

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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Kids Care

Media Use Guidelines for Children 0-5 years

Technology has become an important part of our society. This is not just true for adults, but also young children. It can be difficult for parents to decide what and how much media to allow around your children every day. The American Academy of Pediatrics has come up with new guidelines to help families make positive media choices for children 0-5 years of age.



Children younger than 18 months should have no media use. At this age, hands on exploration and social interaction are key to development. Media will only limit this. However, it is okay to video chat with friends and relatives under parent supervision. Children who are 18-24 months can benefit from high quality media content when watched with a parent. Parents can talk about lessons learned through these programs. Children aged 2-5 years old should have 1 hour or less of screen time per day. This is important because too much screen time is linked to obesity and lack of

sleep. Further, the program should be high quality. The American Academy of Pediatrics recommends quality programs produced by PBS Kids, Common Sense Media, and Sesame Workshop. To learn more about how to build a family media plan based on these guidelines, go to www.HealthyChildren.org/MediaUsePlan.

Reference:

<http://pediatrics.aappublications.org/content/early/2016/10/19/peds.2016-2591>

Source: Joann Lianekhammy, Senior Extension Specialist for Family and Consumer Sciences, University of Kentucky; College of Agriculture, Food and Environment

Let's Eat

To build a healthy eating style, choose foods and beverages with less added sugars. Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared.

This does not include natural sugars found in milk and fruits. Since all kids love sweets, use these tips to tame their sweet-tooth:



Avoid rewards with sweets. Rewarding with sweets places value on these treats and in return kids see sweets as having a higher value than fruits and vegetables and will want them more. It is best to reward success with words. Telling your children how proud you are of them or how great a job they did will help them have a healthier relationship with food.

Stick to simple drinks. Avoid soda and high-sugar drinks. Offer milk, water and 4-6 ounces of 100 percent fruit juice per day.

Take a look. See what foods are hiding added sugars. Look at the ingredient list to see if the following are listed: corn syrup, sucrose, maltose, invert sugar, fructose, dextrose, sugar. All of these items are added sugars, which we aim to limit in our diet.

Source: Choose MyPlate

Easy to Make Snacks

Milk Shake Ups. Pour milk, juice, and ice in a covered container. Shake.

Fruit juice pops. Freeze 100% fruit juice in small paper cups or ice cube trays. Use a wooden stick for a handle.

Crunchy Bananas. Peel bananas. Roll them in peanut butter or yogurt, then crushed cereal. Freeze.

Peanut Butter Logs. Fill celery with peanut butter. Top with raisins.

Cinnamon Toast. Toast whole-wheat bread. Spread a little margarine or butter on top. Sprinkle with cinnamon-sugar.



Let's Play

The Little Turtle – A Finger Play



Finger plays, that use fingers and hands, are simple, rhythmic activities that children enjoy. Try the following with your child.

The Little Turtle

There was a little turtle (make a fist like a turtle)

That lived in a box. (draw a square in the air)
It swam through the puddles (swimming motions)

And climbed on the rocks. (climbing motions)

It snapped at a mosquito. (snap your fingers)

It snapped at a flea. (snap your fingers)

It snapped at a minnow. (snap your fingers)

And it snapped at me. (snap towards yourself)

It caught the mosquito. (tickle your child)

It caught the flea. (tickle again)

It caught the minnow. (tickle again)

But it didn't catch me.

(point at self, shake head no)

Sincerely,

County Extension Agent for
Family & Consumer Sciences Education



