

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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Kids Care

How can I protect my children from the sun?



Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on

vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- **Seek shade.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.
- **Cover up.** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors.

Some clothing certified under international standards comes with information on its ultraviolet protection factor.

- **Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.
- **Wear sunglasses.** They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- **Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB (broad spectrum) protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.

Take sunscreen with you to reapply during the day, especially after your child swims



or exercises. This applies to waterproof and water-resistant products as well.

Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your or your child's skin reacts badly to one product, try another one or call a doctor. Your baby's best defense against sunburn is avoiding the sun or staying in the shade.

Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

https://www.cdc.gov/cancer/skin/basic_info/children.htm

Play Time

Hey, look—I grew hair!



This is a great activity learning about plants and for just having fun. Take a picture of your child making a funny face and make sure it is a close-up. Print out the picture and cut around the face

making sure not to leave any hair on the top of their head (in the picture only, of course!). Glue the picture to the outside of a cup and let it dry. Fill the cup with soil and plant some grass seed. Water and watch what happens. Pretty soon they will be growing hair—green, grassy hair!

Source:

http://rainbowswithinreach.blogspot.com/2013/04/springtime-science-with-seeds.html?_szp=447639

Let's Eat Orange Cow



Try this recipe for an easy summer treat. Your preschooler can help pour ingredients into the blender and help press the buttons.

- 16 fluid ounces orange juice (frozen)
- *2 cups water (cold)
- *1/3 cup milk (non-fat, dry)
- 1 teaspoon vanilla
- 1 cup ice (or more)

Place all ingredients in blender or food processor. Secure lid and blend until smooth. Serve immediately.

*1 cup milk and 1 cup water can be substituted for 2 cups water and 1/3 cup nonfat dry milk.

Yield: 3 servings

Nutritional Analysis: 332 calories, 0 g total fat; 1 mg cholesterol; 57 mg sodium; 76 g total carbohydrate; 2 g dietary fiber; 75 g total sugar; 7 g protein

Source:

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/orange-cow>

Sincerely,

Carlisle County
Extension Agent for Family and Consumer
Sciences



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College of Agriculture,
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Cooperative Extension Service

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