

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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Celebrate September is Better Breakfast Month

There is no better time to celebrate breakfast than during the entire month of September. It's Better Breakfast Month! Breakfast is considered the most important meal of the day. Eating breakfast has many health benefits. Eating a regular morning meal helps control hunger and can guide us towards eating healthier meals regularly throughout the day.

A complete breakfast should contain a balance of all the major food groups. Protein, dairy, fat, and carbohydrates. These elements are vital to maintaining stamina and fending off hunger throughout the day.



Let's Eat Breakfast Pizza (planeatmove.com)

Ingredients:

- Cooking spray
- 2 (8 ounce) tubes reduced-fat crescent rolls
- ½ pound breakfast sausage
- 1 cup (4 ounce) fresh mushrooms, chopped or sliced
- ½ cup onion, chopped
- ½ cup green pepper, chopped
- ½ cup tomatoes, chopped
- 4 eggs, well beaten
- 1 cup shredded cheddar cheese

Directions:

1. Preheat oven to 375 degrees F. Spray a cookie sheet.
2. Press crescent rolls onto the cookie sheet with fingers to create one even sheet of dough.
3. Pinch up the edges to hold toppings.
4. In a skillet, brown sausage and drain.
5. Sprinkle sausage, mushrooms, onion, green pepper, and tomatoes evenly over the dough.
6. Pour eggs over top and sprinkle with cheese.
7. Bake for 20 minutes or until lightly browned.
8. Cut into squares with a pizza cutter and serve.



Play Time

Toys & Activities for Special Play Time

Special playtime is a chance for you to focus on your child's good behaviors and build a strong, nurturing relationship. You can use the time to actively listen and practice praising, imitating, and describing your child's behavior. The more you practice the skills, the easier it is to use them in everyday situations.

- Use toys or activities that encourage your child to be creative. Blocks, crayons, and paper are some toys and supplies that allow your child to use his imagination. If a toy moves and plays by itself, it is probably not a good idea to use it during special play time.
- Use toys and activities that are safe for your child's age. Child scissors, plastic pots and pans, and large plastic blocks are good choices for young children. Avoid toys with small detachable parts for very young children.
- Use toys and activities that are at the right skill level for your child. With young children, you may want to use smaller blocks as they are easier for younger children to hold and put together.
- Make sure you have enough toys so you can play with your child. For example, you might want to have two dolls or trucks for special play time so you can easily imitate your child's behavior.



Life Savers

Safe Medicine Storage

We want to encourage our kids to explore and discover their world, so it is especially important to include medicine safety when childproofing your home.

1. Choose a Safe Spot: Walk around your house to find the safest place to keep your medicines. The location should be up and away and out of the sight and reach of children.
2. Lock the Safety Cap: Always relock the cap on a medicine bottle. If the bottle has a locking cap that turns, twist it until you hear the click or cannot twist anymore.
3. Put Medicines Away: After locking the safety cap, it is important to always put medicines back in their safe storage location. Curious children act fast, so never leave medicine out on a kitchen counter or at a sick child's bedside, even if you have to give it again in a few hours.
4. Remind Guests: Ask family members, houseguests, and other visitors to keep purses, bags, or coats that have medicine in them up and away and out of sight when they are in your home.
5. While Traveling: While staying with family or friends or at a hotel, find a safe storage place that is out of sight and reach of young children, like a high cabinet. If you are in a hotel room, try the passcode-protected room safe for safe storage.

Source: Center for Disease Control

Sincerely,

Vicki Wynn

County Extension Agent for
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