



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

Family and Consumer Sciences News

April 2023

Cooperative
Extension Service
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Greetings From your FCS Agent

Happy Spring! I'm so happy that summer is just around the corner! March started off with some crazy storms, but I'm hopeful that April will be full of sunshine!

Some highlights from March included our lunch and learn lesson on stress eating, speaking at the Grayson Headstart meeting, sharing information at the community baby shower, visiting Carter Caves Homemaker Club, and attending a Savor the Flavor training. As always, our biggest program was Laugh and Learn where we had 18 kids! I've been working hard to try to get the word out about our programs. Please continue to share with others. I think word of mouth is still the best way share what we offer.

I'm so excited the summer programs planned and the ideas I have for new programs next year. As we begin adding an additional building on our campus, we will have so many more opportunities to better serve our county. In 2024 we can focus more on cooking and food preservation classes, when we have more kitchen space! I can't wait!



Whitney Morrow

Whitney Morrow
CEA for Family and
Consumer Sciences
Carter County





Mark Your Calendars

There will be no Mom's Group in April

- April 6th 1pm- Make and Take Tie Dye Class
- April 6th 1pm-Hike and Learn Carter Caves
- April 6th 6pm- Foster Parent Support Group
- April 7th- Come and Create Sew Day
- April 13th Noon-FCS Advisory Council (this is not homemaker council)
- April 14th 5pm-Celebrate the Child West Carter Middle
- April 19th 8:45-Reality Store Makeup at the Office
- April 21st- Come and Create Sew Day
- April 21st- Homemaker Tour Morehead
- April 27th 1pm -Keys to Aging: Social Activity Chapel House
- April 28th 10am- Laugh and Learn Playdate
- May 2nd 11am- Homemaker Council

There will not be a lunch and learn in May

For more information or to register for any of these programs, please call
474-6686

Homemaker News

- Please let me know of any changes in meeting times or locations. There may be days that I want to join your meeting or have clientele ask about meeting visits. Please keep me updated!
- Don't forget to nominate officers for next year at your May meeting, if you don't meet in the summer. I need to know the officers, BEFORE August so we can have the booklets updated by opening day.
- Go ahead and register for the Annual Meeting! June 1st is the deadline to register.
- Be working on your cultural arts entries. There is so much talent within our members, please consider entering! Categories are the same as last year and can be found on the KEHA website. If you need a copy, please call the office
- Each club will need to send \$10 for centerpieces and must bring an item valued at \$25 for the silent auction. You may bring additional less expensive items as well.



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MAKE AND TAKE TIE DYE

FREE
But you must call 474-6686 to register and bring your own cotton shirt or pillowcase. Kids must be accompanied by an adult.

April 6th 1pm
Carter County Extension
Farmers Market Shed

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Spring Harvest Salad

5 cups torn spring leaf lettuce
2½ cups spinach leaves
1½ cups sliced strawberries
1 cup fresh blueberries
½ cup thinly sliced green onions

Dressing:
4 teaspoons lemon juice
2½ tablespoons olive oil
1 tablespoon balsamic vinegar
1½ teaspoons Dijon mustard

2 teaspoons Kentucky honey
½ teaspoon salt
¼ cup feta cheese crumbles
½ cup unsalted sliced almonds

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

2. Prepare dressing by whisking together the lemon juice, olive oil,

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Yield: 8, 1 cup servings.

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.





