

## A Family Life and Resource Management Newsletter

### Easter Eggs

Spring 2006

The egg is the universal symbol of Easter throughout the world. Dyed and painted eggs are the hunted object of many Easter celebrations and children look forward to finding the most or the prized “golden egg”.

After all of the fun, you can safely enjoy dyed, hard-cooked eggs as deviled eggs, in sandwiches and salads or other treats. Eggs are perishable just like meat, poultry and fish and must be handled carefully to avoid egg-related illnesses.

The following tips can help you enjoy this traditional treat:

- ▲ Because Easter eggs are handled so frequently, wash hands thoroughly before handling eggs at every step, including cooking, cooling and dyeing.
- ▲ Refrigerate hard-cooked eggs in their cartons if you won't be coloring them right after cooking. Refrigerate them again right after dyeing and after displaying.

- ▲ If your hard-cooked eggs are being used as a decoration or for hiding and will be kept unrefrigerated for several hours or even days—DISCARD! Cook extra eggs for eating.
- ▲ Cool hard-cooked eggs quickly after cooking and refrigerate them in their shells promptly. Use them within one week.
- ▲ Make sure the eggs used for coloring are not cracked. Should any eggs crack during cooking or while on display, discard them along with any eggs that have been out of refrigeration for more than two hours.
- ▲ Use food coloring or specially-made food-grade egg dyes for decorating eggs.

The Easter egg hunt can be great fun and a highlight of any celebration - just remember to practice safety to avoid any incidence of food poisoning. Consider filling plastic eggs with treats and hiding them!

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#### **Quotable Quote**

The secret of inner peace is -

A healthy life:  
Exercising regularly,  
Eating properly,  
Breathing Deeply.

### *Chatting with Kathy*

Happy Spring!

I don't know about you but I am certainly ready for some pleasantly warm days. Of course, along with them come all sorts of yard chores, but I look at pulling weeds and planting and tending flowers as a kind of therapy for the spirit as well as the body.

Take some time to weed out the negatives that have accumulated in your life and add some positive things to replace them. Engage yourself in activities that include both family and friends. Don't forget to reserve some alone time so you can tend to your personal needs and refresh your inner spirit.. The result could just be a beautiful garden and wonderful life.



*Kathy M. Bryant*

Extension Agent  
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## Teaching Your Preschooler About Spending and Saving

Children learn about money from many sources. Long before they enter school, they observe adults using money and buying things. They watch television daily and see thousands of commercials each year. Like it or not, money is a part of your preschooler's life.

What children witness affects their attitudes about what money is for. Some of these beliefs will help them as adult consumers and some will not. For example, they might get the message that saving is important or they might not.

As a parent, you will not be the only influence on what your child learns about using money. But when you teach basic lessons, you increase the chance that your child's values will be similar to yours.

### ***How can I teach my preschooler to wait to spend money?***

Children need to practice waiting to become good at it. Savings charts can help them learn how to wait to spend money. Charts can show how much money children have saved and how much more money they need. This can encourage them to keep saving.

#### Materials needed

- ▲ Plain paper
- ▲ Pencils, pens, crayons, or markers
- ▲ Scissors, glue
- ▲ Newspaper or magazine ads
- ▲ Empty cereal box



### **Make a Savings Chart**

#### **Step 1: Explain what you will be doing together (read through the entire activity before you begin)**

The two of you will make a savings chart. Explain that it will help your child buy something at the store that costs more than your child has now.

#### **Step 2: Pick a spending goal**

Ask what your child might want to buy at the store. Have your child think of a small item at first. Starting small helps your child reach the goal faster.

#### **Step 3: Plan the savings chart**

Find out the price of the item your child wants to buy. Decide how many coins (or dollars) your child needs to save to buy the item. Each part of the savings chart will stand for one coin (or dollar) needed to purchase the item. Draw as many boxes as there are coins (or dollars) in your child's savings goal.

#### **Important:**

- ▲ Don't forget to add sales tax, if any, to the item's price.
- ▲ Most preschoolers find it easier to save coins than bills. Example: \$2.00 = eight quarters or 20 dimes.
- ▲ Use the same coin (or bill) for each part of the chart. Make sure that your child knows what coin (or bill) each part stands for.

#### **Step 4: Make the savings chart**

**Choice A:** Draw boxes on a plain sheet of paper with a pen or marker. Draw as many boxes as there are coins (or dollars) in your child's savings goal. For each coin (or dollar) saved, let your child color in, or put a sticker on, one box.

**Choice B:** Help your child make a drawing. Objects in the drawing can stand for coins (or dollars) in your child's savings goal. For each coin (or dollar) saved, let your child color one object.

Here are some examples:

Eggs in a basket



Birds in a flock



Steps on a path



Leaves on a tree



**Choice C:** Find an ad showing the desired item. Cut out the picture and glue it on cereal box cardboard. Cut the picture into jigsaw puzzle pieces for the coins (or dollars) needed to reach the goal. Give your child one puzzle piece for each coin (or dollar) saved until the puzzle is complete.

