

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

Building Relationships with your Children

Parents play a very important role in the lives of young children. Here are three things you can do to create a loving, secure relationship with your children.

- Play with your children. Play is a vital part of a child's development. Play is your child's work. It's as important to your child as your job is to you. Play teaches cooperation, trust and independence. It also builds self-esteem. It gives children the chance to get to know themselves, the world, and other people. Find out what your children like to play and join them. Set aside an hour or two each week for play time. This will help you and your children to communicate well. Turn housework into play by sharing chores with them and making a game out of it. If you feel you don't have time to play with your child or that you are too tired, think of how important play is to your child's growth and development
- Listen to your child's feelings and dreams. Children want to be heard. Show them you care by listening to their feelings and dreams. From your example, they will learn how to respect and listen to others. Give your child your full attention. Stop

what you are doing and look at your child while she speaks to you. Sit or place yourself at her level. Standing above children can make them feel "little." Don't nag or offer advice too quickly. Try to



understand the world from your child's point of view. Unkind words tell children that they are not good enough. They hurt and tear down self-esteem. Praise your child for his independent ideas. Take time to really listen to your child. Express your love freely and always use kind words.

- Be involved in your child's life. Make time to just sit down and be with your children. Speak openly about your day and theirs. Let your children know you care about who they hang out with, and get to know your children's friends and their parents. Be involved in your child's schooling. Find out what's going on by asking about upcoming events. Meet your child's teachers and let them know when you are available for parent-teacher conferences. Try your best to go to your child's activities when parents are invited. As you can, be a parent volunteer at school activities in



which your child participates. No matter how little time you may think you have, always try to make time for your child.

Focus on one of the above skills. How could you apply this skill in your life? Choose one small but important change you really want to make in the next few days. Make that your goal and write it down. Think positively—you will make a great difference in your child's life.

Source: Piecing It Together Series, David Wisenhorn, UK Cooperative Extension Service Senior Specialist

Play Time

Paper Scraps Greeting Cards

Use old pieces of scrapbook paper, wrapping paper, or card stock and have the kids draw flowers of all shapes and sizes. The cut-out shapes look absolutely darling on Mother's Day cards.



You will need:

- paper scraps
- White paper for card
- black Sharpie marker pen
- scissors
- double sided tape or glue

Have your child use the Sharpie to draw flowers on the paper scraps. The more colorful, the better!

Draw lots of flowers of all kinds. They don't need to be perfect. Cut all the flowers out, yourself or help your child do the cutting. Cut them out as they were drawn. Resist the urge to "fix" it. Attach the flowers to the front of a folded piece of white paper using the tape or glue. Only attach at the center of the flower so that the card is more 3-D. Use the pen to add stems and leaves.

Source:

<http://mamaisdreaming.blogspot.com/2015/07/kids-craft->

paper-scraps-greeting-cards.html#bTRX5eAgcmqThDUS.99

Let's Eat

Ambrosia

- 1 can pineapple chunks (in juice, 20 oz., drained)
- 1 1/3 cups mandarin orange (drained)
- 1 banana (peeled and sliced)
- 1 1/2 cups grape (seedless)
- 3/4 cup marshmallows (miniature)
- 1/3 cup coconut (flaked)
- 1 cup vanilla yogurt, low-fat (8 ounces)



Drain pineapple and oranges. Use juice as beverage. Combine fruit with marshmallows and coconut. Fold in yogurt. Chill and serve.

Yield: 8 servings

Nutritional Analysis: 139 calories; 2 g total fat; 1 g saturated fat; 2 mg cholesterol; 27 mg sodium; 31 mg carbohydrate; 2 g dietary fiber; 26 g sugar; 4 g added sugar; 3 g protein

Source:

<https://whatscooking.fns.usda.gov/search/recipes>

Sincerely,

Brooke Hogancamp

Carlisle County
Extension Agent for Family and Consumer
Sciences

