

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

Carlisle County
 65 John Roberts Drive
 Bardwell, KY 42023
 (270) 628-5458
 Fax: (270) 628-3722
 carlisle.ca.uky.edu

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Kids Care

Keeping Your Goblins and Ghouls Safe on Halloween



Halloween is such an exciting time with all of the fun costumes and sugary treats, it is easy to forget that there are some potential dangers. So here are some tips to make sure the evening is full of treats rather than tricks.

Costume Safety

- Make sure your child's costume can be seen by passing cars. Choosing a bright and reflective costume is highly suggested, however if your costume is on the darker side, adding strips of reflective tape can be just the trick.
- Avoid costumes that drag the ground or can become easily tangled around your feet that could cause your child to trip and fall.
- Avoid masks that restrict vision or interfere with breathing.
- Dress for the weather, which may mean adding layers to a costume if the temperature drops.

Preparing for Visitors

- Make sure your outdoor lighting is in good working order. Replace bulbs if necessary.

- Remove any hazards in your yard that may cause a trick-or-treater to fall such as lawn equipment, toys, bikes or gardening equipment.
- Restrain pets or remove them from the entry way. Even friendly pets can become nervous or frightened by visiting goblins.

Trick-or-Treating

- Children should never trick-or-treat alone. Children under 12 years of age should be accompanied by an adult. Older children should travel in groups.
- Preplan the route your children will take so everyone is clear about which homes you have selected to visit.
- Stay on paths and sidewalks. If there are no sidewalks, walk on the left side of the road, facing traffic, so motorists are more likely to see you.
- Ensure each child has a flashlight to help them avoid trips and falls in the dark.
- Avoid unfamiliar animals, especially dogs.
- Avoid houses that are not well-lit. Only accept treats at the door; never enter a stranger's home.

Source: David A. Weisenhorn, Senior Extension Specialist for Parenting and Child Development Education; University of Kentucky College of Agriculture, Food and Environment



Celebrate

Make a Puffy Ghost



Simply use cotton balls to create a ghost. Here's how to do it:

Materials Needed:

- White Cardstock paper
- Scissors
- Glue
- Cotton Balls
- Black paper

Start by cutting out a ghost template. You can eyeball it. It doesn't have to be perfect because it's going to get covered with cotton balls anyway! Now let your little one have some fun with the glue. Stay with them and guide but let them practice independence in a safe environment. Glue cotton balls on until the ghost is covered. Cut out some eyes and a mouth (make it a smile so the ghost looks friendly, not spooky!) Glue those on as well. If you want, you can add string to the back and hang your ghosts up somewhere in your house.

Source: <http://thrivinghomeblog.com/halloween-craft-puffy-ghosts/>

Let's Eat

Fluffy Pumpkin Pancakes

Fluffy, pumpkin pancakes will delight your taste buds at breakfast or dinner. Top with sliced banana or applesauce.

Makes: 12 servings

Ingredients

- 2 cups flour
- 6 teaspoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg

- 1/2 cup pure pumpkin (canned)
- 1 3/4 cups milk, low-fat
- 2 tablespoons vegetable oil

Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
 2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
 3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
 4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
 5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter.
- Makes about 1 dozen 3 1/2 inch pancakes.*

Safety Tip: You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook. Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.

Nutrition Facts per serving: 130 calories; 3 g total fat; 1 g saturated fat; 0 g trans-fat; 17 mg cholesterol; 354 mg sodium; 21 g carbohydrate; 1 g fiber; 5 g sugar; 4 g protein

Source: Kansas Family Nutrition Program, Kids a Cookin; <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/perfect-pumpkin-pancakes>

Sincerely,

Brooke Hogancamp

Brooke Hogancamp
Carlisle County Extension Agent for
Family & Consumer Sciences Education