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HOMEMAKER'S SPRING TOUR

DOWNTOWN
MOREHEAD
HISTORICAL
TOUR
SHOP DOWNTOWN
MOREHEAD

MSU
PLANETARIUM
STAR SHOW
PEDDLERS MALL



FRIDAY APRIL
21ST
MUST CALL TO
REGISTER BY APRIL
14TH

PLEASE LET US KNOW IF
YOU WILL NEED A RIDE

MEET AT THE EXTENSION
OFFICE AT 8AM OR
CLARK'S PLEASANT VALLEY
AT 8:30

NO COST OTHER THAN
LUNCH ON YOUR OWN

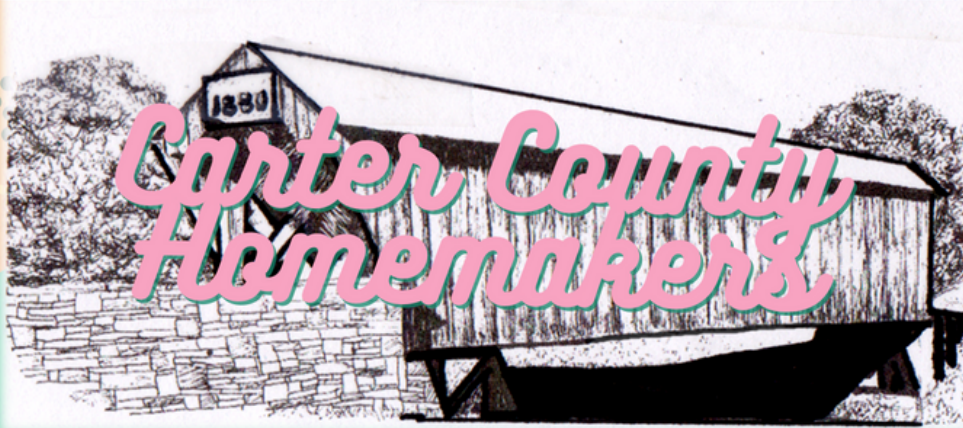
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LEXINGTON, KY 40546



Disabilities
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with prior notification.



Carter County Homemakers

We've Got You Covered

Annual Meeting

June 17th

10am

Olive Hill Center for Arts
and Education Tea Room

120 Comet Dr, Olive Hill

\$15 registration

Registration and check due by June 1st

Make checks payable to Carter County Homemakers

Buffet lunch catered by Olive Branch Platters

Cut at the line and return with check to register. Mail to Shirley Carra 148 Valleyview Rd. Grayson, KY
41143

Name _____

Club/Guest _____

ENTERTAINING CHILDREN

No matter how long you have been parenting, everyone runs out of ideas for keeping little ones, or big ones, entertained. When your child cries, “I’m bored,” or “There’s nothing to do,” it is not always beneficial to run to their rescue with an activity you just learned of from the latest blog or news article. Science suggests there are some benefits to boredom, characterized by feelings of dissatisfaction, restlessness, and mental fatigue. Boredom is associated with self-control problems and an impulsive mindset (individuals who are always looking for new experiences). This may be why we hear, “I’m bored,” more from adolescents as this is the time when they are developing the skills needed to gain more self-control.

Boredom can actually improve mental health. The era of technology has created an overwhelming amount of information and distractions, which reduces attention. So, taking a break until the point of boredom can indicate an overloaded brain is relaxing. Boredom also increases creativity by providing an opportunity to reflect and spend time wandering and daydreaming. In one study, it was discovered that useful ideas tend to be revealed while performing simple tasks. This suggests that we think differently when we have fewer external stimulations. Along those lines, other research indicates that boredom creates an environment for new ideas and practices to grow. And finally, learning to endure boredom early in life is great preparation for developing self-control skills (regulating one’s thoughts, emotions, and actions).



However, if stress is high and you just need to get the complaining to stop, here are a few simple steps you can use to identify the activities your children will enjoy. Begin by making a list of your child’s favorite activities. Because every child is different, this can be presented as a challenge, which may help some children respond. It is important to write these ideas on paper, so in a time of “I’m bored,” you can have them revisit the list.

Next, encourage your children to arrange their favorite activities by category. This step may also inspire them to think of additional activities. Learning this process, also known as brainstorming, will be a useful skill for the rest of their lives, especially when they begin fourth-grade writing. For example, identify indoor versus outdoor activities (or per room for indoor), solo or with friends or siblings, activities by frequency (every day or special occasions) or seasons, etc.



