



Families and Preschoolers

Mitchell County Center

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Let It Snow!!!!!!

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Nurturing Parenting

Birth to 5 years
will be held on **Mondays, 6-8pm at the Yancey County Extension Center, Tuesdays, 10am-2pm at Church Street Preschool in Yancey County and Wednesday's from 10am-12pm at the Mitchell County Extension Center.**

School-Age & Adolescent
will be held on **Tuesdays, 6-8pm at the Yancey County Extension Center and Thursdays, 10am-12pm at the Mitchell County Extension Center.**



Free child care Pre-registration is required.
Call 688-4811 Mitchell or 682-6186 Yancey

making them fun is key. Here is a sample list of what chores children are capable of doing by age:



2-3 year olds—pickup toys and put on shelf or in toy box, dump small trash can contents into larger trash can

4-6 year olds—all above plus make bed, wipe up spills, feed pets, water low level plants, weed garden

7-10 year olds—all above plus put dishes in dishwasher, unload (most of) the dishwasher, fold clothes, take trash to the curb, help wash the car

Now the question is how to get children to actually do these chores to be helpful at home. One thing to remember with young children is that they want to help. Young children (2-5) are interested in doing “big people” activities. Allowing them to do some chores is special to them. Also, developmentally, they are concrete thinkers. This means they can't retain a list of “to do's” in their head, but making them a chore chart makes it fun. Cut out magazines or catalog images related to the chore. Write the word on the chart beside the picture. List the days of the week across the top and the 2-3 chores down the side. Hang a pencil with the chart on their bedroom door and before you know it, they are picking up toys, brushing their teeth and putting their toys on the shelf, then using the pencil to add a check mark to the chart. Your positive praise helps them do it again and again.

(Source: Dr. Karen Debord, State Extension Specialist, Child Development)

The Chore Chart

Does it seem easier to do it yourself than hover over a child to complete a household chore? Whether it is taking out the trash, feeding the dog, watering the plants, or even making a bed, learning to do chores correctly seems painful. But it doesn't have to be. When children are old enough to walk, they are old enough to start taking responsibility. Assigning age-appropriate chores while

Potential Causes of Choking In Children



According to the National SAFE KIDS Campaign, choking is the leading cause of accidental death among children under one year of age. Not only infants are at risk children aged 4 and younger can be victims.

Potential causes of choking in children include both food items and non-food items. Here's a rundown of the most common ones:

Food Items

Nuts, sunflowers seeds, pumpkin seeds, etc.

Raw vegetables such as celery, carrots, and peas; whole olives; and cherry tomatoes

Hard candy, lollipops, and cough drops; taffy; marshmallows; caramels and jelly beans

Popcorn

Raw, unpeeled fruit slices such as apples and pears; whole grapes, cherries with pits, and dried fruits such as raisins or apricots

Chunks of foods, especially meat or poultry; hot dogs or sausage served whole or cut in "coins," cheese cubes

Spoonfuls of peanut butter and **Snack chips**

Non-Food Items

Coins, button-cell batteries

Buttons (loose as well as those attached to clothing)

Deflated or broken latex balloons

Pencils, crayons, and erasers; pen and marker caps

Rings, earrings

Nails, screws, staples, safety pins, tacks, etc.

Small toys, such as tiny figures, balls or marbles, or toys with small parts

Holiday decorations, including tinsel

Small rocks

Damaged or loose nipples on pacifiers or bottles

Prevention is the key in avoiding choking in children.

- * Choose foods appropriate for your child's age.
- * Supervise your child during mealtimes.
- * Teach children proper eating behavior.
- * Keep clutter off the floor.
- * Childproof reachable surfaces.
- * Keep potentially dangerous household items (toothpicks, buttons, etc.) completely out of a child's reach.
- * Install clips or locks on lower kitchen cabinets to prevent children from opening them.



(Source: Family Time Newsletter)

The use of brand names in this publication does not imply endorsement of the products or services named or criticism of similar ones not mentioned.

Great Things to Have on Hand For Rainy (or Cold) Days

Collect these items and have fun using them with your child on the next rainy, cold, or snowy day you're home together:

- * Egg cartons, cardboard tubes, pipe cleaners, cotton balls, margarine tubs, paper plates, clothes pins, modeling clay, Popsicle sticks, glitter and glue, etc.

- * A disposable camera

- * An inexpensive calculator

- * Funny hats from a thrift shop

- * A bag of exotic thrift shop clothing for dress-up (shoes, handbags, gloves, etc.)

- * A drawing pad and pencils, crayons, washable markers, etc.



- * A collection of flashy junk jewelry

- * A collection of stickers, store-bought or saved from mailings

- * A variety of puzzles, games, and outdoor equipment like jump ropes, hula hoops, etc.

- * A variety of children's books and magazines

(Source: Family Time Newsletter)

Note to Parents

If you would like to know what Mitchell County 4-H is doing, check us out on our new facebook page and become a fan to get updates on what's going on in 4-H.

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Family and Consumer Sciences

