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UW  
**Extension**  
Cooperative Extension  
Clark County

December 2010



## Young Families Newsletter

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Dear Young Family,

With the close of 2010 come new programming ideas for 2011. I'm excited and pleased to announce some new parenting programs offered in the upcoming year.

This year I will be offering six parenting topics of interest. The topics include: *"What's Your Parenting Style," "Positive Parenting and Interactions," "Nutrition and Healthy Choices," "Safety," "Supervision of your Child and Age Appropriate Discipline."*

Classes will be held in Greenwood on Monday evenings. The first class will be held on January 17<sup>th</sup> from 6:00-8:00 p.m. at the Central Clark County Community Child Care Center (7 C's) on Depot Street. The topic will be *"What's Your Parenting Style."* Participants will learn about which parenting style they use and how to be a more effective parent. This class will be helpful if you and your partner have different views about child rearing. To register, please call 715-743-5121, classes are free to the public and include free childcare.

Additional information will be available in the January newsletter regarding other upcoming programs and topics.

I look forward to seeing you in the New Year!

Sincerely,

Julie Simek-Heggebo  
Clark County Family Living Agent

### Young Families Newsletter

A free newsletter edited by  
Julie Simek-Heggebo  
Family Living Agent  
julie.simek@ces.uwex.edu

## 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*.)

## Parenting — the — Preschooler

<http://parenting.uwex.edu/parenting-the-preschooler/>

## BOARD GAMES FOR PRESCHOOLERS

*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 the 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 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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- Whyte, J. & Bull, R. (2008). Number games, magnitude representation, and basic number skills in preschoolers. *Developmental Psychology*, 44 (2), 588-596.
- Wood, D. (2006). The best board games for preschoolers. *Education.com*. Retrieved from [http://www.education.com/magazine/article/Say\\_Yes\\_Preschool\\_Board-om/](http://www.education.com/magazine/article/Say_Yes_Preschool_Board-om/)

For more information on Parenting and Child Development, contact: Joan E. LeFebvre, Area Family Living Agent, University of Wisconsin, Extension, 330 Court Street, Courthouse, Eagle River WI 54521-8362, 715-479-3653, FAX 715-479-3605, E-Mail [joan.lefebvre@ces.uwex.edu](mailto:joan.lefebvre@ces.uwex.edu) December 2010

## UPCOMING EVENTS

### DECEMBER WIC SCHEDULE

- Dec 1 Neillsville Clinic 9-4
- Dec 7 Neillsville Clinic & check pick up 9-4
- Dec 8 Abbotsford Clinic & check pick up 9-4
- Dec 13 Owen Clinic & check pick up
- Dec 14 Abbotsford Clinic 9-4
- Dec 15 Neillsville Clinic & Late check pick up 9-4
- Dec 16 Thorp Clinic & check pick up 9-4
- Dec 22 Abbotsford Clinic & Late check pick up 9-4
- Dec 23 Owen Clinic & Late check pick up 9-12


### ANNUAL ABBOTSFORD CHRISTMAS PARADE

DECEMBER 4, 2010

7:30 PM



The parade features costumed characters and colorfully lit floats and delights thousands of spectators who come from all over Wisconsin each year.



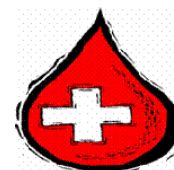
### **TEA AT TUFTS**

*Sunday, January 30, 2011  
Tufts Mansion, Neillsville*

**Cost \$18 per person**  
**Two seatings — 11 AM & 2:30 PM**  
**For reservations call Theresa at 743-5121**

### CLARK COUNTY AMERICAN RED CROSS BLOODMOBILE

- **FRIDAY, DECEMBER 10**  
Greenwood High School Old Gym  
9:00 AM—2:00 PM
- **TUESDAY, DECEMBER 28**  
Clark County Health Care Center, Owen  
12:30—5:30 PM
- **MONDAY, JANUARY 3**  
Neillsville American Legion  
11:00 AM — 6:00 PM



### CLARK COUNTY 5TH ANNUAL 4-H "EXPLORATION DAY"

Open to all youth (non 4-H included)  
Grades K—8

### TUESDAY, DECEMBER 28 LOYAL SCHOOL

Registration: 8:30—8:45 a.m.  
Sessions: 9, 10 & 11 a.m.  
Cost: \$3.00 per person

Sessions include: Foods Revue—What to Do, Let's Get Tied, Matchbox Gift Holder, From Center Stage, Wildlife Identification, Potted Plants, Leather Belt Stamping, Tree Identification, Woof! Woof!, Pot Holder, 1,2,3 Say Cheese, Balls and Tracks, and Worm Beds.

