

FAMILY & CONSUMER SCIENCES

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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Celebrate



Thanksgiving is a time for families to come together to celebrate and give thanks for all that they have. This year, try taking turns before your Thanksgiving meal and allow each person at the table to share two things they are thankful for such as their health and family. This will be a good reminder of all that you do have instead of what you may be worrying about lacking.

Let's Create



Let kids help decorate the table for your Thanksgiving meal. Give them sheets of paper and help them to trace their hand. Next, help them to turn their hand into a turkey by drawing feathers out of their fingers, a head out of their thumb, and adding a gobbler and feet. Be creative! These can be used as place cards or place mats at your holiday table.

Life Savers



BEAR-LY CLEAN

How to clean those favorite stuffed animals
Teddy bears are objects of unconditional love. They snuggle into beds at night. They travel in backpacks, in car seats and on airplanes. They endure sticky fingers, dusty corners and gooey kisses. They've even been known to stand in for pacifiers and chew toys. It's no wonder that this best buddy might just need a bath!

November 14th is National American Teddy Bear Day. It was created to honor the contribution the teddy bear has made to popular culture and remembers the day in 1902 when President Teddy Roosevelt refused to shoot a bear cub while on a hunting trip in Mississippi. What better day to gather up those teddies, along with any other cuddly companions in the household, and give them all a good cleaning?

Nancy Bock, Vice President of Education at The Soap and Detergent Association, recommends that you start by vacuuming off any dust and loose grime. Then check for split seams; repair them before cleaning. If teddy has a sound box or other mechanical or electronic device, it will need to be removed. Otherwise, washing will cause it to rust or create a corrosive residue and it won't work anymore.

If there are any particularly nasty stains, pretreat them by rubbing a little bit of liquid detergent directly on the stain. Then put teddy into a pillowcase and secure it shut with a knot, rubber band, or hair elastic. Although teddy won't mind being washed with other stuffed animals, don't overfill the pillowcase. Those cozy companions need room to move around. Wash in the washing machine on the gentle cycle with a small amount of detergent. Before putting teddy in the dryer, check to make sure the stains are gone. Close up the pillowcase again and put teddy in the dryer on low heat.

If teddy's fur needs a bit of "fluffing," brush it gently with an old, clean hairbrush.

Source: *The Soap and Detergent Association*
"Cleaning Matters" November/December 2009



Play Time

A fun activity for fall is jumping in a giant pile of leaves. Let your child help you rake leaves into a pile and then you can take turns jumping in. No matter how many times you jump, children always seem to want to do it again! Too chilly outside to play? Then get a cardboard box and draw a picture of a big pumpkin on one side. Cut out holes for the eyes, nose, and mouth. With wadded up paper, take turns with your child trying to throw the paper wads in the mouth, eyes, and nose holes of the pumpkin. You can even award points for each hole that is hit. The best thing about this game is when you are finished, all components can be recycled!

Let's Eat



Pumpkin Pudding

Serving Size: 3/4 cup

Yield: 6 servings

Ingredients:

1 can (15 oz) pumpkin (or 2 cups cooked mashed

Squash such as Hubbard)

2 teaspoon pumpkin pie spice (or 1 teaspoon cinnamon,
1/2 teaspoon ginger, 1/4 teaspoon nutmeg and
1/4 teaspoon cloves)

1/8 teaspoon salt

1 1/2 cups low-fat milk

1 small package instant vanilla pudding

Instructions:

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt and pumpkin spice together.

2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

Source: *"Healthy Recipes"*

Oregon State University Cooperative Extension



Dollars & Sense

Winter is just around the corner and so is holiday shopping. When looking for holiday gifts, check for sales at stores and compare prices. Recycle gift bags and wrapping paper. These things don't have to be shredded, they can be reused. When decorating, use things from nature or make your own special holiday items. Use decorations that can be reused year after year instead of only once. If money is tight or you have a hard person to shop for, make gifts or offer services such as gift certificates for helping out to clean out their garage, rake their leaves, prepare a meal, etc. The main focus of the holidays should be about spending time with friends and family not money.



Sincerely,

Nancy C. Kelley

County Extension Agent
for Family & Consumer Sciences

