

Pre-School Pages



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

March 2020

Celebrate

National Nutrition Month®

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2020 is "Eat Right Bite by Bite", which acts as a reminder that good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.



Let's Eat

Breakfast

Pancakes are an all-American breakfast treat, and this version pairs chocolate chips and fresh bananas for extra goodness. Blueberry syrup or wild blueberry sauce also adds great flavor!

Chocolate Chip Banana Pancakes



INGREDIENTS:

- ¾ cup all-purpose flour
- 2 tablespoons sugar
- ½ cup toasted wheat germ
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 eggs, lightly beaten
- 1 cup reduced-fat buttermilk
- 1 banana, mashed
- ¼ cup semisweet or milk chocolate chips
- Vegetable oil cooking spray



Directions:

1. Combine the flour, sugar, wheat germ, baking powder and baking soda in a large bowl; set aside.
2. Whisk together the eggs, buttermilk and banana in a separate medium-sized bowl.
3. Pour the wet ingredients over the dry and stir just until mixed. Stir in the chocolate chips.
4. Spray a skillet with the cooking spray; heat over medium-high heat. Sprinkle a few droplets of water on the surface; the skillet is preheated when water sizzles.
5. Spoon the batter onto the hot skillet using a ¼-cup measure. When bubbles appear in the center of the pancake, flip it to the other side. Cook both sides to golden brown.

Serving size: 3 small pancakes

Serves 4

Calories: 290; Total fat: 8g; Saturated fat 3g; Cholesterol; 80mg; Sodium: 150mg; Total carbohydrate: 48g; dietary fiber: 4g; Protein: 12g

Pamela Aughe, RD, is a contributor to "Cooking Healthy Across America" by the American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of the Academy.

Let's Play

The American Heart Association recommends that children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day.

Kids 6-17 years old should get at least 60 minutes per day of moderate-to-vigorous-intensity physical activity, mostly aerobic.

Active kids are more likely to have:

- a healthy weight
- stronger, healthier bones and muscles
- better heart and brain health

- improved brain function, including memory, attention and problem-solving
- better school attendance and academic performance, especially in math, reading and writing
- lower long-term risk of cardiovascular diseases, diabetes and some kinds of cancer
- less stress and fewer symptoms of anxiety and depression
- less inappropriate and distracting classroom behavior
- improved mental health and psychological well-being, including confidence and self-esteem

Provide kids with opportunities to be active. Give them active toys and games, such as bikes, skateboards, roller skates, scooters, jump ropes, balls and sports equipment.

Be a role model for an active lifestyle. Start moving more yourself and find ways to be active together as a family.

Reduce or limit sedentary screen time, including watching television, playing video games and using a digital device. Don't use the TV or a device as a babysitter.



Sincerely,

Darrell Simpson

County Extension Agent for
Agriculture & Natural Resources Education

PARENT HEALTH BULLETIN



MARCH 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: POISON PROOFING



National Poison Prevention Week happens during the third full week of March every year. One of the reasons to raise awareness is because many things around the house can be poisonous if used in the wrong way or gotten into by kids. By knowing the risks, you can help keep kids safe. More than 2 million poisonings are reported each year to poison control centers. According to the American Association of Poison Control Centers, 93 percent of poisonings happen at home and 45 percent of poisonings involve children younger than the age of 6.

Keeping an eye on your child all the time is impossible. Help them stay safe by keeping your house poison-safe by storing potentially hazardous items properly and teaching children to always ask before they touch or taste things. Kentucky Poison Control urges you to keep your home poison-safe by following some simple tips.

Continued on the back →



Keep all bleaches, soaps, and detergents, out of reach of children or in a locked cabinet.



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Kitchen

- Move cleaning products from under the sink to upper shelves or locked cabinets.
- Remove medicines including vitamins from countertops, windowsills, and open areas.
- Never call medicine candy.

Bathroom

- Keep all medicines, cosmetics, perfumes, mouthwashes, etc., out of sight and reach of children — or lock them up.
- Move drain cleaners, toilet bowl cleaners, and other cleansers from under the sink to upper shelves of locked cabinets.
- Dispose of outdated medications appropriately.

Bedroom

- Remove medicines from your dresser or bedside table.
- Keep perfumes, nail polish removers, and powders out of reach of children.

Laundry area

- Keep all bleaches, soaps, and detergents, out of reach of children or in a locked cabinet.
- If you use detergent packets, be sure they are stored out of reach.

Garage or basement

- Keep insect sprays, weed killers, and fertilizers in locked storage.
- Keep turpentine, paints, antifreeze, windshield washer fluid, rust removers, and motor oils in locked storage.

General

- Keep products in their original containers with original labels.
- Never put chemicals in food containers (e.g., never put bleach in a drinking glass or gasoline in a soda bottle).

Even with these precautions in place, kids still can get hurt and accidents do happen. But being prepared will help you to act quickly and confidently in the event of an emergency.

What do you do if you think your child is poisoned?

If you think someone has been poisoned, call Kentucky Poison Control at 1-800-222-1222. The line is open seven days a week. Do not wait for the victim to look or feel sick. Do not try to treat the person yourself. Keep this number by the phone in your home. If you have a cell phone, it is a good idea to have it programmed in your phone as a contact. Calling the Poison Control Center is fast and free.

REFERENCES:

- <https://aapcc.org/centers>
- <https://kypoisoncontrol.com>
- <https://kypoisoncontrol.com/poison-prevention/parents>
- <https://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week>

PARENT
HEALTH BULLETIN

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