

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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August 2020

Celebrate

National
 Immunization
 Awareness Month



**National Immunization
 Awareness Month**

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

Why Vaccinate?

Parenting is an amazing, but often challenging, journey. With every milestone, you face new questions. How can you keep your child safe? How can you help them grow? The right choices aren't always clear.

Like many parenting topics, vaccination can feel overwhelming at first. The good news is there are clear recommendations, backed by extensive research.

- Vaccination is a highly effective, easy way to keep your family healthy.
- On-time vaccination throughout childhood is essential because it helps provide immunity *before* children are exposed to potentially life-threatening diseases.
- Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

Source: <https://www.cdc.gov/vaccines/growing/>

Let's Eat

Critter Crudités

Ingredients Snails

Celery stalks
 Peanut butter or cream cheese, at room temperature
 Sliced apple
 Sliced orange
 Sliced kiwi
 Sliced cucumber
 Sliced tomato
 Cashews

Caterpillars

Celery stalks
 Peanut butter or cream cheese, at room temperature
 Grapes
 Blueberries
 Grape tomatoes
 Candy eyes
 Celery or radish matchsticks



Directions

1. Make the snails. Fill celery stalks with peanut butter or cream cheese and top with an apple, orange, kiwi, cucumber or tomato slice for the shell and a cashew head. Use peanut butter or cream cheese to glue on candy eyes.
2. Make the caterpillars. Fill celery stalks with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for



the body and head. Use peanut butter or cream cheese to glue on candy eyes and celery or radish matchstick for antennae.

Source:
<https://www.goodhousekeeping.com/food-recipes/healthy/a44177/critter-crudites/>

Tic Toc



Routine Clock

While heading back to school maybe be different. It is still important to create structure in the chaos of back-to-school season with this easy after school routine clock.

Learning to manage your time effectively, especially when it's not something that comes naturally, takes practice. The more you can help your child practice working through their daily routines, the better. Eventually your child will become more aware of and better able to manage their time efficiently without your guidance.

The clock is color-coded so that kids can easily follow along and know what task they should be working on. Having structure in the evenings helps develop an easier bedtime routine, which is essential for kids. Their brains are working overtime, so make things as easy as possible for them!

Make your own after school routine clock supplies needed are:

- Wall Clock
- Permanent markers (5 colors)
- Printed list of activities

Remove the back off the clock so that you can access the face.

Use the markers to color sections of time for the different activities.

Print off your list of activities and color around each section to correspond with the colored

section on the clock. Make sure to hang your list of activities below the clock for easy access.

This is just one fun way to organize for school.

Source:
<https://kidsactivitiesblog.com/91715/school-routine-clock/>



Sincerely,

Darrell Simpson
County Extension Agent
for Agriculture & Natural Resources Education