



Pre-School Pages



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

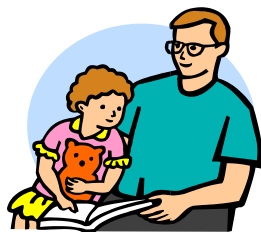
Cooperative
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Let's Read

Choosing Books to Read



The most important criteria is to choose a book you enjoy and that your child enjoys. It is the quality of the interaction between parent and child that counts.

Here are a few popular authors of quality children's literature: Aiki Tedd, Arnold Jan Brett, Eric Carle, Nancy Carlson, Tomie dePaola, Lois Ehlert, Mem Fox, Gail Gibbons, Kevin Henkes, Ezra Jack Keats, Robert Kraus, Leo Lionni, Bill Martin Jr., Laura Numeroff, Dr. Seuss, Malorie Blackmon, Shel Silverstein, Jane Porter, Rosemary Wells, and Audrey Wood

Public libraries are a great resource to help find quality books to read. The teachers and helpers at your child's preschool center are also good resources for finding great books to read.

How many books should you read at a time?

That depends on you and your child – his attention span, his interest, your own time frame and agenda. Take your cues from your child.



Should I keep reading the same books over and over?

Reading books again and again is a great strategy for emergent readers:

- Children participate more in book conversations
- Children begin to compare that story with other books or their own life.
- Children are able to play out stories
- Children attempt to read these books independently.
- Familiar books help develop a positive self- image as a reader.

It is great to read a mix of old favorites and new books.

As well as reading books to and with your child, it is very effective to listen to books read by your child. It doesn't matter whether the child is "reading" the pictures, chanting what he has memorized, or actually reading the text, all of these are important developmental stages of emergent reading!

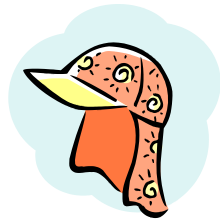
When your child reads aloud to you it gives him a chance to control the interaction with the book and practice the reading behaviors you have modeled.

Best of all it can help your child fall in love with reading.

Sun Safety

Sunscreen Protection

Sunscreen can protect you from developing skin cancer, but only if it's applied correctly. Find out if you're using it the way you should.



Using sunscreen, the right way, is the best way to prevent skin cancer and prevent or delay aging of the skin caused by being out in the sun. Follow these tips from dermatologists when applying sunscreen:

1. Choose a sunscreen that has an SPF of 30 or higher, is water resistant, and provides broad-spectrum coverage.
2. Apply sunscreen generously 15 minutes before going outdoors.
3. Adults need to use 1 ounce — or enough to fill a shot glass — of sunscreen to fully cover their body.
4. Do not forget to apply sunscreen to your neck, face, ears, tops of your feet, and legs.
5. To stay safe from the sun, reapply sunscreen every two hours, or immediately after swimming or sweating.

For the best protection, stay in the shade and wear protective clothing, a hat with a wide brim, and sunglasses, as well as sunscreen. To protect your lips, apply a lip balm with a SPF of at least 15.

Source: Natalie Jones, Family Health Extension Specialist.



Let's Eat

Star-Spangled Fruit Salad



- Watermelon
- Blueberries
- Small Star-shaped cutter
- Small plastic cup

Slice watermelon the same thickness as the cutter. Press cutter into watermelon. Push watermelon through the cutter. Serve several stars and blueberries in the cup. Enjoy!

Let's Create Art

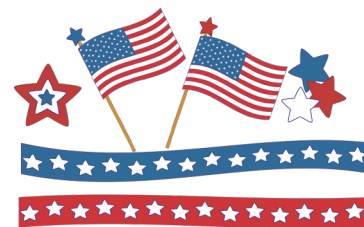
Painting Fireworks with a Fork



- Plastic fork
- Paper plate to hold paint
- Craft paint
- Paper

Have your child dip the fork into the paint, then press it onto the paper in a circle pattern to look like fireworks. Change colors and press it again. Let the paint dry.

Source: www.AThriftyMom.com



Sincerely,

County Extension Agent
for Family & Consumer Sciences