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Taylor County

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# LEAPS & BOUNDS

PARENTING PRESCHOOLERS

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for viewing on our website:  
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## Holiday Food Questions???

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# 10 tips

Nutrition  
Education Series

# focus on fruits

## 10 tips to help you eat more fruits



**Eating fruit provides health benefits.** People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

### 1 keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



### 2 think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



### 3 think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

### 4 don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



### 5 be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

### 6 include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



### 7 try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

### 8 experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

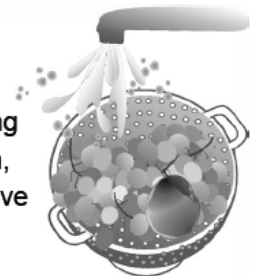
### 9 snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.



### 10 keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



## Prevent Carbon Monoxide Poisoning

You can't see, feel or smell carbon monoxide. However, this deadly gas can make you very sick or even kill you. Over 5,000 people in the United States die every year after breathing too much carbon monoxide. Several thousand people go to hospital emergency rooms for treatment for carbon monoxide poisoning.

When inhaled, carbon monoxide bonds with the hemoglobin in blood, displacing oxygen and resulting in oxygen starvation within the body. The brain and heart require large amounts of oxygen and quickly suffer from the oxygen shortage. This makes even small amounts of carbon monoxide dangerous.

The risk of carbon monoxide poisoning increases when the heating season approaches. Children, unborn babies, people with asthma, older adults, or people with heart or lung problems are more likely to get hurt from breathing carbon monoxide. But remember, carbon monoxide harms even healthy people. Carbon monoxide poisoning can cause neurological problems, learning disabilities, memory loss and personality changes in children. Because of the higher oxygen requirements of smaller bodies, carbon monoxide's interference with oxygen delivery can lead to permanent damage to a child's developing nervous system.

Many carbon monoxide poisoning victims are young children. Young children are vulnerable to misdiagnosis because they cannot fully explain the

onset, progression and severity of their symptoms and because children spend most of their time in the home, they are more likely to be exposed to carbon monoxide produced by gas, oil, wood or propane burning appliances and heating systems.

Chronic exposure to low levels of carbon monoxide can cause vague symptoms that are easily mistaken

for other common illnesses. During the past five years, three families have contacted the Wisconsin Division of Public Health to report illnesses that may have been caused by chronic exposure to carbon monoxide. Members of these families were diagnosed with a variety of conditions including chronic fatigue syndrome, depression and influenza.

Carbon monoxide exposure was not suspected as a cause of these illnesses until heating contractors discovered that gas appliances in these families' homes were not properly vented.

### Signs of Carbon Monoxide Poisoning

Protect your family by learning the signs of carbon monoxide poisoning. Symptoms of carbon monoxide poisoning are similar to the flu, but without the fever. They include headaches, fatigue, nausea, dizziness, confusion and irritability. Continued exposure can lead to vomiting, loss of consciousness, brain damage, muscle weakness and death. Because the symptoms resemble many other illnesses, carbon monoxide poisoning can be hard to identify.



## Guidelines to Prevent Carbon Monoxide Poisoning

- Have your furnace or boiler serviced every fall to be sure it is working properly. Make sure they use a tool that measures carbon monoxide. If you rent, ask your landlord to have the heating system checked.
- Make sure chimneys are clean and working right. Have your chimney, wood-burning fireplace, or wood stove swept every year. Burning wood nearly always makes a lot of carbon monoxide. It is very important that all the smoke goes out the chimney.
- Never warm up a vehicle inside the garage. Warming up your car for just a few minutes, even with the garage door open, can make enough carbon monoxide to make you sick.
- Never use charcoal grills or run small gasoline engines (snow blowers, chain saws, lawnmowers, etc.) inside your home, garage, or basement.
- If you use unvented kerosene or gas heaters or a vent-free gas fireplace, follow instructions carefully and open a window for fresh air. Do not use them while sleeping.
- Never use gas appliances such as ranges, ovens, or clothes dryers for heating your home.

## Detecting Carbon Monoxide

The Consumer Product Safety Commission (CPSC) recommends that every home in America install at least one carbon monoxide detector with an audible alarm, located near the sleeping area. Additional detectors on every level and in every bedroom provide an extra measure of safety.



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A carbon monoxide detector that meets requirements of Underwriters Laboratories (UL) standard 2034 (1998 revision) sounds an alarm before the level of carbon monoxide in a person's blood becomes crippling. They cost between \$25 and \$30 and are available at most hardware and discount stores.

## Carbon Monoxide Alarms

Never ignore the alarm from a carbon monoxide detector. Treat all alarm soundings as an emergency.

If you think you or a family member is experiencing any of the symptoms of carbon monoxide poisoning:

- Get outside right away.
- Call your poison control center (1-800-222-1222) if you suspect that someone has been exposed to carbon monoxide. If a person has any symptoms, call 9-1-1 or your local emergency number from a phone outside your home.
- Seek medical attention right away to have your blood and breath checked for carbon monoxide and to learn if you need more medical care.
- Have your home checked out by a qualified heating contractor.
- Don't go home until all problems have been fixed.

