

Pre-School Pages



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

Cooperative Extension Service

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Kids Care Teaching Caring by Sharing the Cleaning

One thing the pandemic taught many households over the past year or so is that roles are fluid. Whether picking up new caretaking duties or household chores, many families needed to redistribute the load when outside support was unavailable. This included getting the kids involved in helping around the home, if they didn't already.



There are a lot of ways kids can help with tasks around the home and it's been shown to teach responsibility and build self-esteem. The most important element is assigning chores that are age appropriate. They must be able to complete it safely. Here are some ideas:

- Start small: Even a few tasks can help instill a sense of shared responsibility. Set kids up for success by identifying initial places to help, like sorting socks, and working up from there.
- Embrace imperfection: Especially when they get started, kids will not be good at certain tasks. Figure out what you can live with and assign things you won't get the urge to redo after they're done.

- Keep it light: Pitching in on chores is a fact of life when living in a family; however, it can quickly be a point of contention. Try to find ways to make it a neutral or even fun experience. It may help to offer a choice or build in an incentive.
- Be safe: Look for tasks where kids can be successful and keep young kids away from cleaning products. There are other places they can help, like picking up toys or putting clean clothes away.

Source: American Cleaning Institute, Clean and Happy Nest newsletter, August 2021.

Celebrate!

National Honey Bee Day

The third Saturday of August is designated as National Honey Bee Day. Let's celebrate and show our appreciation for the hard working Honey Bee, who



works so hard to produce the liquid sugary treat, that is loved so much by bees and humans.

Speaking of hard working, did you know that many bees have to travel a total of 55,000 miles to produce just one pound of honey? To get that pound of honey, those bees need to



gather nectar from two million flowers. A single bee will gather just a 1/2 teaspoon of honey in its lifetime. After all of this hard work, honey bees deserve this special day of recognition.

This day was first established in 2009 for beekeepers, as a way to promote honey and to encourage educational programs. But, this is too special a day to limit to the beekeepers. We appreciate hard working honey bees, too. After all, they produce honey that we enjoy, and they are vital to the pollination of a wide array of our fruits and vegetables. Celebrate the day by purchasing some honey from local beekeepers or at the Farmers Market. But one warning—do not give honey to children less than one year old. Their body systems are not yet developed enough to handle honey and it may cause a serious reaction!

Let's Eat

Mac and Cheese Surprise

This recipe is a great way to sneak a little extra nutrition into a favorite dish!



- 1 large summer squash, chopped
- 1 1/2 cups elbow macaroni
- 1 tablespoon unsalted butter
- 1 tablespoon all-purpose flour
- 1/2 cup skim milk
- 1 tablespoon Neufchatel cheese (reduced-fat cream cheese)
- 1/2 cup shredded cheddar cheese, divided
- 1 teaspoon salt

In a covered vegetable steamer or saucepan with boiling water, steam squash for 7 minutes or until tender. Drain and place squash in a blender or food processor. Puree until smooth and set aside. Cook macaroni according to package instructions and drain.

In a large saucepan over medium heat, melt butter. Add flour and whisk constantly for 1 minute. Gradually add the milk and stir until bubbly. Add squash puree to the milk mixtures and stir until combined. Add

Neufchatel cheese, 1/4 cup cheddar cheese and salt. Stir until cheese is melted.

Pour sauce over macaroni and stir until coated. Sprinkle the remaining cheddar cheese on top and serve.

Source: Leslie McCamish, Senior Extension Associate for Kentucky Nutrition Program, UK Cooperative Extension Service

Yield: 6 servings

Nutrition Facts per Serving: 190 calories; 6 g total fat; 0 g trans fat; 15 mg cholesterol; 460 mg sodium; 25 g carbohydrate; 2 g fiber; 3 g sugar; 8 g protein

Play Time

Paper Plate Felt Apple

Apples are coming into season, and this easy craft is a great way to learn about apples. The supplies call for felt, but colored paper is a great substitute.



Supplies: glue, felt or colored paper (red, green, brown), large paper plate, black marker, stapler, scissors

Use the scissors to cut squares out of the red paper or felt. Glue them around the outside edge of the paper plate. Cut a rectangle from the brown paper or felt and attach to the top of the paper plate for the stem. Draw around your child's hand on the green paper or felt and cut out. Attach to the top of the plate by the stem. Add seeds in the center of the plate with the black marker. Enhance the learning by cutting a real apple in half and talk about how they are similar. All steps can be done by a preschooler with adult supervision.

Sincerely,



County Extension Agent for
Family and Consumer Sciences



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