

Cooperative Extension Service

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Pre-School Pages



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

April 2020

Play Time

Here is an active Easter activity you can plan for your kids! This will get them moving, and have fun at the same time.

Simple as this:



1. Write clues on pieces of paper.
2. Place clues inside plastic eggs.
3. Place eggs in their specific location to be found by excited children.
4. Children must do the exercise and then move onto the next location.

Egg #1-Do 10 pushups, can you do more?

Look for the next clue, on the front door.

Egg #2-Jump in place for a minute, than a smidge. If you aren't too tired, look in the fridge.

Egg #3-Raise your legs high, touch your knee to your nose, Do this ten times, and then check the garden hose.

Egg #4-Sit down and stretch, you've been busy as a bee. Then get up and run, to the nearest tree!

Egg #5-Do a little dance, you're almost done. The kitchen table is where we have so much fun.

Egg #6-Doing 5 jumping jacks will make you a star, Then finish your hunt at the family car!

https://www.canr.msu.edu/news/easter_egg_hunt_and_physical_fitness

Let's Eat

No Bake Breakfast Cookies

Ingredients

- 1/2 cup honey (or light corn syrup)
- 1/2 cup non-fat dry milk (instant)
- 1/2 cup raisins
- 1/2 cup creamy peanut butter
- 2 1/2 cup crushed flaked cereal



Directions

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.

www.choosemyplate.gov



MAKING THE MOST OF FAMILY MEALTIMES

Just sitting together at the table does not always lead to fascinating family conversations or warm mealtime memories. Here are some ideas for making the most of family mealtimes.

1. Make family mealtimes a priority. If you're like most families, you're caught in a time crunch. If you're not eating together as a family, make a decision about your family priorities—and consider dropping at least one thing so you can have more time for family meals.
2. Make mealtimes pleasant. Children learn social skills from watching and listening to you. Share positive things that have happened during the day. Postpone negative conversation about behavior until another time.
3. Eliminate interruptions and distractions. Turn off the televisions, radios, computers, and all electronic devices.



4. Get everyone involved in meals. Give each person a task, such as choosing the menu, setting the table, making a salad, or cleaning up. The skills your children learn include teamwork and cooperation.

For additional information on ChooseMyPlate for preschoolers, go to www.choosemyplate.gov/kids



HAPPY EASTER!

Dollars & Sense

Make Your Child a Savvy Consumer

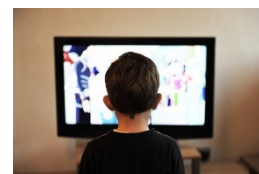


Ask your child questions to help him/her think carefully and talk about TV ads. Here are some questions to ask:

- What did you notice first when you saw this ad?
- Do you think you need that product? Why?
- Do you think that product really looks, tastes, or works the same way as it seems to in the ad?
- Do you think that product will make you happy? Why?

Teach your children that advertisers want their money and that they don't always tell you the truth. Talking about this with kids can help them become educated consumers. Help children learn from experience when they are disappointed with a toy. Often a toy that looks so good in the ads really doesn't work as well as the commercial leads you to believe. A toy might break easily or be a disappointment in another way. This is a great time to talk about how what is shown on tv is not always how the product will be.

<https://extension.psu.edu/programs/betterkidcare>



Sincerely,

Brooke Hogancamp
County Extension Agent for Family &
Consumer Sciences Education