

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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Play Time



Looking for a splash of color in your gray winter day? It just might arrive on wings. Bright-red cardinals, blue jays, goldfinches, black-capped chickadees—no matter which cheerful chirpers call your region home, they're sure to brighten up your view. And whether you're a beginning birder or an expert ornithologist, you can make birdwatching into a kid-friendly sport.

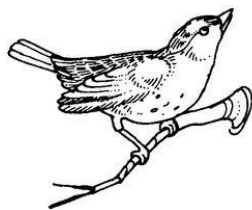
Here's how to get started:

Tempt with Treats - Hang a birdfeeder in easy view of a window.

Zoom In - If you have a pair of binoculars, set them by the birdwatching window or let the youngest kids spy on birds through pretend binoculars made from two taped-together cardboard tubes.

Hide Out - For a bigger thrill, set out a super-sized cardboard box near the feeder and cut some peepholes in it – it's a homemade bird blind. Sprinkle seeds on top and all around. Your kids will love hiding inside the blind to see which feathered friends come close.

Source: Information above and Bird Nest Salad, National Wildlife Federation website-www.nwf.org



Let's Eat Bird Nest Salad



Just for fun...here's a bird nest that's good enough to eat!

What You Need:

- 4-6 large lettuce leaves, thoroughly washed
- 1 cup shredded carrots
- 2 oz. low-fat cream cheese softened at room temperature (use the type that comes in a block)
- 2 drops of blue food coloring (optional)
- salad dressing of your choice
- 1 small mixing bowl
- 2 salad plates

What You Do:

1. If you don't have pre-packaged shredded carrots, wash a few large carrots and use a grater to shred them.
2. Place two or three lettuce leaves on each salad plate. Put half a cup of shredded carrots in the middle of each lettuce bed. Arrange the carrots into nest shapes.
3. Put the cream cheese in the mixing bowl. Add two drops of blue food coloring (optional) and mix until the color is consistent and roll it between your palms to form an egg shape. Place three eggs in each nest, drizzle the "nest" with your favorite salad dressing, and enjoy lunch with your hungry fledgling!

Kids Care



Shaping Children's Behavior

The first rule of shaping behavior is to establish a trusting relationship with your child. Remember that you teach by your example as much as with words. Here are a few suggestions:

- Try to understand and relate to your child in a kind, respectful manner.
- Be patient. It takes time for children to change their behavior.
- Try to see your child's point of view. She may have good reasons for her actions that she does not have words to tell you.
- Praise your child when he does something well or makes positive efforts.
- Encourage positive behavior whenever possible.
- Behave in a warm and self-controlled manner, even when your child misbehaves.
- Set firm, consistent limits that are reasonable for your child's level of development. Setting limits is a way of showing your love, even if your child protests.

Source: Carole A. Gnatuk, Extension Child Development Specialist and Lauren Michalak, Graduate Assistant, University of Kentucky, College of Agriculture

Dollars & Sense

Earned Income Credit and Child Tax Credit



File a tax return to claim the benefits you earned for Earned Income Credit and Child Tax Credit. If you worked in 2010, had children living with you for more than half of the year and earned less than about \$45,000, you could qualify! Make sure you get the Making Work Pay Credit! Call the IRS at 1-800-829-1040 to learn more.

Life Savers



Know the Difference in a Tornado Watch and a Tornado Warning

Each year many people are killed or seriously injured by tornadoes despite advance warning. Some did not hear the warning, while others heard the warning but did not believe they were personally threatened. Knowing the difference in a watch and warning and knowing what to do, can save your life. Watches and warnings for tornadoes are issued by the National Weather Service and broadcast on NOAA Weather Radio and on local radio and television stations.

A **tornado watch** means that tornadoes are possible in and near the watch area. People in a watch area should review their tornado plans and be ready to act if a warning is issued or if they suspect a tornado is approaching.

A **tornado warning** means that a tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property. People in a warning area should go immediately to their safe room. If they are in a vehicle, they should get out of the vehicle and go to shelter in a nearby sturdy building or lie flat in a low spot away from the vehicle.

Reference: *Talking About Disaster: Guide for Standard Messages*, National Disaster Education Coalition

Celebrate

March 17th



St. Patrick's Day is celebrated by the Irish and Irish at Heart with parades, "wearing of the green", music and songs, and activities for kids such as crafts, coloring and games. It's a time for fun. Plan an activity with your child.

Sincerely,

A handwritten signature in cursive that reads "Lauren Huet".

County Extension Agent
for Family & Consumer Sciences