### Step 5: Start the savings chart

Write “[Child’s Name]’s Savings Chart” at the top. If your child already has some money, record it on the chart. You will have to help your child figure out how many parts of the chart to use.

Praise your child for making progress toward the savings goal. Small rewards such as sticker or food treats can help your child keep saving.

#### Ideas to talk about:

- ▶ When people do not have enough money to buy something, they wait until they have saved enough.
- ▶ Saving is a way to get something you want by yourself instead of hoping someone will give it to you.
- ▶ You can save to buy things for others, too.

### Time For a Medicine Cabinet Checkup

Spring is a great time to do a medicine cabinet checkup. Here are some things to keep in mind:



1. Be sure to look through your medicine supply at least once a year. Throw away medicines that are past the expiration date and those no longer needed for specific illnesses.
2. Always store medicines in a cool, dry place or as stated on the label.
3. Throw away old non-prescription medicines.
4. To make sure no one takes the wrong medicine, keep all medicines in their original containers.
5. Write the date you bought the over-the-counter medicines on the bottle. This will help you know when medicines are old.

### Is My Child’s Appetite NORMAL?

**Your child’s appetite changes.** Children don’t grow as fast in their preschool years. That’s why your child may have a smaller appetite now. That’s normal. If he or she isn’t hungry or doesn’t finish a meal, relax. Take the food away.

Your child probably is eating enough if he or she is full of energy and is growing and seems healthy. If your child is losing weight or has special food needs, get help from a health professional. This isn’t the time to figure out the problem by yourself.

Most young children do best when fed four to six mini-meals a day.

**Your child knows how much to eat.** Your child probably will eat the right amount if you don’t force him or her. Healthy kids usually eat when they are hungry. And they stop when they feel full.

**You decide** what foods to offer and plan regular times to eat. Suggest two kinds of fruit for snacks.

**Let your child pick** from foods you offer and **you decide** how much to eat. Giving your child that right and respect is important, even if he or she is plump.

**Learning hunger cues is important.** Keep eating times relaxed so your child learns body signals for being hungry and feeling full. That’s how your child can learn to eat in a normal way, not overeat. That’s a good habit for lifelong health.

**Your child is watching you.** If you overeat, your child may, too — if not now, then later. Your child learns how to eat by watching you.

Keep your own portions sensible. Start with a small portion; only eat more if you’re hungry. Eat when you’re hungry, not just bored or stressed. Slow down to eat the right amounts.

**When you take care of yourself, you take care of your child, too!**

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**Tips for Keeping Mold & Mildew at Bay**

Warm weather creates an inviting environment for mold and mildew, especially in moist areas like the bathroom. Here's how to minimize their growth.

- ▲ Keep shower doors and curtains open after use to allow shower walls to air dry.
- ▲ Clean bathtubs and shower stall using a nonabrasive, all-purpose or disinfectant (antibacterial) cleaner.
- ▲ Using shower curtains that are mildew resistant may be helpful in preventing the growth of mildew.
- ▲ Mildew can grow on soap scum that "ring around the bathtub". A soap scum remover will easily clean those deposits.
- ▲ Keep areas under the sink or where tub/shower meets the floor clean and dry.
- ▲ Mold can grow on towels and bathmats. Loosely hang towels and bathmats to air dry after each use. Launder them at least once a week.
- ▲ Clean diaper pails using a disinfectant cleaner or liquid household bleach.

*Volusia County/University of Florida Extension gives leadership to family-focused informal education through the Family and Consumer Sciences program. Dedicated to strengthening families through education, we believe the family is the most effective unit for building strong communities. The family has the right to meet basic needs and to make choices about its future, and is interdependent within communities and their environment. Extension strives to achieve this through a variety of formats, including:*

- *Workshops & presentations*
- *Newsletters and fact sheets*
- *Telephone consultations*
- *Learn-by mail correspondence courses*



- ▲ Use the exhaust fan when bathing or showering.
- ▲ Don't use wall-to-wall carpeting in the bathroom. It holds moisture and cannot be thoroughly dried.
- ▲ Plumbing leaks or condensation can grow mold and mildew, so be sure to repair any leaks.

**Tips for Safety Using Household Cleaning Products**

- ▲ Read and follow label directions for proper use, storage and disposal.
- ▲ Don't mix cleaning products. Products that are safe when used alone can sometimes cause dangerous fumes if mixed with other products.
- ▲ Don't reuse an empty household cleaning product container for any other purpose. The label instructions and precautions for the original product may be inaccurate or dangerous if used for a different product.
- ▲ Never spray any cleaning product into or around electrical outlets.
- ▲ Keep all cleaning products out of the reach of children and pets during use and storage. Empty your cleaning bucket immediately after use.