

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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## Let's Eat

We can all hope the snow and bad weather is over for this year; however, that isn't really the prediction. In case of more snow, try this recipe.

### Snow Cream Recipe

*The addition of chocolate syrup will make chocolate snow cream. You can also add different berries such as blueberries or strawberries, bananas...even fruit juice.*

- 1 large pan full clean new fallen snow
- Cream or milk (use skim milk for lower calories)
- Vanilla
- Granulated sugar

*Mix cream and vanilla together. Layer snow in chilled bowl sprinkling sugar on each layer. Fold flavored cream into snow. Don't let cream drain to bottom, keep tossing gently. Eat immediately as soon as cream is frozen.*

David Powell  
Weather Coordinator  
Kentucky Spotter Service  
Christian County Emergency Management

## Let's Sing

### Snowman Song

(Tune: I'm a Little Teapot)

I'm a little snowman,  
round and fat.  
Here are my mittens,  
Here is my hat.

When the sun comes out,  
I melt away.  
See you next year,  
On a snowy day.  
~Author Unknown



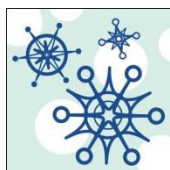
## Smart Tips

### Hugs for Happiness, Health, and Healing

The sense of touch is important. In fact, stimulation by touch is necessary for both physical and emotional well-being throughout life. It also contributes to healing and health. While there are many forms of touching, hugging is a form of physical touch that can be administered by all with no special training.

**Why Hug?** ♥feels good♥dispels loneliness♥helps overcome fears♥helps build self-esteem♥curbs appetite♥eases tension♥helps fight insomnia ♥affirms our physical being♥offers a healthy, safe alternative to alcohol and drugs♥imparts feelings of belonging ♥helps relieve physical pain♥heals♥long-term effects — hugs keep on working even once the hug is over.

Adapted from: LaVona S. Traywick, University of Arkansas Cooperative Extension Gerontology Specialist. *Hugs for Healing and Health*



## Kids Care

### How To Keep Your Child's Teeth Healthy:



- It is recommended parents put only water in their child's bottle before they go to sleep at bed or naptime because milk, juices, and formulas contain sugar. Your baby will produce less saliva while sleeping, increasing the risk of tooth decay from sugary drinks if left in the child's mouth while sleeping.
- Avoid giving your child snacks that will stick to their teeth.
- Children should be seen by a dental professional for an oral health assessment between ages 1 and 2, and every 6 months thereafter.
- Use fluoridated toothpaste to protect your child's teeth. Only a pea-sized amount on your child's toothbrush is needed, too much can cause spots to appear on your child's teeth.
- If your child does not drink water that contains fluoride, talk with your dentist about how to make sure your child's teeth are protected.
- Make sure your child eats healthy and nutritious meals. Limit the number of snacks they eat between meals that can cause cavities.
- Provide healthy snacks like cheese, fruit, and vegetables that are low in sugar and carbohydrates.
- Talk to your dentist about dental sealants that help protect teeth from decay.
- Make sure your child wears a mouth guard and protective head gear like a helmet when participating in sport activities like bicycling, baseball, or skateboarding.

### What's Your Healthy Teeth I.Q.?

- 1. T or F:** Daily fluoride is recommended for all children over the age of 6 months.
- 2. T or F:** As soon as the first tooth appears, you should start cleaning your child's teeth.

**3. T or F:** Brushing your child's teeth with a fluoride toothpaste is recommended.

**4. T or F:** Children younger than age 6 should cover the entire head of their toothbrush with toothpaste.

**5. T or F:** Until your child can handle the toothbrush by themselves, you should brush their teeth twice a day.

**6. T or F:** Fluoride mouth rinses should be used by young children after brushing.

ANSWERS: 1-F; 2-T; 3-T; 4-F; 5-T; 6-F

SOURCES:

<http://www.healthyteeth.org/>

<http://www.aafp.org/afp>

<http://www.ada.org/public/topics/diet.asp>

<http://www.webmd.com/oral-health/mouth-guards>

[http://www.cdc.gov/OralHealth/publications/factsheets/brushup\\_quiz.htm](http://www.cdc.gov/OralHealth/publications/factsheets/brushup_quiz.htm)



## Dollars & Sense

With spending being so easy these days, it's no surprise that saving isn't. But if you would just put the plastic back into your wallet and say "later" to your latte, you could open a savings account, and start making automatic deposits to that account – which could save you thousands of dollars a year. That's money that could go toward a new car, education for your child, or even early retirement. What starts with something as simple as rolling your change or bringing your lunch to work lays the foundation for a wealthier future.

**Kentucky/America Saves Week** is February 20 to 27, 2011. This is the perfect time to sign up and start saving. For more information go to [www.kentuckysaves.org](http://www.kentuckysaves.org)

Sincerely,

A handwritten signature in cursive that reads 'Laura Hest'.

County Extension Agent  
for Family & Consumer Sciences