Now that you have some ideas, plan the week just like planning meals. Come up with a daily theme that is unique for each day of the week. Have your child go back through the list they created to select the activities that excite them the most. See if a few will go together to fill an afternoon. Here is an example week:

Move-well Monday – Bundle up and get outside. Today is the day you go on a treasure hunt, bike ride, or explore nature during a walk through the woods. Go on a story walk and become the characters in the book. Are you pirates on the open sea searching for lost treasure or maybe a mermaid searching for the perfect rock on which to soak up the sun and sing a song? Circle back home for a book or nature show that explores and discovers the natural world.

Tune Down Tuesday – Stay in your pajamas all day (or as soon as you get home from work) for a reading or movie marathon. Picking the order of the

books or movies can be part of the fun. Use themes to help. Listening to music and sharing dance moves is also very pajama conducive. Naps are also encouraged!

Worldwide Wednesday Olympics – Spend the day coming up with indoor challenges for your living room Olympics. Don’t cheat yourself: Be sure to include opening and closing ceremonies, medals, awards, or trophies. A couple all-time favorites are leg wrestling and the floor is lava.

Theatrical Thursday – Have your child(ren) write, direct, and star in a home video. Be sure to include costumes, background music, and guest appearances. Record the video on your cellphone and save this for future viewing, which is sure to be fun.

Fun Day Friday – It’s time to break out the games! Identify your child’s favorite games, from classic board games, card games, charades, tickle fights, pillow fights, and yes, even video games, and have a marathon. The winner of each game chooses the next game to play.

OTHER POSSIBLE RESOURCES AND IDEAS FOR KEEPING CHILDREN BUSY:

- Indoor/outdoor scavenger hunts
- Online video dates with friends and family
- Make greeting cards for friends, family, or strangers
- Build forts inside or out. Allow siblings to have “sleepovers” or host “a home improvement show” to show off their sweet pad.
- Cooking or food prep with the kids.
- Involve kids with daily chores. A daily chore can help keep them organized and remind them of the importance of contributing.

ONLINE FUN FOR DAYS YOU CAN'T GO OUTSIDE

- **PBS Kids** - On this colorful, animated site, kids can build a story, answer math problems, and make art.
- **Duck Moose** - Owned by the reputable Khan Academy, Duck Moose offers free, interactive iPad apps for the younger set. The apps encourage use of classic nursery rhymes and songs, counting, sorting, and many other interactive elements to encourage language, math, and art skill development. This site also has a number of printable worksheets for offline play and learning.
- **GoNoodle** – Free online resource has more than 300 dance and yoga videos aimed at keeping kids active.
- **The Kennedy Center's Lunch Doodles with Mo Willems!** – Free online drawing sessions with the author and creator of the fun children's book series featuring Elephant and Piggie.

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- **National Geographic Kids** - Through digital books, videos, and games, children can learn about topics like reducing their carbon footprint and preserving the habitats of their favorite animals. Nat Geo Kids also suggests nature-themed science experiments kids can try with things you probably already have at home. There are also quizzes and funny Mad Libs style fill-in-the-blank pages to keep the learning fun.

- **Khan Academy** - Khan Academy is a nonprofit organization offering math, science, arts, and humanities curricula, and even test prep courses for older students. You'll find classes on computing, finance, animation, and even social and emotional learning.

- **Duolingo** - This free language learning app and website offers instruction in 23 different languages - including Klingon!

- **Smithsonian Institution** - The

Smithsonian offers a slew of online resources, including zoo animal cams, musical recordings, geography from space, meteorology, and more. Best of all, the site has plenty of games that give kids a fun and engaging way to experience art, science, and history topics.

So, the next time your child screams, “I’m bored,” you will be well prepared to challenge both their minds and their bodies through a plethora of activities that will be sure to spark their creativity and imagination.

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- SOURCE:** David Weisenhorn, Ph.D., specialist for Parenting and Child Development, University of Kentucky, Family and Consumer Sciences Extension.

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