

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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Playtime

Playing games with your toddler is a good way to teach her so many things. Grouping lots of different objects together and asking her to put things that are alike in the same pile teaches her how to organize things.



How to Play:

- Sit on the floor or at a table by your child.
- Place hard and soft things together in a pile. For example, you may use blocks, bottles and rocks as hard objects and soft toys, cotton balls, pieces of cloth as soft objects.
- Show her how to tell which things are soft and which are hard.
- Ask your child to place the hard things in one pile and the soft things in another.
- If your child cannot do this, take the hard things and say, "These are hard. Put them in one pile."
- Put the objects together in one pile and repeat the game.
- Change the game to keep it fun for your child and you. You can ask your child to group fuzzy and smooth objects separately, or sticky and clean objects, or wet and dry, or green and yellow, or heavy and light things.

Kids Care

Strings on clothing can strangle your child.

Children can die when clothing and toys catch on playground equipment, especially slides and swings.

- Do not dress children in clothing that is loose or has strings.
- Avoid strings on hoods.
- Don't string mittens through sleeves.
- Avoid scarves, ponchos, jump ropes, or anything that hangs around the child's neck.



These items can catch on open-ended hooks, gaps and other parts of playground equipment and strangle children.

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Dollars and Sense

Children are not born with “money sense.”



Children learn about money by example and experience, beginning at a very young age. Parents are an important influence on what and how children learn about money. It is

never too early to start teaching sound money management skills. Begin teaching basic principles of money as soon as children can understand that money is needed to buy the things they enjoy.

Much of what your children learn about money is not from the conscious efforts you make to teach money management. Children are great imitators. Children pick up your values, attitudes, and money habits by watching and listening to you. In fact, you do not have to say anything to pass along money attitudes, habits, or decision-making styles.

If you shop with a list, your children will probably shop with a list. If you always spend money before it is earned, you may have a hard time teaching children to save. Children learn from observing you and others in the grocery store, post office, bank, toy store, mall, and home. Many parents are amazed at what children have learned about money through observation.



Let's Eat

Fruit Dip

Serving Size: 1/4
of recipe
Yield: 4 servings
Time: 15 minutes



Ingredients:

- 8 ounces yogurt, low-fat vanilla
- 2 Tablespoons orange juice, 100% juice, frozen concentrate, thawed
- 1 Tablespoon lime juice
- 1/2 Tablespoon brown sugar
- 2 red apples - cored and sliced
- 1 pear - cored and sliced
- 1 peach - pitted and sliced

Instructions:

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

Sincerely,

County Extension Agent
for Family and Consumer Sciences



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