

KIDS KÖRNER

A newsletter designed with parents of young children in mind



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Teaching Kids Good Table Manners

From high chair to school lunchroom to work lunches, your children will have many chances to carry out good table manners during their lives.

Teaching good table manners is one of the first steps parents can take to shape good behavior in their children. And people who eat together most days of the week tend to be healthier.

Teaching table manners can start when the child is eating by themselves and old enough to sit at the table. In the early phases, teach kids not to reach across the table, to eat from their own plate, to put a napkin in their lap, and to say please and thank you.

Parents are the main role models for children. They can offer helpful support of good table manners at mealtimes.

Having family meals is the best way to model and teach good manners. This is also true when sharing a new food with kids. You can teach them to say kindly when they don't like something. Young kids often can't sit through the whole meal, but can learn how to excuse themselves, rather than cut short the meal for everyone.

Never try to change manners in a rude way. Make clear to kids why you carry out manners, such as why we chew with our mouths closed and put napkins on our laps.

Each person should get a chance to be part of the upbeat table talk. Keep it bright and fun and talk about cheerful things at the table.

Kids as young as 3 to 5 years old can get involved by learning to set the dinner table. Other rules, of course, are no elbows on the table, and, in today's culture — no tech devices, phones, or texting at the table!

Good manners are about respect for the household and can highlight the joy of eating. It is something that each person can do well.

Source: Healthy Choices for Healthy Families, November/December 2021



Pumpkin Pudding

No cooking required for this tasty pumpkin pudding. Kids can help prepare with supervision.

Ingredients

Makes 6 servings

1 can pumpkin (15 ounces, or 2 cups cooked mashed squash such as Hubbard)

2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)

1/8 teaspoon salt

1 1/2 cups milk (1% low-fat)

1 vanilla pudding (instant, 3.5 oz (small box))



Directions

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-pudding>

Five little squirrels (finger play)

Five little squirrels sitting in a tree.

The first one said, "It's getting cold for me."

The second one said, "The leaves are falling to the ground."

The third one said, "Let's get busy—there's nuts to be found."

The fourth one said, "We'd better not wait."

The fifth one said, "Fall is really great!"



(Hold up five fingers during the first line. For the following lines hold up the correct number of fingers to correspond with the squirrel's number.) Follow this activity by going on a nut scavenger hunt.

Source: Penn State Extension Better Kid Care Autumn Activities (extension.psu.edu/youth/betterkidcare)

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Sincerely,

Megan Gullett, Russell County Extension Agent for Family & Consumer Sciences Education

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