If interested send your payment by December 17th. Make check payable to: 4-H Leaders Federation. Send to: UWEX, Exploration Day, 517 Court St, Rm 104, Neillsville WI 54456.

### **Christmas Open House**

**Saturday, December 11th**  
Neillsville Public School  
Elementary Gym  
1:00-3:00 p.m.



*Come see Santa & Mrs. Claus  
make gingerbread houses • games  
activities • wagen rides*

**Sponsored by:**  
*Neillsville Optimist Club*

**Everyone Welcome!**

## FAMILY TIME WORK TIME — A BALANCING ACT

### Creativity Matters!

Does your child enjoy drawing or painting? Does he love to pretend play and take the role of another person in his life or a character in a favorite story? Perhaps your child enjoys making things from items collected in nature or from things found around the house. How about exploring the outdoors and creating imaginary scenarios? These are all ways children are creative. You may think your child is just indulging in play and fantasy when he spends time doing those things. In reality he is expanding thinking skills and learning to problem solve.



You want to encourage your child to use his imagination. When children are creative they become better thinkers and are more successful as they get older. Also, young children frequently ask questions over and over such as “Why?” and “What if?” Do not discourage this. It is how children learn and expand their thinking.

With current emphasis on standardized curriculum, memorization, and testing in the schools, creative learning often gets left by the wayside. Music and the arts do enhance learning, so it’s up to you to make sure that your child has chances to be creative doing activities at home. This may mean limiting time in front of the computer and television, but it will be worth it for your child to be excited about learning and curious about the world around him.

Read to your child every day. It will be a special time when you can relax, cuddle together, and enjoy a story. This will show your child that you think reading is important and your child will begin a lifelong habit that will help her do better in school and in life. Here are some ways to help your child become a reader:

- Try to have some favorite books in your home library. Young children love to hear stories over and over. This is normal and is one way they learn.
- Sing or chant some nursery rhymes and finger plays so your child learns about the sounds and patterns of speech.
- Take your child to your local library regularly to get books. Take advantage of story hours and other activities that are offered for children.
- Describe what you are doing when doing things around the house, routines for your child, and going places in the community so your child hears spoken words. She will learn language from listening to you.
- Encourage your child to look at picture books and to tell you what she sees in the book. She may want to make up her own story.
- Show your child that you value reading by reading the newspaper, magazines, or books regularly.
- Discover how much fun it is to read rhymes, riddles, poetry, and even tongue twisters. Use expression and appropriate sound effects when reading aloud to your child. This will make a story more interesting.

### Child Care Tips for Parents

- After you have enrolled your child in child care, take time to visit occasionally at different times. You should be welcome to drop in any time.
- Make sure you have chances to discuss your child and the program’s activities with staff regularly.
- Be involved with activities at the child care whenever possible.

## DECEMBER SNACK IDEAS

With many different holidays just around the corner the one thing every child from every culture loves is a cookie!! Here are a few simple recipes for you and your children to enjoy making together.

**Gingerbread Cookies**

2/3 cup margarine  
3/4 cup baking molasses  
1/2 cup sugar  
1 egg  
1/2 teaspoon salt  
1 teaspoon cloves  
1/2 teaspoon baking powder  
2 teaspoons ginger  
3 cups flour  
1 teaspoon baking soda  
1 teaspoon cinnamon



Measure and mix margarine, sugar, egg, and molasses. Sift together baking powder, baking soda, ginger, cinnamon, cloves, and flour. Mix wet and dry ingredients. Roll dough to 1/4 inch thickness on a floured surface. Have the children cut out cookies with a cookie cutter. The children will enjoy decorating the unbaked cookies with different colored sugar sprinkles, raisins, nuts, chocolate chips, etc. Bake cookies for 10 minutes at 375 degrees Fahrenheit. Makes 1-2 dozen depending on the size of the cookies.

**Cookie Icing**

Mix confectioner's sugar with water  
Add a few drops of vanilla or lemon flavoring.  
Can add color to icing by adding a few drops of food coloring.  
Use a separate bowl for each color.  
Children may use a small paint brush or spoon for decorating.

**Chocolate Chip Cookies**

1 cup butter or shortening  
1 cup sugar  
3/4 cup brown sugar  
1 teaspoon vanilla extract  
2 medium eggs  
2 cups flour  
1 teaspoon baking soda  
1 teaspoon salt  
2 cups chocolate chips

In a large bowl mix shortening, sugar, brown sugar, and vanilla extract. Add eggs and mix well.

