

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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Play Time Toys Can Help Your Child Grow

Kids Care Hearing Tests for Children

A hearing test is an important part of your child's regular medical checkup. When a child is under three years of age, hearing is tested by observing your child's response to sound and ability to learn new words.



When children turn three, they can usually learn how to take hearing screening tests. If your child has a hearing test, be patient. He may not understand what to do to cooperate fully.

Infants and toddler frequently have colds that can lead to ear infections. If ear infections are not detected and treated, the toddler may have hearing problems.

Catching hearing problems is the key to successful treatment and prevention of hearing loss. A hearing problem can interfere with the development of normal language and learning.

Parents can protect their child's hearing by making sure that infections are treated, and hearing is regularly tested by their doctors.

Source: Just in Time Parenting 2nd-3rd year
(Months 35-36)

Children need a variety of toys to adapt to the ever-changing developmental stages.

For Active Play & Physical Development:

- Assorted blocks
- Push & pull toys
- Balls & beanbags
- Wadded up newspaper "balls" to toss into wastepaper basket
- Big boxes or crates
- Tricycles



For Artistic Play & Developing Creativity:

- Clay
- Painting materials
- Blunt scissors
- Crayons
- Colored cubes
- Simple puzzles
- Easel, paints & brushes
- Paper, newspaper, wrapping
- Music for dancing



For Pretend Play and Developing Imagination:

- Big box with cut-out door and windows to color
- Dolls
- Materials to play house, like plastic dishes, pots & pans
- Toy animals
- Dress-up clothes



Source: Just in Time Parenting 4th-5th Year (months 47-48)

Let's Eat

Your Child may be a Choosy—not a Picky Eater

When children refuse to eat a certain food or always ask for the same foods, they may become labeled as a picky eater. What seems picky to you may be your child's first steps in learning to choose or make decisions about food choices. She may be showing her independence by being a choosy eater.

Picky or choosy eating is temporary. If you don't make it a big deal, it will usually end soon.

[My Plate for preschoolers](#) suggests ways to handle a picky eater:

- Let your child help pick out foods - such as fruits and vegetables at the store. Children are more likely to eat foods they pick.
- Let your child help prepare foods. Children will eat almost everything they help make.
- Make meals relaxed and enjoyable so your child learns healthy attitudes about eating together.
- Offer choices such as "Which would you like for dinner: broccoli or green beans?"
- Offer the same foods for the whole family. Don't be a "short order cook" by making a different meal for your preschooler.
- Offer a variety of foods and let your child choose how much of these foods to eat.

Source: Just in Time Parenting 4th-5th Year (months 59-60)

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

PERSONALIZED PIZZAS & SMOOTHIE CREATIONS

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as



the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

A fun dessert is smoothie creations. Blend fat-free or low-fat yogurt or milk with fruit pieces



and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, and/or

pineapple. If you freeze the fruit first, you can even skip the ice!

Sincerely,

Brooke Hagancamp

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