

# 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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## Let's Eat

### Reindeer Snacks



#### Ingredients

- 3 celery stalks
- ¼ cup peanut butter
- 12 raspberries
- 24 raisins or mini chocolate chips
- 24 mini pretzel twists

#### Directions

1. Cut each stalk of celery into 4 pieces.
2. Fill the cavity of each celery piece with approximately one teaspoon of peanut butter.
3. Place a raspberry on the end for a nose and add two raisins or chocolate chips for eyes. Break pretzel twists to look similar to antlers and add to the top of each snack.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky  
 Cooperative Extension Service

## Play Time

### Freeze Dance

#### Materials

Music equipment: phone, stereo-system, computer, CD player, etc. Speaker



#### Directions

1. Set up the music equipment, and select music ahead of time. Use the Freeze Dance song for young children or nursery rhymes. For youth, get song suggestions from the participants. Play music that is age appropriate.
2. Explain to participants that it is time to break out of their comfort zones and get moving. Remind everyone to dance safely. Have participants spread out to prevent injuries.
3. Begin the game by starting the music. During this time, everyone has to dance and move.



4. Stop the music intermittently. When the music stops, everyone has to freeze. Don't remind them to freeze as this will make the game too easy. Try to trick the players by playing the music and stopping it really quickly.

5. Elimination - if the music stops playing and someone moves, then they're out of the game. Continue to play. To win you have to be the last one standing.

6. Variations: Each time you stop the music, before you start playing the music again, tell everyone to dance or move or freeze a certain way. Dance or movement examples: dance like a ballerina, hop like a frog, do the disco, break-dance, do the salsa, ballroom dance, etc. Freeze position examples: statue, model, certain animal, superhero, shape, letter, etc.

Source: Natalie Jones, Extension Specialist, University of Kentucky Cooperative Extension Service

## Dollars and Sense Meaningful Holidays for Your Children

Holidays can be times of excitement and joy for all, but especially to children, who always look forward to receiving presents, oftentimes costly and unnecessary. Sometimes our children are more concerned about the presents they want, and forget the true meaning of the holidays: shared time and enriching experiences. Here are a few tips for parents to help their children focus on the true meaning of the holidays.

- Talk about Family Traditions – Talk with your children about family traditions and the importance of conserving them. You can have your children ask older relatives about the things they did to celebrate their holidays as children. Perhaps your children may get new ideas about how to spend the holidays with family and friends. If you do not have family traditions, this would be a great time to ask your children for fun activities they would enjoy doing during holidays, and make them a tradition.
- Encourage Children to Give Time and Experience rather than Material Things –

The holidays are a good opportunity to give back to your community. Talk to your children about the importance of volunteer work or community service, and help them get ideas to volunteer around the holidays. Volunteer as a family at a local food pantry or soup kitchen. Kids can also give of their time and help other family relatives or neighbors with house chores, yard work or care.

- Make Home Gifts with Your Children – Involve your children in making home gifts or preparing food for family members and friends. Cards, photo albums, scrapbooks, paintings/drawings, cakes and other baked goods can be great ways to create gifts for others. Make gifts that are appropriate to your child's age and ability. Emphasize what really matters is to express love and gratitude, no matter how people do it.

Reference: Kids Health. Making the Holidays Less Materialistic. <http://kidshealth.org/parent/positive/talk/holidays/materialistic.html#>

Source: David A. Weisenhorn, Senior Extension Specialist for Parenting and Child Development Education; University of Kentucky College of Agriculture, Food and Environment



Sincerely,

*Ashley Board*

County Extension Agent for  
Family and Consumer Sciences