

Pre-School Pages

A newsletter for parents of preschoolers packed with food, facts, and fun
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Let's Eat

FRUITY BREAKFAST PARFAIT

Makes 4 servings

Ingredients:

- 2 cups chopped fresh pineapple
- 1 cup frozen raspberries, thawed
- 1 cup low fat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted

Method: In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

Source: Dole 5aDay Cookbook



Utensils Needed:

Measuring Cups

4 (6-ounce) Stemmed Sundae Glasses

Spoon

Knife

Nutritional Info:

(per serving)
258 calories
6g protein
5g fat (1g sat.)
47g carbohydrate
43mg sodium
3mg cholesterol

Kids Care

Science now confirms what parents have long sensed: Children who are inactive during the day have more trouble falling asleep at night.

In fact, every hour of inactivity adds three minutes to the time it takes a child to fall asleep, a new study from New Zealand researchers has found. But children who are active during the day fall asleep faster and sleep longer, the researchers added.

"I believe that, in an environment that can offer technological toxicity to our children in the form of increased inactivity, this study reminds parents and clinicians alike of the importance of childhood exercise," said Dr. Robert Vorona, an assistant professor of sleep medicine at Eastern Virginia Medical School.

More and more data associates insufficient sleep not only with neuro-cognitive consequences but also with such conditions as hypertension, diabetes and obesity, Vorona said.

"This article demonstrates an association between increased levels of activity and a shorter time to sleep onset as well as the converse," he said.

"The information is potentially important, and I do not find the association between activity and sleep latency surprising."

The report is published online July 23, 2009 in Archives of Disease in Childhood.

Source: The Stone Hearth Newsletters, June 23, 2009

Life Savers

Petting Zoo Safety

Exhibits such as petting zoos and fairs allow children of all ages to experience interacting with animals. While this allows kids to learn about animals, it also poses the risk of illness. It's important to remember that animals carry germs that can be harmful to humans.

To safeguard against illness when visiting animal exhibits, take the following precautions:

- Wash hands after visiting any animal exhibit, even if you do not touch the animal.
- Finish eating food and drinks before visiting animal areas.
- Do not allow children to put their hands or objects (i.e. pacifiers) in their mouths while interacting with animals.
- Never sample raw (unpasteurized) milk from cows.

Source: Para Su Familia, Washington State University Extension

Dollars & Sense

Children need to practice waiting to be good at it. Savings charts can help them learn how to wait to spend money. Charts can show how much money children have saved and how much more money they need. This can encourage them to keep saving.

Make a Savings Chart

Materials Needed: Plain paper, pencils, crayons, or markers, scissors, glue, newspaper or magazine ads, empty cereal box

Step 1: Explain what you will be doing together.
- Explain that it will help your child buy

something at the store that costs more than your child has now.

Step 2: Pick a spending goal – Ask what your child might want to buy at the store. Have your child think of a small item at first. Starting small helps your child reach the goal faster.

Step 3: Plan the savings chart – Find out the price of the item your child wants to buy. Decide how many coins (or dollars) your child needs to save to buy the item. Each part of the savings chart will stand for one coin (or dollar) needed to purchase the item.



Step 4: Make the savings chart –

Choice A: Draw boxes on a plain sheet of paper. Draw as many boxes as there are coins in your child's savings goal. For each coin saved, let your child color in (or put a sticker on) one box.

Choice B: Help your child make a drawing. Objects in the drawing can stand for coins in your child's savings goal. For each coin saved, let your child color one object. Examples: eggs in a basket, birds in a flock, steps on a path, leaves on a tree.

Choice C: Find an ad showing the desired item. Cut out the picture and glue it on cereal box cardboard. Cut the picture into jigsaw puzzle pieces for the coins needed to reach the goal. Give your child one puzzle piece for each coin saved until the puzzle is complete.

Source: 2004 Credit Union National Association, Thrive By Five

Sincerely,

Nancy C. Kelley
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