include the ears, neck, and backs of their hands. Apply each child's personal SPF 15 lip balm to his or her lips. Be sure to reapply the sunscreen according the instructions on the container. Teach them the saying, "Your skin protects you. You should protect your skin." When selecting sunscreen at the store, be aware of allergies your child may have to ingredients or fragrances, and avoid those products. As children learn about sun safety, they are also learning skills of taking care of themselves.
- Encourage children to wear sunglasses to protect their eyes when they are outside. Check sunglasses to be sure they provide 100 percent UV protection and have safety (polycarbonate) lenses.
- Make sure everyone drinks plenty of water.



Remember that as a parent, grandparent, or child care provider, you are a very important role model for your child. Play outside and take care of yourself along with

Sincerely,
 Christy Nuetzman, Clinton County Extension Agent for Family & Consumer Sciences
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KIDS KORNER



A newsletter designed with Parent's of Preschoolers in mind!

July 2010

**Cooperative
Extension Service**
Clinton County
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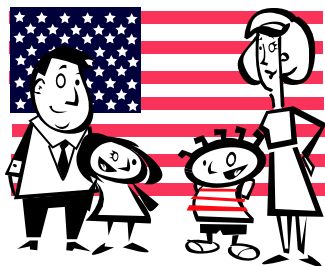


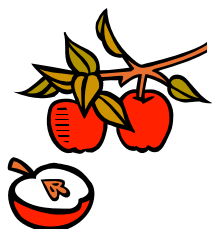
July is a time for warm weather, cookouts, family reunions, and celebrating the Fourth of July. Make sure both you and your family celebrate safely. When you mention the Fourth of July, fireworks naturally come to mind. Fireworks are fun to watch but can be dangerous if not handled properly. Fireworks can cause burns and eye injuries to children and adults.

Fireworks Safety Tips:

- Children under 12 years old should not handle fireworks. This includes sparklers.
 - Never play with fireworks without an adult watching. This includes playing with sparklers.
 - Sparklers can become very hot, so be careful with them.
 - Always keep a bucket of water nearby. Soak all used fireworks or duds in water for at least 10 minutes before placing them in the trash.
 - Never make your own fireworks.
 - Fireworks can be unpredictable. Never point or throw them at others.
 - ▶ Fireworks may backfire or shoot in the wrong direction.
 - Keep all fireworks away from brush, leaves, homes, and anything that can catch on fire quickly.
 - Light only one firework at a time and NEVER re-light a dud (a firework that did not work the first time).
 - Never carry fireworks in your pocket and don't pick up pieces of fireworks.
- ▶ Some may still be lit and can suddenly explode and burn you.
 - Immediately seek medical attention if injured.
 - ▶ Tell an adult right away.
 - ▶ Do not touch or rub your eyes.
 - ▶ Do not rinse your eyes with water or put ointment on them.
 - ▶ If you are burned, remove clothing from the area that is burned and run cool, not cold, water on the area.
 - ▶ Tell an adult to take you to the nearest emergency room or medical facility.
 - Protect your pets. Loud noises can frighten or stress animals.
 - Avoid using fireworks near animals.

Source: <http://kidshealth.org/>





Apple Slice Pancakes

- 1 *Granny Smith apple*
- 1 $\frac{1}{4}$ cup any type *pancake mix*
- $\frac{1}{2}$ teaspoon *cinnamon*
- 1 *egg*
- 2 *teaspoons canola oil*
- 1 cup *low-fat milk*



Directions:

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour $\frac{1}{4}$ cup batter over apple ring, starting in the center and covering the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Hint: To test the griddle to see if it is hot, sprinkle it with a few drops of water. When the drops sizzle and dance, you are ready to cook! The easiest way to pour the batter onto the hot griddle is to use a $\frac{1}{4}$ cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.

Makes 6 servings

Nutrition Facts per serving:

160 calories; 4 g total fat; 1 g saturated fat; 0 g trans fat; 45 mg cholesterol; 360 mg sodium; 24 g carbohydrate; 1 g fiber, 4 g sugar, 5 g protein

Source: *USDA Nutrition Connection*



Summertime Fun

Turn off the TV, and let's get moving! It's time to start moving to build healthy hearts. Did you know that when you exercise, you are building a stronger heart? The heart is a big muscle; the more you use it the stronger it gets. Since the weather has begun warming up, you can have more fun by playing (exercising) outside. Here is a list of fun outdoor activities:

- create sidewalk art with chalk
- have an adult teach you how to play hopscotch
- run through a water sprinkler
- pick blackberries
- fly a kite
- play at a playground
- jump rope
- ride a bike.



Remember to play safe when you are outside. If you skate or ride a bike remember knee pads and a helmet. Protect your skin with sunscreen and a hat. Drink lots of water, and invite a parent to play with you.

An easy healthy snack that will give you extra energy is peanut butter crackers. Spread peanut butter on two crackers. Put the peanut butter sides together. A glass of cold water will help wash down the crackers!

