

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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Celebrate Father's Day

Things to do with Dad...



In search of the perfect Father's Day activity?
Here are a few ideas for spending quality time
with dear old dad:

- Take your dad out for ice cream/frozen yogurt. For extra points remember his favorite flavor!
- Take your dad to an amusement park.
- Have a picnic! Pack his favorite lunch and pick a peaceful spot. Your dad is sure to appreciate this stress free activity.
- Dig out all the home movies and watch them with the family. Thank him for all those special childhood memories. After all, that's what Father's Day is all about.

These activities are family friendly and you can help your child with planning a fun time for dad.

Adapted from www.fathersday.org. Used with permission from www.fathersday.org.

Life Savers

Water Safety

The summer months bring lots of opportunities for water activities. To make these activities fun and enjoyable, water safety should be a priority for you and your family. The American College

of Sports Medicine offers some tips for water safety in their ACSM Fit Society Page. Parents should have their children learn to swim. Most children are ready for swimming lessons by the age of four. At this point motor skills have developed enough to take on the physical task of swimming and attention spans have increased making the child more able to pay attention during lessons.

Swimming lessons alone should not be the only resource to prevent accident or injury in the water. Often times, panic sets in during dangerous situations and children can forget what they've learned in the lessons. Parents should never leave a child alone in a swimming area and should never lose site of the child during swimming. Drowning is something that happens very quickly. During water sports children and adults should wear approved life jackets at all times.

Parents can improve child safety by learning CPR. It is important to be prepared in case an accident should occur.

Reference: American College of Sports Medicine, ACSM Fit Society Page. Source: Lori L. Rice, Program Coordinator, Extension HEEL Program, University of Kentucky, College of Agriculture.



Let's Eat



Strawberry Frozen Yogurt Squares

Makes 9 Servings:
Prep Time: 10 min.
Cook Time: 180 min.

- 1 cup crunchy wheat and barley cereal
- 3 cups fat-free strawberry yogurt
- 1 (10-ounce) bag frozen unsweetened strawberries (about 2 ½ cups)
- 1 cup fat-free sweetened condensed milk
- 1 cup light or fat-free whipped topping (optional)

Line an 8X8- inch baking pan with foil. Sprinkle cereal evenly on the bottom of the pan; set aside.

Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth. Pour the mixture over top of cereal, gently smoothing yogurt mixture to edges of pan. Cover with foil (or plastic wrap) and freeze for 8 hours or until firm. Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares, top with whipped topping, if desired, and serve.

Storage tip: Squares may be individually wrapped and frozen for single servings.

Note: Create your own variations by using other flavor combinations of yogurt and fruit.

Recipe created by 3-Every-Day of Dairy

Nutritional Facts:

Calories 200; total fat 0g; saturated fat 0g; Cholesterol 5mg;
Sodium 150mg; Calcium 20% Daily Value; Protein 7g;
Carbohydrates 42g; Dietary Fiber 2g.

Let's Play

Are you ready for a road trip?



People in the United States will take millions of trips this year — many of them traveling by car. The most popular treks are trips to the beach, visits to friends and family, and scenic drives. A scenic drive means there's something to see while you're driving, like an ocean, mountains, or a beautiful valley.

But sometimes when you're on the road, there isn't a whole lot to look at. For those times, you'll need to keep yourself busy. Here are some ideas:

- Bring a small map or road atlas. Use stickers to track your family's progress.
- Create a trip box that includes stickers, pipe cleaners, pens, paper, and anything else you want to have on hand.
- Draw. You can draw what's outside your window or make a game out of it by drawing a picture of someone that you know and making everyone guess who it is.
- Start writing in a trip journal and keep track of what you do each day on your vacation. Add photos later.
- Make up your own story and draw the illustrations to go with it.
- Listen to a book on tape or CD.
- Play the license plate game by trying to spot as many different states as you can.
- Play "20 Questions."
- Play travel games, such as checkers that have magnetic pieces that won't slip off the board.
- Play the "My Favorite" game by picking your top five songs, books, ice cream flavors, sports heroes, etc.
- Have a spelling bee or trivia contest. Bring index cards to write down words or questions.

For the complete list of road trip activities go to:
http://kidshealth.org/kid/closet/activities/road_trip.html#cat20579

Reviewed by: [Steven Dowshen, MD](#)
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Sincerely,

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