### Sources:

Greiner, Thomas. (2002). Carbon monoxide: should you be concerned? Iowa State University Cooperative Extension. Carbon monoxide questions and answers. Consumer Product Safety Commission. Retrieved May 20, 2005 at <http://www.cpsc.gov/cpsc/pub/pubs/466.html>

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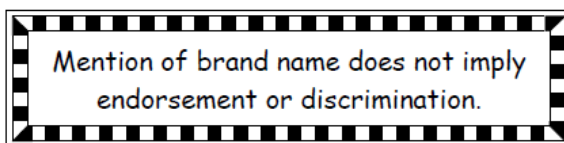
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## Board Games for Preschoolers

Preschoolers learn by doing. While playing board games might seem dull compared to electronic media games, children enjoy them. And, they provide kids with an opportunity to learn and practice skills important for success in school. Children learn about rules, taking turns, honesty, winning and losing graciously and luck. Board games offer your preschooler the opportunity to learn color or image/word recognition, matching, counting, and memory skills. They practice fine motor skills each time they grasp a game piece. Research studies show that board games such as Chutes and Ladders result in children showing significant improvements in aspects of basic number skills such as counting, recognizing numbers, numerical estimation and number comprehension.

### Buying Board Games

- Check the suggested age range on the box. Look for games that are designed at your child's level. If the game is too easy, your child will lose interest; if it is too difficult, your child will become discouraged.
- Pick games that are fun.
- Look for easy-to-follow directions.
- Select games that teach at multiple levels, offering room for advancement. This extends the shelf life of the game, saving you money.
- Read on-line reviews for comments from previous buyers.



### Board Games to Try

*Big Top...* is a travel game. Big Top gets pre-readers to notice what's missing in a stack of circus cards. It develops critical thinking and recognition skills that help with letter recognition and reading. Ages 4+. (*Gamewright.*)

*Chutes and Ladders...* is a game that reinforces counting skills while helping your preschooler understand the rewards of doing good deeds as they climb up the ladders and the consequences of naughty ones as they slide down the chutes. Luck and simplicity this a popular game. Ages 3-6. (*Hasbro.*)

*Feed the Kitty...* is a fast-paced dice game that requires no reading. It's the perfect length for shorter attention spans, yet still helps reinforce the importance of patience. This game is fun for preschoolers and gives practice with light counting, following instructions, and taking turns. They'll love that "whoever has the shortest pinkie gets to go first". Ages 4+. (*Gamewright.*)



*Horton Hears a Who! You to the Rescue!...* is a search game. Players put on the Horton hat and race all over the house to find the hidden clovers. The player who rescues the most Whos is the winner. "Horton" teaches cooperative play,

reinforces memory skills, helps develop fine-motor and gross-motor dexterity, and encourages children to get moving. Ages 4+. (*I Can Do That! Games.*)

*Hi Ho! Cherry-O...* is a counting game for the preschooler where players race to be the first to have 10 cherries in their basket. A low level of competition and some elements of disappointment (when children have to put cherries back or even start over) make this a good beginning game to learn how to overcome setbacks and not quit. It reinforces counting skills and taking turns. Age 3+. (*Hasbro.*)

*Hisss...* involves building snakes from a stack of severed snake cards (some heads, some tails, and some middles). Kids practice pattern recognition, color matching, thinking ahead... even logic. They'll even get in a little exercise as they stretch out, trying to make a match. Ages 4+. (*Gamewright.*)

*Zingo...* is a fast-paced twist on Bingo in which players try to fill their Zingo cards with matching picture tiles. Tiles feature both pictures and words, making it easy for a preschooler to play. Zingo cards are two-sided, allowing for two different levels of competitive game play. The game teaches letter recognition and matching, key precursors to reading. Ages 4+. (*Think Fun.*)

## Getting the Most Out of Board Games

**Teach basic strategy.** When you're playing with your child, explain why you picked a certain card or moved to the blue square. If your child is playing with a friend, consider joining in the first game or two to make sure everyone understands and agrees on the rules.

**Stick (mostly) to the rules.** It's fine for your preschooler to make up new rules at the start of a game, but gently enforce them once they're set. You might say, "Why don't we look at those cards again?" if she takes too many. If you see your child "bending the rules" when playing with another child, wait until later to set your child straight. Then, ask how they would feel if someone was bending the rules to beat them.

**Don't always let your child win.** A preschooler should taste victory so as not to get discouraged, but you'll do children a disservice if you let them beat you all of the time. Kids need to learn that games are about having fun and doing your best, not just winning. If your child gets upset when losing, you might say, "It feels bad to lose, but that gives someone else a chance to win, and maybe you'll win next time."

**Use the game as an opportunity to teach.** In studies, the experimenter told the child to say the numbers on the spaces through which the token moved. Children who were on the square with a 3 and spun a 2 would say, "4, 5," as they moved.

Another plus for board games is that they get people of different ages to play together. Children learn important things from interacting with older children and adults, making board games a multi-age activity. Some families even have a weekly "game night" where the whole family plays a board game together. This sort of activity builds strong families.



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## Kitchen Activities



**Having your preschooler help you in the kitchen is a good way to get your child to try new foods.**

Kids feel good about doing something “grown-up.” Give them small jobs to do. Praise their efforts. Children are much less likely to reject foods that they helped make.

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

### **At 2 years:**

- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help “read” a cookbook by turning the pages
- Make “faces” out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans

### **At 3 years:**

*All that a 2 year old can do, plus:*

- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza

### **At 4 years:**

*All that a 3 year old can do, plus:*

- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads

### **At 5 years:**

*All that a 4 year old can do, plus:*

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater



**Make sure that they wash their hands before helping.**

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