In a separate bowl, mix salt and baking soda with flour. Gradually add dry ingredients to wet and add chocolate chips. Preheat oven at 350 degrees Fahrenheit. Drop batter by teaspoonful one inch apart onto a baking sheet. Bake 10-12 minutes. Makes 4 dozen cookies.

**Chocolate/Peanut Chip Cookies**

Use the above recipe and substitute the 2 cups chocolate chips with 1 cup chocolate chips and 1 cup peanut butter chips. This makes the same great cookies with an added taste for peanut butter lovers!

**Holiday Food Questions???**

UW-Extension, Clark County  
Julie Simek-Heggebo  
Family Living Agent  
715-743-5121  
Weekdays — 8:00 AM to 4:30 PM  
[julie.simek@ces.uwes.edu](mailto:julie.simek@ces.uwes.edu)

**USDA Meat & Poultry Hotline**

1-888-MPHotline  
1-888-674-6854  
[www.fsis.usda.gov](http://www.fsis.usda.gov)

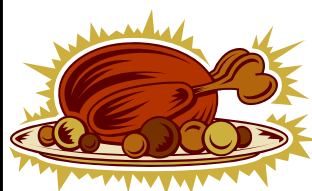
**Butterball®**

1-800-BUTTERBALL  
1-800-288-8372  
10:00 a.m. to 7:00 p.m. CST

The Turkey Talk-Line is open to consumers during the months of November and December.

Bilingual support is available.  
Automated assistance is available 24 hours a day, 7 days a week.

[www.butterball.com](http://www.butterball.com)

**Ocean Spray Consumer Helpline**

1-800-662-3263  
10:00 a.m. to 5:00 p.m. CST  
Monday-Friday  
[www.oceanspray.com](http://www.oceanspray.com)

**Fleischmann's Yeast**

Baker's elpline  
1-800-777-4959  
[www.breadworld.com](http://www.breadworld.com)

**Land O'Lakes**

Product Information Center  
1-800-328-4155  
[www.landolakes.com](http://www.landolakes.com)



## EXTENSION CORD SAFETY TIPS

Proper selection, use, and maintenance of extension cords is critical to avoiding injuries and fires. Following a few simple safety guidelines can prevent potentially dangerous mistakes with extension cords this holiday season:

### Safety Tips

- Extension cords are meant to provide a temporary solution and should not be used as a long-term or permanent electrical circuit.
- Purchase cords from authorized retailers and check to see that they have been approved by a nationally recognized testing laboratory.
- Select a cord that is long enough to meet your needs. Never attempt to extend the length of an extension cord by connecting it with another extension cord.
- Never use a cord that feels hot or is damaged in any way. Touching even a single exposed strand can result in an electric shock or burn.
- Make sure the extension cord you use is rated for the products to be plugged in and is marked for either indoor or outdoor use.
- Examine extension cords before each use. Cracked, frayed, or otherwise damaged cords should be replaced immediately.
- Unplug and safely store after every use. Store

cords indoors to keep them protected from damage caused by water and excessive heat.

- Do not place extension cords in high traffic areas, under carpets or across walkways where they pose a potential tripping hazard.
- Do not allow extension cords to dangle from counters or tables, where someone could accidentally pull them down or trip over them.
- Do not run extension cords through walls, or across doorways, ceilings or floors. This may cause the cord to overheat, creating a serious fire hazard.
- Cover unused outlets on the extension cord to prevent children from making contact with a live circuit.

### Outdoor Safety Tips

- When working outdoors, use only weather-resistant, heavy gauge extension cords marked "for outdoor use." These cords have added safeguards designed to withstand the outdoor environment.
- Keep all outdoor extension cords and light strands clear of snow and standing water, and well-protected from the elements.
- When using electricity outdoors, always plug extension cords into GFCI-protected outlets.

Visit [www.holidaysafety.org](http://www.holidaysafety.org) for more tips and tools to help keep you safe this season.

## WISCONSIN ENERGY ASSISTANCE PROGRAM

Clark County Department of Social Services will be taking applications for the Wisconsin Home Energy Assistance Program for the 2010-2011 heating season through May 15<sup>th</sup> 2011.

Walk-in application days are every Tuesday and Thursday through the month of December in the Neillsville office, first come first served.

Applications will be accepted at the Clark County Health Care Center in Owen on the following dates: December 3rd, December 17th, and December 31st.

After January 1<sup>st</sup>, applications will be taken by appointment only. Please call 715-743-5233 to schedule appointments.

