Family Language Fun to Go

Have you wondered how to spend time to truly connect with your child? Life for most of us has become hectic. We dash between work, school or childcare, after-school sports, lessons, hobbies, and community activities. Many families barely have time to sit down and eat together. Sharing the day’s happenings, feelings and successes is often impossible.

Children’s achievements, relationships, and later success as adults are largely dependent on feeling secure, known, and trusted by a loving family or at least one other person. How are we to forge those bonds during our hurried days?

Family communication between you and your child-talking, smiling, laughing and singing-is an essential building block for creating mutual trust, respect, understanding and love. From infancy on, our children learn to use language by listening, making sounds as babies, and gradually using more complex words and sentences.

Rhyming, rhythmic words, and storytelling help language skills grow at a rapid pace. When we adults join in, we all have even more fun. Our children will likely form a lifelong language of love.

Helpful tips include:
*Look for unoccupied time as you hurry about-the time you spend together in your vehicle commuting from place to place.
*Don’t put up with boredom, arguments or misbehavior.
*Don’t pull out electronics that isolate each other.
*Be attentive.
*Look each other in the eye and listen to what your child is saying.
*Don’t be afraid to be silly and laugh with your child.
One, Two, buckle my shoe;
Three, Four, shut the door;
Five, Six, pick up sticks;
Seven, Eight, lay them straight;
Nine, Ten, a big fat hen.

References:

Oatmeal Cookies

Cooking Spray
1 c Sugar
2 T Margarine
1 Egg
¼ c Applesauce
2 T Milk, low-fat
½ c Flour
¼ c Whole wheat flour
¼ t Baking soda
½ t Cinnamon
1 c + 2 T Oats

1. PREHEAT oven to 350 degrees. Lightly SPRAY cookie sheets.
2. In a large bowl, MIX sugar and margarine. MIX until well blended, about 3 minutes.
3. ADD egg, STIR 1 minute. ADD applesauce and milk, MIX 1 minute. SCRAPE sides of bowl.
4. In another bowl, COMBINE flours, baking soda and cinnamon. ADD applesauce mixture, MIX until well blended.
5. ADD oats and BLEND 30 seconds. SCRAPE sides of bowl.
6. DROP by teaspoonfuls onto cookie sheet. BAKE for 16-18 minutes. COOL on wire rack.

Makes 16-2 cookie servings

Nutrition Information: 100 calories, 2 g fat, 10 mg cholesterol, 25 mg sodium, 19 g carbohydrates, 1 g dietary fiber, 2 g protein

Chickasaw Nation Nutrition Services
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Sincerely,

Debbie Messenger

Cumberland County Extension Agent for Family & Consumer Sciences
Distributed by: Audrey Myers, Taylor County Extension Agent for Family & Consumer Sciences
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