



PreSchool Family Network News

Providing the latest scientific information, parenting resources, community & fun

January 2011

LOCAL, ORGANIC, KID-PICKED

The Fun Way to Eat Your Veggies

As parents, we all want our children to grow up learning how to eat a healthy balanced diet. It seems that there are unending strategies to getting our little ones to eat their vegetables. At Rogue Valley Farm to School, we think we have found one of the best ways to encourage healthy eating: involve your kids in growing and preparing their own food.

It never ceases to amaze me how willing and excited kids are to eat spinach, kale, beets, even eggplant, that they have helped to grow and harvest. In fact, it is hard to get them to stop eating these tasty fresh items! Time after time I hear parents' and teachers' amazed comments as they watch kids go back for more salad, stir-fry and soup.

One of my favorite things to do with students at the farm is bring them to the spinach patch. Field fresh spinach tastes worlds apart from store-bought which can lack both nutrition and flavor. At first they are timid, pinching off the smallest leaf to taste, then they are asking for seconds and thirds, filling their hands and mouths, remarking on its sweet nutty flavor and asking if they can take some home.

Growing food instills a sense of accomplishment and pride that influences children's eating habits, not to mention that field-fresh veggies just taste better. If we make the experience of healthy eating interesting, exciting and tasty, kids respond.

The Farm to School movement works to connect farmers and schools through local purchasing, education and healthy eating. It is a simple solution to the many complex problems facing society today including dwindling small farms, environmental problems, and a childhood health crisis.

Giving young people the skills to make healthy choices has huge payoffs over time. Things as simple as understanding the im-



portance of eating a "rainbow" of fruits and vegetables, that cooking from scratch can be fun and easy, and that processed foods contain more than meets the eye are important concepts for kids to understand.

A study by the American Dietetic Association found that students participating in hands-on food production have an increased appreciation for and likelihood of consuming fresh vegetables.

Things You Can Do:

- Start a home garden or join a community garden
- Encourage your children's school to start a garden and/or visit a farm with Rouge Valley Farm to School
- Involve your kids in meal preparation: even the youngest child can shred, mix, mash, de-stem and peel!
- Take your family to a farmer's market or farm stand
- Get involved in Rouge Valley Farm to School's education & volunteer programs!

Visit Rogue Valley Farm to School at www.rvfarm2school.org

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What a difference "farm-fresh" makes

Pg 2. Celebrate Here

Rent ScienceWorks for your family party

Pg 2. Parenting Group

Join Dr. Rebecca Breiholz for our first monthly event

Science Works offers our first facilitated Parenting Group at 6:30pm on January 24.

Parents and kids are welcome to this family event!



MARK YOUR CALENDAR

JANUARY

"STICKY THINGS"

Thursday, 6th
10:30 - 12:00

Contact Paper Collage
New

Saturday, 8th
11:00 am

Storytime - Frogs

Thursday, 13th
10:30 - 12:00

Making Slime *Favorite*

Saturday, 15th
11:00 am

Storytime - Goop & Slime

Thursday, 20th
10:30 - 12:00

Puffy Paint *Favorite*

Saturday 22nd
11:00 am

Storytime - Candy

Monday, 24th
6:30 - 8:00

Parenting Group

Thursday, 27th
10:30 - 12:00

Spider Web Designs *New*

Saturday, 29th
11:00 am

Storytime - Spider Webs



ACTIVITIES

Thursday & Saturday

Themed crafts and stories make every week a unique exploration.

Make It and Take It

Thursdays from 10:30am-12:00pm.

Curious Scientist Storytime

Saturdays at 11:00 am in the Lab

For more information visit
www.preschoolnetwork.org

**All activities are subject to staff and volunteer availability*

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PARENTS SHARE AND LEARN FROM THE EXPERTS

Parenting Group Begins This Month

The Preschool Family Network is excited to offer a new monthly family event starting in January. The Parenting Group is designed to empower the Preschool Network community by offering a combination of lectures and discussion groups on the topics that interest YOU most.

Join us on the evening of January 24th, as Dr. Rebecca Breiholz leads a discussion on developmentally appropriate parenting techniques for children ages 0 - 5.

Rebecca Breiholz, PhD is a licensed clinical psychologist and has been working in the mental health field for over 10 years. She has a private practice in Ashland, Oregon where she sees both children and adults for a variety of psychological issues.

Dr. Breiholz has experience working as a school psychologist and giving psycho-educational assessments for issues such as ADD/ADHD and Learning Disabilities. She also has experience teaching parenting classes and child development classes for

a variety of agencies, in her private practice, and at the post-secondary level. We know that our Preschool Network families will benefit from her experience.

This is a family event, so children are welcome. Babies can stay with

their parents, and potty trained children over the age of three will enjoy supervised exploration time in Discovery Island.

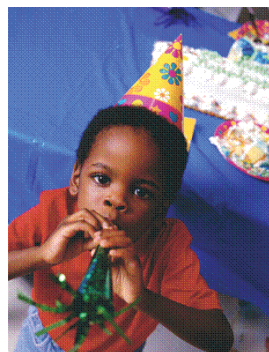
Join us on Monday January 24th at 6:30pm for our first expert-facilitated Parenting Group. Space is limited. To guarantee a spot, please register online at scienceworksmuseum.org/parenting

The fee is \$5 per ScienceWorks member family and \$10 per non-member family.



COME CELEBRATE AT SCIENCEWORKS

Did you know that you can rent ScienceWorks for a private event? If you love, exploration, teamwork and fun, you can host a get-together at ScienceWorks.



Schedule a birthday in the private Celebration Room, and invite up to 30 people to enjoy a science celebration. Birthday parties include: invitations, party favors, two hours in the private room, a fun science activity

and unlimited museum exploration! Remember that museum members get a great discount on birthday party rentals.

ScienceWorks is also available for private events, including receptions, business meetings, family reunions, weddings and evening parties.

The museum makes a great gathering place with hands-on exhibits that encourage teamwork, group participation and strong family experiences. It's hard to tell who will have more fun, your co-workers or your kids! Call us today to schedule your event, 541-482-6767.