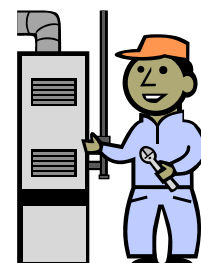
Each applicant should be prepared with:

- \*\*Social Security Cards for every household member
- \*\*Proof of the previous 3 months Gross income (i.e. if applying in Dec. bring gross income received in (Sept, Oct and Nov.)

\*\*Copies of current heat and electric bills

### Income Guidelines:

Family Size	Three Month Combined Gross income
1	6,142.00
2	8,032.00
3	9,921.00
4	11,811.00
5	13,701.00
6	15,591.00
7	15,945.00
8	16,300.00



## VEGETABLE & HERB OF THE MONTH CAULIFLOWER & PARSLEY

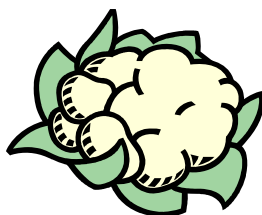
### Cauliflower

Choosing Tips

Select creamy-white, compact florets with bright green, fresh and firm leaves. Leaves that extend through the florets are okay.

Do not choose cauliflower:

- With light-brown coloring
- With small, dark spots on the florets
- Spreading florets



Storage

Cauliflower should be kept, unwashed, in a perforated plastic bag in the refrigerator. The whole head will keep for up to 5 days, and the separated florets for up to 2 days.

Preparation

Cauliflower can be used raw in salads, as part of a vegetable platter with a vegetable dip. Cauliflower can also be used in soups.

To steam:

Steam the whole head of cauliflower for 12 to 15 minutes over water in a large saucepan. Florets can be steamed in 3 to 5 minutes.

Key Nutrients

- Folate to help prevent birth defects and reduce the risk of heart disease.
- Vitamin C for healthy gums, skin and blood.

\* \* \* \*

**Cauliflower with Paprika-Garlic Sauce**

- 4 cups small cauliflower florets
- 2 cloves garlic, minced
- 1 tsp olive oil
- 2 Tbsp apple juice
- 1 Tbsp fresh parsley
- 1 Tbsp red wine vinegar
- 1-1/2 tsp paprika
- 1/8 tsp salt



In a large saucepan with steamer rack, steam cauliflower over boiling water covered for about 8 minutes or until crisp-tender. Meanwhile, using a small saucepan prepare sauce. First cook garlic in

### Parsley

The delicious and vibrant taste and wonderful healing properties of parsley are often ignored in this popular role as a table garnish. Highly nutritious, parsley can be found year round in your local supermarket.

Parsley is the world's most popular herb. It derives its name from the Greek word meaning "rock celery" (parsley is a relative to celery). It is a biennial plant that will return to the garden year after year once it is established.



Whenever possible, choose fresh parsley over the dried form of the herb since it is superior in flavor. Choose fresh parsley that is deep green in color and looks fresh and crisp. Avoid bunches that have leaves that are wilted or yellow as this indicates that they are either overmature or damaged.

Fresh parsley should be kept in the refrigerator in a plastic bag. If the parsley is slightly wilted, either sprinkle it lightly with some water or wash it without completely drying it before storing in the refrigerator.

Fresh parsley should be washed right before using since it is highly fragile. The best way to clean it is just like you would spinach. Place it in a bowl of cold water and swish it around with your hands. This will allow any sand or dirt to dislodge. Remove the leaves from the water, empty the bowl, refill it with clean water and repeat this process until no dirt remains in the water.

We see it often as a garnishment and taste it in many dishes such as egg dishes, salads, soups, stocks and stews. It adds color and flavor to many foods. It is also valued as a breath freshener.

\* \* \* \*

hot oil for 30 seconds. Remove from heat; stir in apple juice, parsley, vinegar, paprika, and salt. Cook sauce until heated. Transfer cauliflower to a serving dish. Pour sauce over the hot cauliflower. Toss to coat.



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# Mark Your Calendar!! 2011 Clark County Ag & Household Clean Sweep

Dates

Friday, September 9  
8:30—11:30 a.m., Loyal  
2—5 p.m., Owen  
Saturday, September 10  
9 a.m. —1 p.m. Neillsville

For More Info

Write: Clean Sweep  
UWEX  
517 Court St Rm 104  
Neillsville WI 54456  
Call: 715-743-5121



Registration deadline:  
Thursday, September 1, 2011



An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. If you need an interpreter, materials in alternate formats or other accommodations to access this program, activity, or service, please contact the program coordinator at 715-743-5121 as soon as possible (10 days is reasonable) preceding the scheduled event so that proper arrangements can be made in a timely fashion.

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