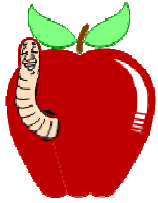


Pre-School Pages



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

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April 2009

Dollars & Sense

Tips for Teaching Preschoolers about Money

Children are born learners.

By age five, they know a lot about themselves and the world. They also think they know a lot about money. But the rules for using money are not simple. They see people use money, checks, and credit cards to buy things. This can be confusing.



Children learn by example and experience. As they get older, some learn to handle money well and avoid problems. Others learn to live paycheck to paycheck in a state of constant worry. Here are tips for teaching preschoolers some basic rules for smart money use.

- ✓ **Reassure your child.** Tell your child that you will provide food, clothing, and shelter. In times of crisis, such as a death in the family or the loss of a job, these messages are important.
- ✓ **Look for the “teachable moment.”** You do not need a classroom to teach. A “teachable moment” is any time that your child is ready for new ideas. For example, getting cash from an ATM is a good time to explain that you put money into the credit union or bank earlier. The machine gives you your money back when you need it.

- ✓ **Keep it simple.** Do not try to explain too much at a time. Young children learn more from a few short lessons than from one long lesson.
- ✓ **Let children make mistakes.** Losing money and being unhappy with poor spending decisions are more effective lessons than a lecture.
- ✓ **Appeal to all the senses.** The more senses that children use in learning, the more they will remember. Try to teach using sight, sound, touch, smell, and taste.
- ✓ **Play together.** Children learn by playing. Make learning about money fun. Joining your child in play can lead to many teachable moments.
- ✓ **Plan together.** Involve your child in family decisions. For example, children who help decide what to do on vacation are more likely to accept spending limits.
- ✓ **Watch TV together.** Preschoolers cannot understand the difference between TV programs and commercials. Choose TV shows to watch with your child. Talk about the ads and what they are selling. Explain that choosing what to buy is like choosing what TV shows to watch.
- ✓ **Set a good example.** Let your child see you using money wisely. For example, model how to make a shopping list. Show how you decide which items to buy and how you set spending limits for yourself.

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Earth Day is April 22, 2009. Here are a few ideas:

Easy Help for our “Feathered Friends”

Lend a helping hand to the birds in your area by supplying them with simple nesting materials.

All you need to do is fill a mesh bag (like the kind onions are packaged in) with dried grass, short lengths or yarn and string, even stuffing from old furniture or feather pillow, or hair from your brush. Hang the bag in a location that the birds can safely access, watch them collect, you may be lucky enough to see their nest in one of your trees!

<http://www.amazingmoms.com/htm/earthday2.htm>



Celebrate

Eggshell Plant Pots – Make and decorate tiny eggshell plant pots for Easter. Then watch your plants grow.

Supplies needed:

- Eggshells
- Potting soil
- Grass seeds (they germinate in a few weeks) or bean seeds (they germinate in a few days)
- Tempera paint or Markers
- Hot glue or white glue
- A small square of cardboard or a small piece of a pipe cleaner.



Clean eggshells and dry them gently. To give the tiny plant pot a solid base, glue a small square of cardboard to the bottoms of the eggshell (or use a small piece of pipecleaner twisted into a circle). If using white glue, let it set for a few hours; hot glue will set in a few minutes.

Using tempera paint or markers, decorate the eggshells. Let the paint dry.

Put potting soil in the eggshells (fill a little over half way). Add many grass seeds or two bean seeds (in case one doesn't germinate). The grass seeds take a few weeks to germinate, but bean seeds will sprout in a just a few days.

Cover the seeds with a little bit of soil, and sprinkle lightly with water.

When the seeds sprout, put the tiny plant pot in a sunny spot and enjoy.

<http://www.enchantedlearning.com/crafts/easter/eggshellplantpots/>

Play Time

Jump or Jiggle - This is good for those times when children need to be active, indoors or outdoors.

Frogs jump. Caterpillars hump.

(Suit actions to words)

Worms wiggle. Bugs jiggle.

Rabbits hop, Horses clop.

Snakes slide. Sea gulls glide.

Mice creep. Deer leap.

Puppies bounce. Kittens pounce.

Lions stalk – But I walk!



Let's Eat

Grab-and-Go Mix

What you need:

2 cups dried apricots, or banana or apple chips

1 cup Chex cereal – wheat, rice, corn

1 cup peanuts or unblanched whole almonds

½ cup pumpkin seeds

*Caution: Young children may choke easily on

some foods, such as nuts, seeds, and raw

vegetables like carrots or celery sticks. Carefully

watch children while they are eating these foods.

What to do:

Combine fruit, cereal, nuts, and seeds in a plastic bag.

Shake well

Store in closed bag on airtight container

Keeps up to one month. Makes 4 cups

<http://betterkidcare.psu.edu/snacks/april2000snacks.html>

Sincerely,

County Extension Agent
for Family & Consumer Sciences

