

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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July 2022

Let's Celebrate

4th of July

On July 4th you may dress in your red, white, and blue, attend a family picnic, or go to a local parade. There are many fun activities to choose on that holiday. But, do you know why we celebrate the 4th of July?

This festive holiday is a celebration of the day the Declaration of Independence was signed. We often call it America's birthday. The Declaration of Independence declared the United States was no longer under the rule of Great Britain. Going against Great Britain was scary for the leaders of the United States but the risk was worth what would be gained for all the people in the United States.

Because of the freedom gained on July 4, 1876, we are able to celebrate this holiday through traditions passed down from our family or by making our own fun. Whether you choose to have an outdoor picnic at the park, go to a baseball game, or attend a fireworks show, we can all show love for our country by celebrating its independence.

Source:
www.loc.gov



Let's Eat

Picky Eater Predicament

Fruits and vegetables are important sources of fiber and many vitamins children need for their health, growth and development. The U.S. Department of Agriculture's MyPlate is a guideline for how to eat healthy. MyPlate suggests vegetables and fruits comprise half of a typical meal. Children develop food preferences at an early age so the earlier and more often children eat vegetables, the better.

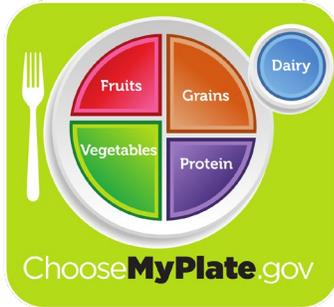
Many children claim they do not like certain vegetables when they've never tasted them. Make sure your children taste a particular vegetable before they decide not to like it. Sometimes children don't like the way a vegetable is prepared, which causes them to believe they don't like a vegetable. If your children don't like a cooked vegetable, try offering it raw or mixed with other foods and vice versa. You can set a good example for your children by consuming more vegetables and fruits yourself, especially during family mealtimes when children are watching you. Remember, just because you don't like a particular vegetable doesn't mean they won't.

Parents should make sure children have ready access to fruits and vegetables. Make sure vegetables of some form are offered at every meal. Offering a variety of vegetables at mealtime will allow children to pick the one they like. Pre-washing and keeping small bags of vegetables in the refrigerator allow the child to easily access and eat vegetables as snacks.

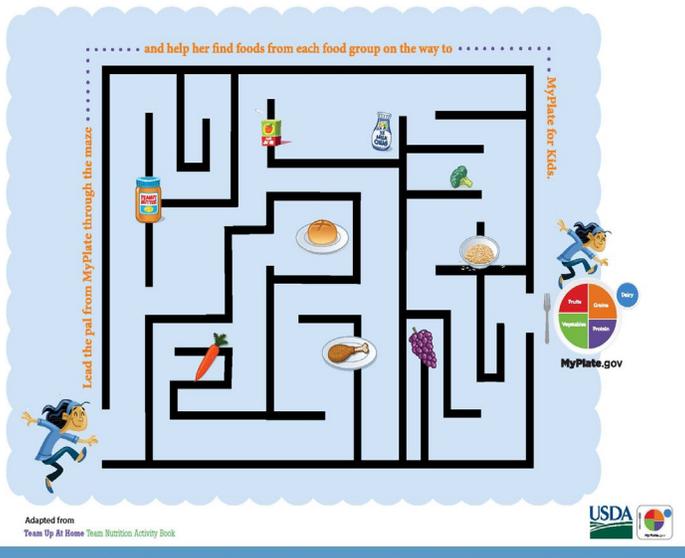
If your child still refuses a particular vegetable, keep trying. Children tend to fear new foods, and many times it will take them eight to 10 tries before they are ready to taste the vegetable. It may take them even longer to decide they like it.

Vegetables should be offered in a relaxed environment. Forcing, threatening, punishing or offering a reward for eating vegetables have proven to be unsuccessful strategies to get children to eat and like vegetables.

Source: Ingrid Adams, UK assistant extension professor for nutrition and weight management



MyPlate Maze



- Watch kids when they are in or around water. Keep young children and weak swimmers within arm's reach of an adult. Make sure more experienced swimmers are with a partner every time.
- Choose a Water Watcher. When there are several adults present, choose one to be responsible for watching children in or near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another adult to be the Water Watcher.
- Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- Make sure kids learn these five water survival skills.
 1. Step or jump into water over their head and return to the surface.
 2. Turn around in the water and orient to safety.
 3. Float or tread water.
 4. Combine breathing with forward movement in the water.
 5. Exit the water.
- Teach children that swimming in open water is different from swimming in a pool. Be aware of situations that are unique to open water, such as limited visibility, depth, uneven surfaces, currents and undertow. These potential hazards can make swimming in open water more challenging than swimming in a pool.

Source: <https://www.safekids.org/poolsafety>

Life Savers

Swimming and Water Safety

Whether it's a trip to the beach or a dip in the community or backyard pool, these swimming safety tips can help you have fun in the sun.

Sincerely,

Kelley Alsi

County Extension Agent
for Family & Consumer Sciences