

FAMILY & CONSUMER SCIENCES

Pre-School Pages



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

**Cooperative
Extension Service**
Hopkins County
75 Cornwall Drive
Madisonville KY 42431-8780
(270) 821-3650
Fax: (270) 825-5011
www.ca.uky.edu/ces

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Let's Eat



Parents can increase the chance that children will eat a particular vegetable if it is ready-to-eat in a container or zip lock bag in the refrigerator. It is a good idea to store vegetables in individual bags or in a small container so that children can pick up the vegetable and eat it when they feel like it or at snack time. If a vegetable is served first at mealtime when the child is still hungry, it is easier for the child to accept.

Parents have a huge role to play in getting children to eat vegetables. First, they must be a role model showing the child that they are willing to also eat vegetables. Parents should know that children's food habits are formed early in life.

Research is now showing that early eating habits may carry over into adulthood. It is important for parents to introduce healthy eating habits in children when they are young.

Vegetables should be offered in a relaxed environment. They should be offered again and again. Children may choose a vegetable even after refusing it in the past. Threats, force, or rewards have not proven to be successful in encouraging children to eat vegetables.

Source: Ingrid Adams, Extension Specialist for Food and Nutrition, University of Kentucky, College of Agriculture

Celebrate

National Parents Day is held on the fourth Sunday in July each year. This year, it will be on July 26. National Parents Day is a special day to honor your mother and father. It is also a time to celebrate your family and your families' values. It is not a day for gifts, like Mother's Day or Father's Day. Instead, National Parents Day is about spending time with your parents. It is also a day to let them know how much you love and appreciate them. It is also about promoting responsible parenting in our country. There is a resolution that was signed into law by President Clinton in 1994 to recognize this day. The resolution states that National Parents Day is for "recognizing, uplifting, and supporting the role of parents in the rearing of children." This day is not just a day for celebrating our biological parents, but also foster parents and step-parents. One other very important part of this day is to recognize positive parental role models and people who have been positive parental figures in our lives.

Source: Kerri Ashurst, Extension Specialist, University of Kentucky, College of Agriculture



ABC's to Safe Summer Fun



Summer is here again. It is important as you enjoy the outdoors that you keep safety in mind. Here are some ABC's for keeping safe during the summer months.

A - Activity

- When possible, avoid outdoor activities during 10 a.m. to 4 p.m. when the sun's rays are strongest.
- Take 3 to 5 minutes at the beginning of any physical activity to warm up your muscles. This could be done through stretching muscles in the arms and legs.
- It is also important to cool down at the end of your activity. This helps your muscles to relax and lowers your heart rate.

B - Body protection

- Wear sun and lip screen with a sun protection factor of at least 15 or higher on any exposed skin.
- Apply sunscreen 15 to 20 minutes before going outdoors, and be sure to reapply as necessary, especially after swimming, sweating, or toweling off.
- Teach children how to protect their skin from the sun at an early age. The damage that leads to adult skin cancers starts in childhood.

C - Clothing

- Wear long sleeved shirts and long pants to protect your skin from the sun's harmful ultra violet rays.
- If you are riding a bike remember to wear a helmet.



Play Time

Little ones, as well as their parents or grandparents, benefit from playing and learning in the fresh air and natural scenery. Here are two ideas to start everyone's imaginations soaring:

- First and easiest, just invite your child outdoors for a walk. Stroll in a relaxed way and listen carefully to what attracts your child's interest. Children often tune in to sounds and sights that we as adults miss.
- Plan an outdoor activity that you and your child can enjoy together. How about creating a sand pile within an old tire in your back yard? It is an easy and inexpensive way to have hours of fun together. Look around your house for items that can be used as sand toys, such as scoopers and spoons, and funnels. You and your child can fill and empty containers with the sand, and talk together about things that matter to your child. The most important thing to remember is to follow your child's lead on play suggestions and conversation topics. You will be helping to build his language development; learning through touch, hearing, seeing, and smelling; and feeling of closeness with you.



Source: Carole Gnatuk, Extension Specialist for Child Development, University of Kentucky, College of Agriculture.

Sincerely,

Nancy C. Kelley



County Extension Agent for
Family & Consumer Science

