

family & consumer sciences

Pre-School Pages

May 2025

STRAWBERRY SALSA



Ingredients:

1 tablespoon olive oil
2 tablespoons white vinegar or white balsamic vinegar
½ teaspoon salt
2 cups, coarsely chopped fresh strawberries
8 green onions, chopped
2 cups chopped cherry or grape tomatoes
½ cup chopped fresh cilantro

Directions:

Whisk olive oil, vinegar, and salt in large bowl.
Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.
Cover and chill for 1 hour.
Serve with tortilla or pita chips

Yield:

7, ½ cup servings

MOTHER'S DAY ACTIVITIES

- Have story night and let mom choose the books
- Enjoy a family movie night
- Do a family photo shoot
- Make a handprint bouquet with washable paint
- Make a fingerprint art craft
- Make a special breakfast for mom

happy
Mother's
day

KIDS NEED THEIR ZZZ'S

How much sleep do your kids need?

Here is a list of the recommended daily amounts of sleep for each age, including naps, by the National Institute of Health:



- For newborns younger than 4 months, sleep patterns vary widely.
- Babies 4 months to 1 year old should sleep 12 to 16 hours per day.
- Children 1 to 2 years old should sleep 11 to 14 hours daily.
- Children 3 to 5 years old should sleep 10 to 13 hours daily.
- Children 6 to 12 years old should sleep 9 to 12 hours daily.
- Teens 13 to 18 years old should sleep 8 to 10 hours daily.

You will notice that the range of sleep a child needs can vary. This is because every child and family are different. You may notice that your child needs more sleep. If they have difficulty waking up in the mornings, take a long time to wake up and think clearly, or seem to be dragging by the end of the day, try to increase their sleep time for a few weeks.

If they are having difficulty falling asleep or wake up early in the morning on their own, they may not need as much sleep. However, most children's sleep needs should fall within these ranges. If you are concerned about your child's sleep, bring it up with your child's pediatrician or other health-care provider.



REFERENCES:

<https://www.nhlbi.nih.gov/health/sleep/how-much-sleep>
<https://newsinhealth.nih.gov/2021/04/good-sleep-good-health>

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Lexington, KY 40506



ciencias de la familia y del consumidor

páginas preescolares

Mayo de 2025

SALSA DE FRESA



Ingredientes:

1 cucharada de aceite de oliva
2 cucharadas de vinagre blanco o
vinagre balsámico blanco
½ cucharadita de sal
2 tazas, fresas frescas picadas
8 cebollas verdes, picado
2 tazas de cerezo picado o tomates
de uva
½ taza de cilantro fresco picado

Direcciones:

Azul de oquitillas o aceite de
oquitrán oquía, vinagre y sal en
tazón grande.

Agregue fresas, cebollas verdes,
tomates y cilantro. Mezcle para
cubrir.

Cubra y enfríe durante 1 hora.

Servir con tortilla o chips de pita

rendimiento:

7, ½ taza de porciones

ACTIVIDADES DEL DÍA DE LA MADRE

- Have Story Night y deje que mamá elija los libros
- Disfrute de una noche de cine familiar
- Do una sesión de fotos familiar
- Haga un ramo de huellas de mano con pintura lavable
- Haga una artesan

happy
Mother's
day

LOS NIÑOS NECESITAN SUS ZZZ

¿Cuánto sueño necesitan sus hijos?

Aquí hay una lista de las cantidades diarias recomendadas de sueño para cada edad, incluidas las siestas, por el Instituto Nacional de Salud:



- Para los recién nacidos menores de 4 meses, los patrones de sueño varían ampliamente.
- Los bebés de 4 meses a 1 año deben dormir de 12 a 16 horas por día.
- Los niños de 1 a 2 años dormir de 11 a 14 horas al día.
- Los niños de 3 a 5 años deben dormir de 10 a 13 horas al día.
- Los niños de 6 a 12 años de edad deben dormir 9 a 12 horas.

Notarás que el rango de sueño que un niño necesita puede variar. Esto se debe a que cada niño y familia son diferentes. Puede notar que su hijo necesita más dormir. Si tienen dificultades para despertarse por las mañanas, tómese mucho tiempo para despertarse y pensar con claridad, o parecen estar arrastrando al final del día, intente aumentar su tiempo de sueño durante unas pocas semanas.

Si tienen dificultades para conciliar el sueño o se despiertan temprano en la mañana por su cuenta, es posible que no necesiten tanto dormir. Sin embargo, la mayoría de las necesidades de sueño de los niños deberían caer dentro de estos rangos. Si le preocupa el sueño de su hijo, mencione al pediatra de su hijo u otro proveedor de atención médica.



REFERENCIAS:

<https://www.nhlbi.nih.gov/health/sleep/how-much-sleep>
<https://newsinhealth.nih.gov/2021/04/good-sleep-good-health>

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