

A NEWSLETTER
DESIGNED
WITH PARENTS
OF YOUNG
CHILDREN
IN MIND!

KIDS KORNER



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Fun Indoor Activities during the Winter Months to Teach Reading Skills

During the cold winter months, it is harder to find activities to do with younger children. It seems all too easy to allow a child to spend more time on the computer or in front of the television. However, these activities can get in the way of time together as a family and can even slow the development of important kindergarten readiness skills. What are some ideas that families can do instead to help young children learn reading skills?

Activities to Build Reading Skills

- Build a reading spot together in the house. For example, a tent can be built in just about any room. Tents can transform even the smallest spaces into hours of fun story time activities together.
- Go to the library together. Winter is the perfect time to go to the library. You can borrow books for yourself and your child.
- Read yourself. Your actions really do speak louder than words.
- Read out loud to your child and read every day. Reading, like playing piano or basketball, is a skill. It gets better with practice.
- Have a newspaper scavenger hunt. Write a list with your child of things to find in the newspaper. Some ideas might be maps, words that begin with the same first letter as your child's name, or words of the day like they do on Sesame Street.
- Make reading those books a reward. For example, allow your child to stay up 15 minutes later if she is reading in bed. Tell her that if she helps you with the dishes after dinner, it will give you extra time to read an extra story that night with her before bed.

Source: Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development, University of Kentucky; College of Agriculture, Food and Environment

School Readiness for Reading: What Does It Mean?

- ✓ Enjoys and participates in storybook reading.
- ✓ Beginning to understand the basic concepts of pre-reading including learning that reading is left to right on the page, reading is from the top to bottom of a page, reading a book goes from the front to the back of a book, and that words have meaning.
- ✓ Know about and able to identify some letters of the alphabet, especially those letters in his/her name.
- ✓ Pays attention to how words sound, including rhyming and playing with words.



Source: <https://kidsnow.ky.gov/families/Documents/parent-guide-3-4.pdf>. Retrieved 12-21-2017.



“More Matters”

Children and adults need a variety of food, including fruits and vegetables. The more colorful the fruits and vegetables, usually, the more vitamins and minerals are contained. Eating more fruits and vegetables is what matters.



Is your child a picky eater?

Children are more likely to try a new food if they select or prepare the food. Each trip to the store, let your child select a fruit or vegetable for the family to try. The food may begin with the letter of the alphabet that the child is studying in school or a color of the rainbow. There is a world of fruits and vegetables in grocery stores. Check the label on the fruit or vegetable that identifies origin. Locate the origin of the item on a map. If you are not sure how to prepare a fruit or vegetable, contact your county Extension office or visit fruits and veggies – more matters at <http://www.fruitsandveggiesmorematters.org/>

Are you getting bored with the same fruits and vegetables?

Fruits and vegetables are found canned, frozen, dried, fresh or in 100 percent juice. There are over 200 different tastes for your family to experience and many different textures. No matter what form you purchase, offering fruits and vegetables at each meal and as snacks will make a difference for your child.

Source:: Sigler, Pam. Senior Extension Specialist. University of Kentucky Cooperative Extension Service. LEAP Parent Newsletter, HSW-PLS.710. Copyright 2008 for materials developed by University of Kentucky Cooperative Extension.

Makes 8 servings • Serving size: 1/2 cup

INGREDIENTS:

4 cups of fresh or canned fruit (drain if using canned)
1 tablespoon margarine
¼ cup brown sugar, packed
1 tablespoon cinnamon

DIRECTIONS:

1. Preheat oven to 325 degrees F.
2. Arrange fruit in a flat baking dish.
3. Dot top of fruit with margarine.
4. Combine brown sugar and cinnamon; sprinkle over fruit.
5. Bake 30 minutes.

NUTRITION FACTS PER SERVING:

80 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 15mg sodium; 19g total carbohydrate; 2g dietary fiber; 16g sugar; 1g protein; 2% Daily Value of vitamin A; 25% Daily Value of vitamin C; 2% Daily Value of calcium; 2% Daily Value of iron

Baked Fruit



Sincerely,

Lynette Bridge

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