

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

Fun in the Sun

Summer is finally here, the days are getting longer and children love to be outside having fun in the sun! While being outside is beneficial to the entire family, we need to remember to protect ourselves against the sun's rays.



Everyone is at risk for sunburn. Children especially need to be protected from the sun's burning rays, since most sun damage occurs in childhood. Like other burns, sunburn will leave the skin red, warm, and painful. In severe cases, it may cause blistering, fever, chills, headache, and a general feeling of illness.

Here are some tips the American Academy of Pediatrics and the American Academy of Dermatology suggest to keep your child safe in the sun:

- **Limit the time outdoors.** Between the hours of 10 a.m. and 4 p.m., the sun's rays are the strongest. Try to avoid letting your child be outside during that time. If they must be outside playing during that time, make sure that they are wearing

sunscreen. Remember even on cloudy days, the sun's ultraviolet rays are strong and can cause sunburn. Clouds do not block the UV rays they only filter them. The Skin Cancer Foundation recommends that infants under 6 months of age be kept out of the sun, their skin is very sensitive and sunscreen should not be used.

- **Apply sunscreen properly.** Choose a sunscreen with an SPF of 15 or higher and both UVA and UVB protection. Make sure to apply the sunscreen 30 minutes before your child goes outside to play. Make sure to remember ears, nose, neck, hands and feet. Lips can blister too so don't forget to apply lips balm with SPF protections. Reapply the sunscreen every 2-3 hours and after swimming even if the sunscreen says that it is waterproof or water-resistant.
- **Cover up.** Protective clothing and hats are important ways of lessening UV damage. Light colored clothing may make us feel cooler but when they are wet, they can help in the absorption of sunlight just as bare skin does. When possible, have your child wear long sleeves and pants which are darker. Wear sunglasses which have UV protection to help prevent damage to the eyes. Wide brimmed hats help to prevent the scalp, neck and face from getting sunburned.



- **Watch exposure if medications are being taken.** Some medications, especially prescription antibiotics, can cause the skin to be more sensitive to the sun. If unsure, ask your doctor or pharmacist if your child could be at risk.
- **Be a good example.** Set an example by following sun safety rules when you are outside. If our children see us following safe sun practices, then they are more likely to follow them without question.

References:

American Academy of Pediatrics

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Sun-Safety-and-Protection.aspx>

Source: Shirley Smith Extension Agent, Family and Consumer Sciences, North Carolina Cooperative Extension

Play Time

Fourth of July Pom-Pom Flag Painting

Sometimes using a regular paintbrush can get boring so grab some clothespins and pom-poms to make a cool American Flag craft! This is fun and easy for kids to do to celebrate the 4th of July!



You will need paint, 3 clothespins, and white paper.

Start by having the kids pinch a pom-pom in a clothespin and dip it in the blue paint. Have them continue stamping dots to make an American Flag. Let the blue paint dry and then add white dots to represent the stars.

So easy and cute that grown-ups will want to get in on the fun too!

Source: <https://www.crafymorning.com>

Let's Eat

Frozen Watermelon Popsicles



Watermelon is the ideal symbol of summertime: cool, refreshing, and picnic-perfect. Watermelon is always sweet and juicy.

Okay, these aren't really popsicles. They're watermelon wedges frozen on sticks. But isn't this a nice, cold way to eat your fruit? Leave the rind on, or if you want the slices to look classic—or cut it off, if you want to make it easier to put in the sticks.

Ingredients:

¼ small seedless watermelon

Directions:

1. Cut across the watermelon to make wedges about 1-inch thick.
2. Carefully cut a slit into the rind of each wedge and put a popsicle stick into each slit.
3. Arrange the wedges on a baking sheet so they are not touching.
4. Freeze until firm, at least 3 hours.
5. Let the pops soften at room temperature for 10 minutes before serving.

Source: Nutrition Education Program, University of Kentucky Cooperative Extension Service
www.chopchopfamily.org Summer 2019

Sincerely,

Brooke Hogancamp

Carlisle County
Extension Agent for
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