

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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Safety First

Winter Weather



After a snowstorm, most children beg to go outside and build a snowman or go sledding. But low temperatures can lead to dangerous conditions for kids – and injuries too.

Here are 10 Tips to Protect Children in Cold Weather:

1. Layer up! Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.
2. Play it safe. Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited due to snow banks and ice on the roads makes braking difficult.
3. Beware of clothing hazards. Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
4. Check in on warmth. Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
5. Use sunscreen. Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.
6. Use caution around fires. Wood-burning stoves, fireplaces and outdoor fire-pits are cozy but can present danger. Use caution and put up protective gates when possible. If you've lost power or heat and are alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.
7. Get trained and equipped. Children should wear helmets when snowboarding, skiing, sledding or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.
8. Prevent nosebleeds. If your child suffers from minor winter nosebleeds, use a cold-air humidifier in their room. Saline

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Disabilities
 accommodated
 with prior notification.

nose drops can help keep their nose moist.

9. Keep them hydrated. In drier winter air kids lose more water through their breath. Offer plenty of water, and try giving them warm drinks and soup for extra appeal.
10. Watch for danger signs. Signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia call 9-1-1 immediately.

Sources: Save the Children, American Academy of Pediatrics, University of Michigan Health System

Dollars and Sense

What is "Financial Literacy"?

As parents, we understand the importance of literacy. We sit for hours reading with our children, and as they get older, teaching them letters, phonics, and sight words. These skills are the building blocks for a love of reading. Similarly, children learn about money matters in the same ways.

Learning how to think about money and manage it wisely is an equally important life skill. We must patiently help our kids "sound out" the many ways to control money. Our kids will learn by doing. Some lessons will be thrilling. Others will be frustrating, even painful.

In the end, we hope that our children will grow into financially responsible adults. The rewards are life altering: living within their means, free from the anxieties of debt, and secure in their future.

Source: Northwest Mutual,
<http://www.themint.org/parents/>

Let's Eat

Fruit and Cheese Snowman



These guys are made of mozzarella cheese, blackberry jam, pretzels, and fruit – a winning combination of flavors for children and adults!

Ingredients needed (for 15+ poppers):

- large chunk mozzarella cheese
- pretzel sticks
- 2-3 tablespoons seedless blackberry preserves (may substitute other seedless preserves)
- grapes (or other desired fruit) for hats

Assembly:

Step 1: Cut mozzarella into groups of 3 chunk sizes.

Step 2: Fill piping bag or plastic baggie with corner sliced off for piping with blackberry preserves, and pipe faces onto smallest chunks of cheese.

Step 3: Build Snowmen

Because they stay together so well, these guys don't even require a toothpick! If you are serving them at a party, however, I would use one in order to be able to quickly grab one from a serving plate.

Step 4: Layer your three chunks of cheese, largest on bottom, and work up. Slice the bottoms off of as many grapes as you have snowmen and add to the top to look like hats. Insert toothpicks and you are ready to go!

Source:<http://www.creativekidsnacks.com/2012/12/17/snowman-party-poppers/>

Play Time

Ice Painting Activity



Ice painting is loved any time of the year! Indoors, outdoors, at home and at school.

In the winter it can tie in with a snow theme and in the summer it can be added to a cool outdoor activity on a hot day. You can do this activity introducing our preschoolers to watercolors and different textures, in the winter when discussing the cold and ice, or as a part of discussing weather, or nature science. It's probably one of the simplest painting activities around, and yet it is always popular with kids.

What you will need:

- A large piece of ice, frozen in your choice of plastic container
- Watercolors
- A plastic tray to catch the puddles

Set Up: Pour water in your plastic container and allow it to freeze overnight. (One for each child, or for the amount of children who can fit at your art table at one time.) Right before starting this activity, remove the ice from the container onto a tray. Place watercolors on the tray next to the ice, along with a paintbrush.

The Process: Invite your children to brush the watercolors on top of the ice block.

Observe: Notice what happens with the watercolors as the ice starts melting. The texture starts changing, as do the colors.

When Finished: Either leave it as is, or press a piece of paper on top to make a print. Then, simply place the ice in the sink to melt. Clean up is a breeze!

Source: <https://teaching2and3yearolds.com/ice-painting-for-kids/>

Sincerely,

County Extension Agent for
Agriculture & Natural Resources Education

PARENT HEALTH BULLETIN



JANUARY 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: STAY ACTIVE IN WINTER



Winter is here. That means more outdoor sports like skiing, snowboarding, sledding, and other winter chores like shoveling snow. To enjoy all of these outdoor activities, you should definitely take some safety measures against the cold. By reviewing these winter tips, you can have a great time no matter how much snow accumulates.

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Make sure kids have on appropriate outdoor clothing. Add more layers depending on the temperature.

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Winter safety tips

- **Check the weather forecast** before going out for a day's activity.
- **Make sure kids have on appropriate outdoor clothing:** a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots. Add more layers depending on the temperature, and try to avoid cotton.
- **Before kids go outside, put sunscreen on everyone's face.** Snow can reflect up to 85 percent of the sun's ultraviolet rays causing sunburn.
- Kids sometimes have a tough time knowing when to come inside from the cold. Make sure to check on them regularly and **remind them to take frequent breaks to warm up.**
- **Make sure children drink plenty of warm fluids** to help the body maintain its temperature. If hot drinks are not available, drink plain water. It is easy to get dehydrated in the cold, often without noticing.
- **Beware of ice thickness over water.** Stay away from the banks of ponds, lakes, streams, and rivers. To be safe, the ice on frozen ponds, rivers, lakes, or canals should be at least 6 inches thick before you walk on it. For groups, the ice should be 8 inches thick. The color of ice can be an indication of its strength:
 - Clear blue ice is strongest.
 - White opaque or snow ice is half as strong as blue ice.
 - Grey ice is unsafe.
- **Stay healthy while cooped up by making sure everyone in your family washes their hands frequently.**
- If you are going on a road trip during the winter, **make sure you have a first-aid kit, extra blankets, and gloves in the car.**

Participating in winter sports will help keep the whole family healthy, just remember, to stay safe. Go out and enjoy the snow!



REFERENCES:

- <https://www.cdc.gov/features/winterweather>
- <https://health.clevelandclinic.org/kids-can-avoid-injury-winter-sports>
- <https://kidshealth.org/en/parents/winter-safety.html>
- <https://parachute.ca/en/injury-topic/winter-outdoor-safety>

**PARENT
HEALTH BULLETIN**

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