

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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Tic Toc

Morning Routines with a Preschooler

Getting out the door in the morning with your preschooler can be hectic. Some simple morning routines may help you start the morning with a smile.

Get ready the night before

The more you and your child can do the night before, the less you have to do in the morning. Some things to do ahead of time include:

Make lunches. While cooking dinner or cleaning up the kitchen, pack lunch boxes with water bottles, fruit, and other no-spoil food.

Pack backpacks. Look over any forms that were sent home. Have your child pack his backpack and place it in a designated spot (a "launching pad") by the door. If he participates in any special activities (for example, soccer, karate, etc.) this is a perfect time to pack items for those activities too.

Set out school clothes. Have your child pick out her clothes for the next day -- all the way from hair bows to shoes. She can set them out on a table or the floor just as she will wear them in the morning.

Allow enough time

Create a morning routine with enough time in it to allow your child to complete his tasks at his own pace. Your preschooler is learning to do things on his own, so he will likely be a bit slower than if you are doing everything for him. Give yourself more time as well by getting up early enough to have some time alone in the morning for a cup of coffee, a shower, or some meditation. If you start your day on the right foot, your child is more likely to do so too.



Use a morning routine chart

Preschoolers can only remember small bits of information at a time. So it may be hard for your child to remember the whole list of tasks she has to do before going to school. A morning routine chart created with pictures or drawings can help her know what task to complete next.

Remove distractions

Preschoolers are easily distracted. Keep favorite toys and books put away in the morning. Television can also draw children



away from what they need to do to get ready. Keep it turned off on mornings when getting out on time is important.

Get quality sleep

A hassle free morning begins with a great night's sleep. Use an age-appropriate bedtime for your child. Create a bedtime routine that helps him get to bed on time. It's just as important to be sure to give yourself enough sleep. If you don't get enough sleep, the morning routine will be more difficult for everyone.

Routines come with benefits.

They make it easier to take care of important daily tasks, like getting to school and work on time. Children whose families follow a daily routine may be healthier, better behaved, and even perform better in school. With all that said, it is important to allow children some routine-free days on the weekends or holidays. Adults and children alike sometimes need a morning to just lounge around and enjoy time together.

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Let's Eat!

Make a Healthy "Feelings Faces" Snack

Using words to describe feelings can help give your child power over his emotions, making them less overwhelming or scary. And talking about feelings with a caring listener helps children understand that feelings are normal – and that others have felt that way, too. Help your child think



about how emotions look and feel with this activity that doubles as a healthy snack!

Materials

- ✓ Rice cakes or pita bread
- ✓ Spreading knife
- ✓ Cream cheese or peanut butter
- ✓ Raisins
- ✓ Apple slices
- ✓ Bananas

Directions

1. Let your child spread peanut butter or cream cheese on a round rice cake or pita bread. This becomes the base for a face.
2. Ask your child what kind of feeling face he would like to make. Raisins can be used for eyes, a nose, or a mouth. And apple slice can make a smiling or frowning mouth. A banana chunk could be a nose and a banana slice could be a surprised mouth or eyes.
3. Ask your child questions about the feelings faces he creates. You might say something like, "That face looks so happy! What makes you happy?" or "Oh, that face looks sad. What can we do when we're sad to feel better?"

Source:

<https://www.pbs.org/parents/recipes/make-a-healthy-feelings-faces-snack>

Sincerely,

Brooke HaganCamp

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