

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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Family Disaster Plan

Every family needs to plan for what might happen in the event of a disaster. You should sit down with your family and talk about:



- What types of disasters might happen
- What you should do to prepare (like creating your family disaster kit)
- What to do if you are asked to evacuate (which means to leave your home)

You should talk to your family about:

- Where to meet away from your home in case of a fire (like a neighbor's house or the corner of the street);
- Where to meet outside your neighborhood if you must evacuate. You should pick a friend or relative's house;
- Where to call to "check in" if you become separated from your family during a disaster.

You should memorize the phone number of a favorite aunt or family member who lives in another state. You would call there to report where you are so your family can find you.

You can also talk with your whole neighborhood about disaster plans. Find out if someone in your neighborhood has a special skill -- like being a doctor.

Also, be sure your house has a smoke detector and remember to change the batteries twice a year. It's also a good idea to take a first aid class so you will be prepared to help others.

In case you have to leave your house during a disaster, it's smart to put together a Kid's Activity Survival Kit. These items can be stored in a backpack or duffel bag. Just make sure the child can carry it easily. Some suggested items are: favorite books; crayons, pencils, marking pens and plenty of paper; scissors and glue; two favorite toys such as a doll or action figure; card games or a small board game; a puzzle; small people figures and play vehicles; favorite stuffed animal or puppet; and a favorite blanket or pillow.



Adapted from: FEMA for Kids

Picking Strawberries

Toward the end of May and the first of June, watch for ads for farms where you can pick your own berries. Take the whole family on a berry-picking trip.



Call and find out hours and whether you must make an appointment for a specific time. Be sure to allow time when you are there for you and

your child to explore the area and really look at the plants.

Show your child which are the ripe berries and which are not yet ready to be picked. If you don't have strawberry farms nearby, see if there are places where you can pick your own blueberries, peaches, or other fruits.

Let's Eat

Fruit Pizza

Ingredients:

Cookie Crust

- 1/2 cup margarine
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 1 egg
- 2 cups flour
- 2 teaspoons baking powder

Cheese Spread

- 8 ounces cream cheese (nonfat or light)
- 1/2 cup sugar
- 1 teaspoon vanilla extract

Fruit Topping Ideas:

Sliced strawberries, kiwi, bananas, pineapple, mandarin oranges, pears, peaches, blueberries or grapes

Directions:

1. Preheat oven to 375 degrees.
2. For crust, cream margarine, sugar, vanilla and egg until light and fluffy. Add flour and baking powder, mixing well.
3. Spread mixture, about 1/8 inch thick, on a pizza pan, baking sheet or 9 x 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread, mix together cream cheese, sugar, and vanilla. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.



Helpful Hints: This cookie dough crust is a simple sugar cookie recipe. Making this is much less expensive than buying tubes of cookie dough in the dairy section at the grocery store! If you want to make individual fruit pizzas, divide the dough into 12 balls and pat out into circles. Once they are baked, the kids can top with whatever fruit they like.

Nutrition Facts (per 1/12 pizza): 260 calories, 9 g fat, 20 mg cholesterol, 40 g carbohydrate, 1 g fiber, 6 g protein.

Source: SNAP-Ed Connection, United States Department of Agriculture.

Let's Play

Get Out of the House and Enjoy the Outdoors!

When the weather is nice, turn off the television and the computer! Get out of the house and go outdoors with your child. Enjoy the fresh air and sunshine together. Children benefit from playing in the yard and going for walks. Whether you live in the city or in the country, your child will learn about nature and things going on in your neighborhood.

Play ball together. This is fun with children of all ages. If your child is older, go for bike rides. You can have a picnic in the yard at meal times. Go out in the evening sometimes. Once it gets dark, look at the stars in the sky and other lights that might be in your neighborhood. These are good times to talk with each other. For example, you can tell your child stories about when you were little, talk about the day he was born, or plan some things to do together in the next few weeks. This builds communication with your child that will last a lifetime. Play and have fun together. Those memories will last forever.



Source: Better Kid Care, Penn State University.

Sincerely,

A handwritten signature in black ink that reads "Nancy C. Kelley".

County Extension Agent for
Family & Consumer Sciences