Sincerely,

Christy Nuetzman, Clinton County Extension Agent for Family & Consumer Sciences
Newsletter produced by: Extension Family & Consumer Science Agents in District 5 in cooperation with the University of Kentucky College of Agriculture Cooperative Extension Service. **Distributed in cooperation with local schools and day cares.**



KIDS KORNER

A Newsletter Designed with Parents of Young Children in Mind!
August 2010



Clinton County Extension Office, 2601 North Hwy. 127, Albany, KY 42602

Summer First Aid Tips

In Kentucky, we usually spend more time outdoors during the summer months. The increased time spent outside puts us at a greater risk for developing dangerous conditions, but there are steps that can be taken to help prevent them. Heat exhaustion, which can lead to heatstroke, is a common condition that may be encountered this summer. First aid tips for the prevention and treatment of heat exhaustion are listed below.

Heat Exhaustion/Heatstroke

Excessive exercise, heavy sweating and not drinking enough water in hot weather can lead to heat exhaustion. You may have a headache, feel faint, nauseated, and dizzy, and/or develop a fever. You may also have cool, clammy skin and look pale. Untreated heat exhaustion can become heatstroke, which is a medical emergency and can be life threatening.

To prevent heat exhaustion/heatstroke:

- ✓ Drink plenty of water.
- ✓ Avoid heavy activities outdoors between 10 a.m. and 4 p.m.
- ✓ Wear light-colored, loose clothing

What to do if you think you may have heat exhaustion:

- ✓ Get into a shady or air-conditioned area *immediately!*
- ✓ Lie down and slightly elevate your legs and feet.
- ✓ Loosen or remove tight clothing.
- ✓ Drink cool water (without ice) or a sports drink.
- ✓ Apply cool water to skin to lower the body's temperature.
- ✓ Call 9-1-1 if symptoms get worse.



Source: UK Cooperative Extension HEEL Program

Sun Safety Tips

- Avoid the sun between 10 a.m. and 4 p.m.
- Wear protective clothing
- Wear a sun safe hat
- Wear sunglasses
- Use a sunscreen with an SPF of at least 30
- Do not use tanning beds or sun lamps
- Do monthly skin checks





Back to School Nutrition

1. Become familiar with the menu. Keep a copy of the current month's lunch menu in your kitchen. Ask the school foodservice director for nutrition information.
2. Go over the menu with your child. Talk about making healthful choices.
3. Get to know the school's foodservice staff. Have lunch or breakfast with kids occasionally. Parents are usually welcome to eat a school meal to become familiar with the choices available.
4. When school menus offer burgers, pizza, or tacos, encourage your child to have a salad, fruit, yogurt, or milk to go with them.
5. If your kids are bringing lunch to school, be sure to include a frozen cold pack if there will be any perishable food, such as a sandwich with meat. A frozen juice box or pouch will also keep foods cold.
6. Don't forget to pack easy-to-eat vegetables like carrot sticks or cucumbers and whole fresh pieces of fruit.
7. Let kids help plan and prepare their lunches. That way, they will be more likely to eat their carrot sticks instead of trading for someone's cookie. But remember that it's OK to pack an oatmeal cookie, brownie or individual pudding. Kids may need the extra energy they supply.

Being involved in what your kids eat is an important job that doesn't stop when they walk out the front door.

Source: www.eatright.org

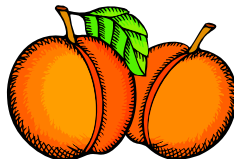
Peachy Pops

- 2 peaches
- 2/3 cup low-fat vanilla yogurt
- 2 cups orange juice
- 6 paper cups
- 6 plastic spoons

1. Remove skin and chop peaches
2. Spoon the peaches evenly into the 6 paper cups.
3. In a medium bowl, combine yogurt and orange juice. Mix well.
4. Pour yogurt mixture evenly into each cup over the peaches.
5. Place a spoon in the center of each cup.
6. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup.
7. Freeze for at least 4 hours.
8. Just before serving, peel the paper cups away from the pops to eat.

Source: USDA, Food Stamp Nutrition Connection, Recipe Finder, June 2008

<http://recipefinder.nal.usda.gov>



"Keeping Food Safe"

Harmful germs spoil food. Proper food handling can keep food safe. Try fighting food spoilers by:

1. Keep cold foods cold. Refrigerate foods promptly.
2. Keep hot foods hot. Room temperature may allow germs to grow on cooked foods.
3. Watch the time. Perishable foods may not be safe to eat if kept at room temperature for more than two hours.
4. Wash hands and utensils often. Use hot soapy water.
5. Buy foods only from clean stores.
6. Thaw frozen foods in the refrigerator or microwave. Don't thaw foods on the counter.
7. Freeze cooked foods if it isn't going to be eaten in a day or two.
8. Wash your cutting board, utensils, counter, sink, and hands before and after contact with raw meat, fish or poultry.

Source: University of Kentucky LEAP Program

Sincerely,

Christy Nuetzman, Clinton County Extension Agent for Family & Consumer Sciences

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