

Pre-School Pages



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

Cooperative Extension Service

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Celebrate

Looking for Valentine's Day party treats for your child's classroom can be a heart-stopping experience. Think outside the heart-shaped box and use classroom parties as a time to learn about healthy snacking.

1. Send a Message

Using a felt-tipped marker, write fun messages on the skin of clementines ("Hi, Cutie!") or bananas ("I'm bananas for you!").

2. Banana Split Love Boats

Split a peeled banana down the middle and top with low-fat vanilla Greek yogurt and sliced strawberries that look heart-shaped.

3. Pink Milk

Bring a big container full of blended strawberries and low-fat milk for a delicious protein-packed, naturally sweet drink.

4. Red Fruit and Yogurt Dip

Celebrate with fruits that are red, the unofficial color of Valentine's Day: apples, blood oranges, grape tomatoes, red grapes and red peppers. For a sweet dip, mix cinnamon and low-fat vanilla yogurt.

5. Cupid's Smoothie

Before the party starts, blend cranberry or pomegranate juice with low-fat milk, bananas and canned pineapples to make a naturally sweet and pink colored beverage.

6. XOXO Trail Mix

Mix together O-shaped cereal (the Os) and pretzel sticks (the Xs) along with bright red dried cranberries and dried strawberries.

Source: eatright.org

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LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.

Play Time

Here's a new game to play:



Heartbreak

Draw a big heart outline in chalk. Draw lots of small hearts inside it. Draw a baseline and start the heartbreak!

Rules:

- 2 or more players.
- Stand behind the baseline.
- Take turns tossing a disk or pebble into the heart.
- When your disk lands on a small heart, mark it with your initials.
- Continue until all hearts are taken.
- Add up your hearts.
- Whoever has the most hearts wins.
- You lose a turn if your disk lands on another player's heart.
- The toss doesn't count if it lands less than halfway into the heart shape.

Source: Isuagcenter.com

Healthy Heart Youth Fact Sheet

happy
 valentines

Tic Toc



Establish a Morning Routine

Create a chart if needed to remind kids what needs to be done each morning:

- ✓ Include things like washing their face, brushing their teeth, getting dressed, making the bed, etc.
- ✓ List all the morning activities you can reasonably expect your child to complete on the left side of a piece of paper.
- ✓ List the days of the week across the top of the paper.
- ✓ Give your child a sticker or a star for every morning activity they successfully complete on time.
- ✓ Reward them with praise each time you give them a sticker.

Bed time Routine



The key to a making bedtime a calm and enjoyable transition for your children is to prepare them early.

Everyone needs time to calm down before going to bed, especially if they want to sleep well. Children are no different. They just don't get to choose when they go to bed.

Here's a good rule of thumb: Make sure your children have at least a half hour of quiet time before bed when they can sit and read, listen to music, play quietly, etc.

Create a bedtime chart if needed and include things like, bath time, brushing teeth, picking out clothes for tomorrow. Picking up toys in room.

Children need a minimum of 8 to 10 hours of sleep each night. Source: eXtension.org

Healthy Valentine's Day Treats

Strawberry Roll-ups



4 (6 inch) soft tortilla shells

Low-fat strawberry cream cheese

4 tbsp. strawberry jam or real strawberries

Spread the cream cheese to the edge of each tortilla. Add 1 tbsp. of strawberry jam, spread down the center. Fold in the edges of the tortilla, about two inches. Now roll the tortilla up, jelly roll style. Slice into 2-inch bites for the perfect Valentine's Day snack.

Gelatin Style Hearts

Try this instead for a healthy option:



Boil 1 cup of water, add 1/2 cup of grape juice and 1 packet of unflavored gelatin. Stir until dissolved. After it cools slightly, add another 1/2 cup of grape juice. Pour into heart shaped molds and refrigerate until firm. If you don't have heart shaped molds, you can pour the gelatin mixture into a baking pan and then cut out heart shapes with a cookie cutter after it is firm.



Sincerely,

County Extension Agent for Family and Consumer Sciences Education