

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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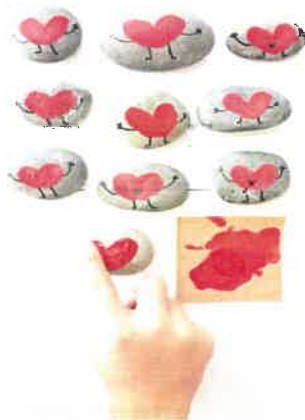
February 2020

Celebrate

Valentine's Day is February 14th

The only thing more fun than handing out valentines treats is making them for your friends and family. Adding a little exercise in your Valentine adventure makes it even better. This year consider making Valentine rocks for everyone to enjoy!

1. Take a walk with your family and gather small smooth stones for painting.
2. Using red acrylic paint poured onto a throw away plate, dip your finger in the paint and create a heart shape on the rock.
3. Using a permanent pen or marker, after the paint has dried, outline or add eyes, nose and mouth to give your rocks a cool personality.
4. Share the fun with everyone!



Source: <https://www.redtedart.com/friendship-rocks-valentines/>

Let's Eat

Valentine's Day Snack Mix



Servings: 11
 Ingredients:

- 2 cups pretzels
- 2 cups heart shaped cereal
- 1 cup freeze dried strawberries
- ½ cup chocolate chips

Directions:

1. Wash hands with soap and water.
2. Mix all ingredients together in a large bowl.
3. Store in an airtight container.

Nutrition Information:

Serving Size (1/2 cup): Calories 118 Total Fat 4g Sodium 132mg Total Carbohydrates 21g Fiber 2g

Source: <https://food.unl.edu/recipe/valentines-day-snack-mix>



Playtime

Let's Pretend Activities

Children learn about their world by pretending, and by using their senses. During the winter months it can be hard to keep your children engaged in physical activity.

In a large room with plenty of space, have the children stand and spread out. Say, "Let's pretend to be...(for example, a car, plane, ice skater, swimmer, basketball player, rag doll, ant, or something you make up)...and follow me!"

Act out whatever it is. Give the children active ideas to encourage creative movement. Once you get started, let the children think of things to pretend to be.

Encourage your children to try acting out these ideas too:

- Jump up and down
- Run in place
- Tiptoe in a circle
- Fly like a bird
- Crawl
- Walk like a duck
- Touch your toes
- Wiggle your nose
- Blink your eyes
- Open and shut your fingers
- Make circles with your arms
- Reach for the stars
- Open and close your mouth
- Give yourself a hug!



Source: <https://extension.psu.edu/programs/betterkidcare/knowledge-areas/environment-curriculum/activities/all-activities/lets-pretend-activities>

Life Savers

Spread Love not Germs

The Center for Disease Control offers great tips on keeping your family healthy and safe through the winter months. Follow the suggestions below to make sure you have a "lovely" Valentines.

Protect yourself from the cold and flu.

- Wash hands often including:
 - ✓ Before, during, and after preparing food
 - ✓ Before eating food
 - ✓ Before and after caring for someone at home who is sick with vomiting or diarrhea
 - ✓ Before and after treating a cut or wound
 - ✓ After using the toilet
 - ✓ After changing diapers or cleaning up a child who has used the toilet
 - ✓ After blowing your nose, coughing, or sneezing
 - ✓ After touching an animal, animal feed, or animal waste
 - ✓ After handling pet food or pet treats
 - ✓ After touching garbage
- Avoid close contact when you or someone you know is sick.
- Get your flu vaccine.

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>



Sincerely,

Darrell Simpson

County Extension Agent for Agriculture & Natural Resources Education

PARENT HEALTH BULLETIN



FEBRUARY 2020

Download this and past issues
of the Adult, Youth, Parent and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC: HEALTHY HEART GATHERINGS



February is American Heart Month. Together we can use this month to raise awareness about heart disease and how families can prevent it, both at home and in the community. It is so important because heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when families make healthy choices and manage their health conditions.

Valentine's Day is a perfect opportunity to promote a healthy heart gathering by creating excitement around healthy food choices and physical activity. Surprisingly, on the holiday devoted to love, our hearts tend to be forgotten. Valentine's Day celebrations are usually focused around sweets but this year, switch out some of the sweets and emphasize the importance of a balanced healthy heart lifestyle.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Use heart- and floral-shaped cookie cutters to cut fresh fruits and vegetables such as melon and bell peppers.



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Ways to celebrate with heart-healthy treats

- **Fruit and vegetable bouquet:** Use heart- and floral-shaped cookie cutters to cut fresh fruits and vegetables such as melon and bell peppers. Fill green skewers with cut fruits and vegetables, and arrange into a bouquet. Tie them together with red and pink ribbons. Kids might like to dip them in yogurt or hummus.
- **Heart sandwiches:** Create healthy sandwiches using whole grain bread and strawberry fruit spread. Use heart-shaped cookie cutters to cut out mini-sandwiches.
- **Valentine's Day taste test:** Host a taste test at your Valentine's Day party using only red fruits and vegetables. Pomegranate, cranberries, apples, blood oranges, raspberries, red peppers, and cherry tomatoes are great options.
- **Berry yogurt:** Kids can add fresh or dried strawberries, bananas, blackberries, or raspberries to strawberry yogurt.

Healthy heart activities

- **Cupid Says:** Played like Simon Says, have kids complete the exercises that Cupid says. If the leader does not say "Cupid says" before saying the action,

kids should not complete the action. For example, "Cupid says jog in place while touching your nose!"

- **Feel the beat:** Teach kids how to measure their heart rates. To measure your heart rate, simply check your pulse. Place your index and middle fingers on your neck to the side of your windpipe. To check your pulse at your wrist, place two fingers on the thumb side of your wrist. Have kids measure their heart rates at rest and after they complete exercises such as running or jumping jacks.

Eating healthy and being active as a family is important for the growth of children. Children who eat healthy and get enough physical activity perform better in school. Lifestyle habits are formed when healthy choices take place at home.

REFERENCES:

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- <https://newsroom.heart.org/events/february-american-heart-monthwomen-heart-disease>
- <https://www.wakehealth.edu/Stories/Heart-Healthy-Ways-to-Celebrate-Valentines-Day>

PARENT
HEALTH BULLETIN

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