

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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Let's Eat

Edible Snowman

1 box round
 crackers
 1 container low
 fat cream cheese
 Tiny slices of carrots,
 apples

Box of raisins

Each child gets 3 round crackers,
 approximately 2 tablespoons of
 cream cheese, and a small pile of the
 sliced fruit, veggies and raisins. Place
 the crackers on a paper plate. Allow
 child to spread cream cheese on the
 crackers and decorate with veggies,
 apples and raisins.



important to make sure your child is
 staying safe while out in the elements.
 Snow is a great way for kids to stay
 physically active, but you will want to be
 sure they are staying warm and dry while
 playing the day away.

Layer up! It is helpful to make sure your
 child has on enough layers to be outside.
 Several layers, followed by a sweater and
 a coat is a good way to start off the day. If
 your child is getting warm, you can take
 off a layer under the sweater and coat. For
 the under layers, try to stay away from 100
 percent cotton clothes. Cotton does not
 keep kids very warm. Try to stay with wool
 or other fabrics such as fleece. Don't
 forget that a coat should always remain
 on.



Kid's Care

Keeping
Kids
Warm in
the Cold
With the
cold
weather
here to

stay for a while, it is

A hat and gloves or mittens are also very
 important for both children and adults.
 Hats keep heat in the body and gloves
 and mittens help keep fingers warm and
 dry. Waterproof gloves or mittens are
 really the best choice for children. This is
 very important if they will be digging in
 and playing in the snow.

Don't forget about the feet. The feet may
 need to layer more than one pair of socks.
 And don't forget some boots or other

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Disabilities
 accommodated
 with prior notification.

waterproof shoes. If your children will be playing in the snow, you will want to make sure the boots have some treads. This will lessen the chance that they will slip and slide all over the snow and ice. As a general rule, dress your child as you would dress yourself outside.

Don't forget the sunscreen. As snow is white, it can reflect up to 85 percent of the sun's ultraviolet rays. No one wants sunburn - but especially not in January.

Some kids may tell you that they are "fine" even when they are showing signs of being very cold. Many kids do not like wearing big and bulky things and will try to wear fewer layers. You can explain that if they get hot, you can take off some of the under layers.

If your child is starting to show signs of being cold you should bring him or her inside. If the teeth start chattering or he or she is shivering, it is time to take a break from the cold. Another sign it is time for a break is a red nose. Offer warm beverages such as warm milk, cocoa or cider as a treat for coming inside. It is also a good idea to make sure your child is well warmed and rested before allowing him or her back out.

Taking the time to make sure that your child is dressed properly before going outside will make it more enjoyable. Hopefully you can layer up and play out in the snow too.

Source: <https://fcs-hes.ca.uky.edu/files/0116-health-bulletin-parent-ar.pdf>



Fingerprint Snowman Globe **Materials Needed:**

- 1 piece each of blue and black construction paper
- Acrylic Paints (white and a variety of other colors)

Steps:

- Cut a circle out of blue paper and a bottom out of black paper.
- Have your child dip their pointer finger in white paint and make the shape of a snowman.
- Once the white paint is dry, add "snowflakes" around the snow globe with the white paint. Use other colors to add a snowman nose, arms, scarf, buttons, and a mouth!

Source: <http://craftymorning.com/diy-fingerprint-snow-globe-globe-craft>

Sincerely,

Vicki Wynn

County Extension Agent for
Family and Consumer Sciences

Play Time