

# 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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## Play Time

### Fun with Fall Leaves

Enjoy fun, physical activities in the fresh outdoor air while you collect leaves of all shapes and sizes with your little one.

#### 1. Sticky Leaf Tree

Go on a leaf hunt and find all sorts of leaves. Draw the outline of a tree onto a long piece of contact paper (on the sticky side) then use tape to fasten it to the wall. Invite your little one to create their tree with the leaves you found outside!

#### 2. Leaf Rubbings

Take some of those beautiful leaves and create leaf rubbing art. Here's how to do it:

1. Place the leaves under a white piece of paper.
2. Rub white crayon over the leaves.
3. Have your child paint with watercolors to reveal the leaves.
4. Talk about the parts of the leaf and how the veins help the leaf get water and minerals to keep it alive.

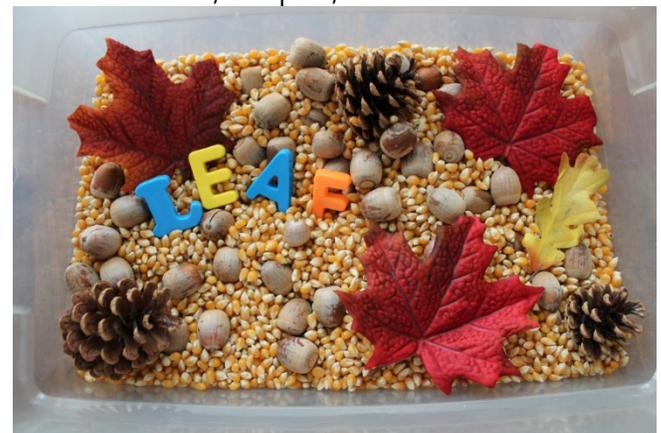
#### 3. Leaf Confetti

This one is so simple and great for practicing fine motor skills! Simply use a hole-punch to make confetti with the leaves. This confetti is both biodegradable and gorgeous!

#### 4. Leaf Sensory Bin

Fill a bin with popcorn seeds (which feel awesome), acorns, pine cones, and

leaves, let your little one sort through the different sizes, shapes, and textures.



#### 5. Leaf Memory Game

Gather some leaves and create a memory game! You can make this two different ways. One way is to laminate the leaves onto card stock paper. The other way is to use contact paper to cover the leaf onto card stock paper. Make sure to have pairs for each leaf.

#### 6. Crunched-Up Leaves Project

Crunch up some leaves and glue them onto a tree template. Trace around their hand/arm to create a memory-maker tree.

Source: <https://teachingmama.org/8-leaf-activities-for-preschoolers/>

## Kid's Care

### Picky eaters

Holiday meals can be especially frustrating for parents of "picky eaters."



Do you like to eat broccoli? Spinach? Onions? How about liver? Everyone has foods that they like and some they don't like. The same is true with children. Sometimes it seems like children have a longer list of "don't like" foods than ones they like. That's when adults get worried.

***You can't make me eat.***

Children refuse to eat for a number of reasons, including these:

- They aren't hungry
- They want to be in control

There are times when adults aren't hungry and that's true with children too. Children have the right to choose if they want to eat or not. Remember: a truly hungry child will eat! You may want to offer a choice of one other food, such as a peanut butter sandwich, if a child doesn't like what is being served.

When it comes to eating, adults are in charge of what to give the child, as well as where and when they eat. The child chooses if he wants to eat and how much. Never try to force a child to eat.

***A truly hungry child will eat.***

**Trying new foods**

Some children are ready and willing to try new foods; others won't touch them. Leave it up to the child to decide if he wants to try a new food. Be a good role model and try it yourself, but never force a child to try a new food.

Some adults have the "one bite" rule to get children to taste a new food. This rule is fine as long as the adult remembers it is for tasting only. Make sure the child knows he can spit out the food into a napkin or put it at the side of his plate if he doesn't like it or doesn't want to eat it. Children will be more likely to try new foods if they know they don't have to swallow anything they don't like.

If a child doesn't like a food the first time she tries it, that doesn't mean she'll hate it forever. Don't give up. Wait a week or two and serve that same food, maybe in a

different way. It often takes about ten times of tasting before children get used to and like the taste of a new food.

Never reward a child with a favorite food for tasting a new food (such as giving ice cream as a reward for trying broccoli). Food rewards make children want the reward (ice cream), not the new food (broccoli).

Snack time is a good time for trying new foods. Serve something you know the children like along with something new. This way the children can eat the food they like, so they may be more willing to try a bite of something new.

One of the best ways to get children to try new foods is to have them help make the food. When children have a hand in making food, they are more likely to want to try it.

***Never force a child to eat.***

Source: <https://extension.psu.edu/programs/betterkidcare/early-care/tip-pages/all/picky-eaters>

## Let's Eat

### **Turkey fruit platter – Thanksgiving appetizer for kids**

1. Cut the pear lengthwise in half. One half will be the birds' "body", cut the other half into small cubes.
2. Cut the orange and apple into small cubes. Slice the bananas and kiwi.
3. Place the pear half on a big round serving tray and arrange the fruit pieces around the pear (it should resemble the "tail").
4. Cut out the "legs" out of a piece of red bell pepper and place them under the pear.



Source: <https://www.everyday-delicious.com/turkey-fruit-platter/>

Sincerely,

County Extension Agent for  
Agriculture & Natural Resources

