

KIDS KÖRNER

A newsletter designed with parents of young children in mind



Cooperative Extension Service

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April is Child Abuse Prevention Month. Let's use this time to reflect on this problem and to recognize the importance of good parenting.

The Child Abuse Prevention and Treatment Act is a federal law that broadly defines child abuse and neglect as any recent act or failure to act by a parent or caretaker that which results in death, serious physical or emotional harm, sexual abuse, exploitation or presents an imminent risk of serious harm. Commonly recognized forms of maltreatment include physical abuse, sexual abuse, psychological abuse and neglect. It is also important to note, in the majority of cases, the abuse is committed by someone the child knows.

If you suspect child abuse or neglect is occurring, contact the Child Protection Hot Line number, 1-877-KYSAFE1 (1-877-597-2231). The Kentucky Cabinet for Health and Family Services website contains area phone numbers, frequently asked questions and other important information related to child abuse and neglect. You can access it at <http://chfs.ky.gov/dcbs/dpp/>.

Child abuse prevention efforts should start at home by nurturing, caring and protecting our children, particularly in early childhood. When your child misbehaves, it is important that you manage your feelings of frustration and anger without venting them on him/her.

Effective discipline strategies include teaching your child about potential consequences to their actions. These consequences could be natural like telling your child if they continue to throw their toys the toy will eventually break and they will not have it to play with anymore. They can also be logical consequences that you enact. For example, "If I have to pick up your toys, you can't play with them for the rest of the day."

Another effective discipline method is withholding privileges or things your child really enjoys, like watching TV or playing on a tablet. Time-out is also an effective form of discipline as long as the child understands the rules ahead of time.



So many things to celebrate during April!!!

- Autism Month
- Child Abuse Prevention Month
- Volunteer Month
- Financial Literacy Month
- Month of the Military Child
- Garden Month
- Celebrate Diversity Month
- Soft Pretzel Month
- Stress Awareness Month



World Autism Awareness Day

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Disabilities accommodated with prior notification.

Make Your Own Soft Pretzels

Makes 12 servings

Ingredients Needed:

- 1 package active dry yeast (2 ¼ tsp.)
- 1 ½ cups warm water
- 1 teaspoon salt
- 1 Tablespoon sugar
- 3 cups white flour
- 1 cup whole grain flour
- Vegetable oil or spray
- 1 egg, beaten
- Coarse salt (optional)



Nutrition Facts	
12 servings per container	
Serving size	1 pretzel(77g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	9%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 2mg	10%
Potassium 81mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. Preheat oven to 425°F.
2. In a mixing bowl, add yeast to warm water.
3. Mix salt, sugar, and both flours into yeast and water until dough is formed.
4. Roll dough into a circle.
5. Cut dough into 12 portions with a pizza cutter or sharp knife. If children are helping you prepare the pretzels, give each child a ball of dough to roll and twist into any shape. Alphabet letter shapes are fun to make.
6. Lay pretzel dough on a lightly greased cookie sheet.
7. Brush or spoon beaten egg on pretzels.
8. Sprinkle with coarse salt, if desired.
9. Bake at 425°F for 12-15 minutes.

Variations: Dough can be sprinkled with Parmesan cheese, sesame seeds, poppy seeds, garlic, grill seasoning, etc. Table salt may be substituted for coarse salt (sprinkle lightly). To lower sodium, omit salt.

A special thank you to military children for their service and sacrifices for each of us!



Sincerely,

Christy A. Martin, CEA for 4-H Youth Development

Jonathan Oakes, CEA for Agriculture & Natural Resources

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