

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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February 2020

Celebrate

Valentine's Day is February 14th

The only thing more fun than handing out valentines treats is making them for your friends and family. Adding a little exercise in your Valentine adventure makes it even better. This year consider making Valentine rocks for everyone to enjoy!

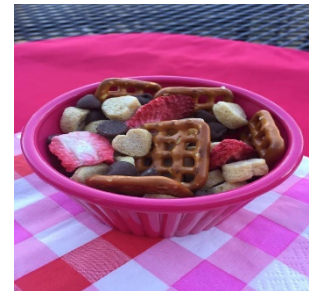
1. Take a walk with your family and gather small smooth stones for painting.
2. Using red acrylic paint poured onto a throw away plate, dip your finger in the paint and create a heart shape on the rock.
3. Using a permanent pen or marker, after the paint has dried, outline or add eyes, nose and mouth to give your rocks a cool personality.
4. Share the fun with everyone!



Source: <https://www.redtedart.com/friendship-rocks-valentines/>

Let's Eat

Valentine's Day Snack Mix



Servings: 11
Ingredients:

- 2 cups pretzels
- 2 cups heart shaped cereal
- 1 cup freeze dried strawberries
- ½ cup chocolate chips

Directions:

1. Wash hands with soap and water.
2. Mix all ingredients together in a large bowl.
3. Store in an airtight container.

Nutrition Information:

Serving Size (1/2 cup): Calories 118 Total Fat 4g Sodium 132mg Total Carbohydrates 21g Fiber 2g

Source: <https://food.unl.edu/recipe/valentines-day-snack-mix>



Playtime

Let's Pretend Activities

Children learn about their world by pretending, and by using their senses. During the winter months it can be hard to keep your children engaged in physical activity.

In a large room with plenty of space, have the children stand and spread out. Say, "Let's pretend to be...(for example, a car, plane, ice skater, swimmer, basketball player, rag doll, ant, or something you make up)...and follow me!"

Act out whatever it is. Give the children active ideas to encourage creative movement. Once you get started, let the children think of things to pretend to be.

Encourage your children to try acting out these ideas too:

- Jump up and down
- Run in place
- Tiptoe in a circle
- Fly like a bird
- Crawl
- Walk like a duck
- Touch your toes
- Wiggle your nose
- Blink your eyes
- Open and shut your fingers
- Make circles with your arms
- Reach for the stars
- Open and close your mouth
- Give yourself a hug!



Source: <https://extension.psu.edu/programs/betterkidcare/knowledge-areas/environment-curriculum/activities/all-activities/lets-pretend-activities>

Life Savers

Spread Love not Germs

The Center for Disease Control offers great tips on keeping your family healthy and safe through the winter months. Follow the suggestions below to make sure you have a "lovely" Valentines.

Protect yourself from the cold and flu.

- Wash hands often including:
 - ✓ Before, during, and after preparing food
 - ✓ Before eating food
 - ✓ Before and after caring for someone at home who is sick with vomiting or diarrhea
 - ✓ Before and after treating a cut or wound
 - ✓ After using the toilet
 - ✓ After changing diapers or cleaning up a child who has used the toilet
 - ✓ After blowing your nose, coughing, or sneezing
 - ✓ After touching an animal, animal feed, or animal waste
 - ✓ After handling pet food or pet treats
 - ✓ After touching garbage
- Avoid close contact when you or someone you know is sick.
- Get your flu vaccine.

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>



Sincerely,

Brooke Hofancamp

County Extension Agent for Family and Consumer Sciences