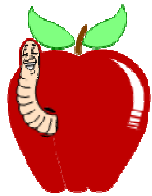


FAMILY & CONSUMER SCIENCES

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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Life Savers

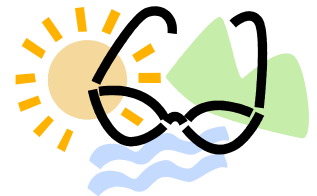
Choose Your Cover

Not all sun protection comes in a bottle. There are lots of ways to protect your child's skin this summer. Here are 5 you can try:

- 1. Hide and Seek.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent. Use these options to prevent sunburn, not to seek relief once it's happened.
- 2. Cover 'em Up.** Clothing that covers your child's skin helps protect UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. A t-shirt, long shorts or a beach cover-up are good choices, too – but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.
- 3. Get a Hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.



- 4. Shades are Cool.** And they protect your child's eyes from UV rays, which can lead to cataracts later in life.



Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

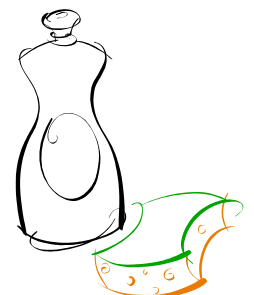
- 5. Rub on Sunscreen.** Use sunscreen with at least SPF 15 and UVA/UVB protection every time your child goes outside.

Kids Care

Swine Flu

The symptoms for swine flu are the same as for seasonal flu. The flu is spread when contaminated droplets exit the mouth and nose of an infected person and the virus comes in contact with others.

When a household member is sick, keep everyone's personal items separate. Disinfect doorknobs switches, handles, toys and other surfaces that are commonly touched around the home. Disinfectant: 1 gallon water, 1/4 cup bleach. Mix up a fresh batch every time you use it.



Play Time

The Calendar

Parents, explain to your preschool child that days, like people, have names. Say, "Today's name is (Monday). Tomorrow's name is (Tuesday)." Show him or her the day's names at the top of the calendar. Help your youngster understand the passage of time and how we measure time by the month, day, hour etc.

Circle special days on the calendar and count how many days until each special day arrives. The special days can be any day that you and your child will be doing something that your child is looking forward to, for example, a visit to grandparents, trip to the zoo, or celebrating a special day such as Father's Day.

Celebrate

A Chip off the Old Block

This idiom means a child whose appearance or character closely resembles that of a parent—making this craft idea perfect for Father's Day. Have



your child sand a small block of wood and stain it with an adult's help. Invite the child to pick out a picture of them and glue it onto the block.

Using a permanent marker, print the words "Chip off the Old Block." Don't forget to place a name and date for a lasting memory. For fun, you can add this note:

*This wooden block is for you Dad,
It's sanded with all the strength I had,
Something made from me to you,
To say Happy Father's Day! I love you!*

Let's Eat

Snack Time

What father doesn't enjoy a snack while he's watching the game or reading a book? Craft this creative can and fill it with a treat—maybe your child and Dad can even share! To make the can and snack, you will need:



- Coffee can
- Construction paper
- Tape or glue
- Clear adhesive paper
- Stickers, poster paints, markers, crayons, etc.
- Two bags of fish-shaped crackers
- One bag of mini-pretzels
- One box of raisins
- One can of mixed nuts or peanuts
- Popcorn

To decorate the snack can for Father's Day, first cut the construction paper to fit the can. Then decorate the paper with stickers, paint, markers, crayons, and such. Glue or tape this decorated paper onto the coffee can and cover with clear adhesive paper.

Mix the ingredients for the Father's Day snack. Fill the can with this mixture and present this snack can to Dad on his special day.

Sincerely,

County Extension Agent
for Family & Consumer Sciences