

# Ohio 4-H Cloverbud Connections

For 4-H Cloverbud Volunteers Working with Grades K—2

July - September 2015 Issue

## Slop on Sunscreen and Stay Away from Lawn Mowers!

By Kathy Mann, Program Coordinator, Agricultural Safety and Health Department (The Ohio State University)



The yard is a fun place for summer playtime, picnics, BBQ's and relaxation, but there are some hazards hiding in the weeds.

Before going out to play, encourage kids to protect themselves from damage the sun can do to their skin. Easy ways this can be done is by wearing sunscreen and limiting the time outside. Sunscreen needs to be reapplied at

least every two hours or after swimming, drying off, or sweating. The sun's rays are the strongest from 10:00 am until 4:00 pm. A fun way to teach children about when the sun's rays are the strongest is by the shadow test. Teach them that when their shadow is shorter than they are tall, sunburn is likely if they are not protected.

While many teens spend the summer mowing yards in the neighborhood, younger children should have limited involvement around lawn mowing equipment. Before mowing the grass, any sticks, rocks, toys, etc. should be picked up so the mower blades do not throw them. One way to engage younger kids with lawn chores, without them actually mowing, is to have them explore the yard and look for these types of items BEFORE mowing begins. Finding toys, sticks, and other debris can become a type of scavenger hunt. When mowing the lawn, be sure there are no bystanders. All people, especially younger children, should then go back inside while the adult is mowing.

A phrase to teach kids is *One Seat, One Rider*. While some enjoy riding the lawn mower with a parent or grandparent, the lawn mower is designed for one person (the driver) because there is ONLY one seat. This phrase, *One Seat, One Rider* is great to teach young children because it applies not only to lawn mowers but any tractor, ATV, skid-steer, etc. Any piece of machinery/equipment that only has *one seat* is meant to have only *one rider*, the driver.



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### Pretty Poisons

Looking for easy to teach resources for your next meeting? Check out the most recent Click it, Print it, Do it! activity for your Cloverbuds!

# Cloverbuds in the Kitchen

By Mary F. Longo, 4-H Youth Development Educator  
Marion County (OSU Extension)



Children love to help in the kitchen, especially if they are making something for themselves. Cooking with an adult is a great way for younger children to learn! They can begin to learn math skills as well as observe science and interactions of ingredients. But, adult supervision is needed to prevent accidents and injuries. Here are a few points to remember when young children are helping in the kitchen:

1. Always wash your hands with soap and warm water before starting. No one wants food made with dirty, grimy hands. 
2. Be sure the work area is clean and hair is tied back.
3. Make sure the child can reach the work area safely and isn't leaning on a chair or stool that may accidentally fall over.
4. Only use sharp knives with an adults help. Teach children to always cut away from themselves. Use table knives to cut soft foods such as bananas.
5. Clean up spills and messes as they occur. Messes will happen with young children as they learn, just help them understand the importance of cleaning it up so it is not a hazard. 
6. Don't sample recipes that have raw items such as eggs or meat. Although it is tempting, the foods may contain bacteria that will make you sick. Wait until it is cooked to sample.
7. Don't lick the spoon or utensil you are using to mix the ingredients together. The bacteria in your mouth goes into the food each time you lick the spoon. The friends or family you share your food with do not want your germs.
8. Keep foil, plastic wrap and waxed paper dispenser boxes away from children. The serrated edges will cut little fingers.

# Campus Connections

By Scott Scheer, Ph.D., State Extension Specialist,  
4-H Youth Development (The Ohio State University)

Hello again! Great to make this 4-H Cloverbud Connection with you!

“Let's stop and think about that.” Have you ever used this phrase with Cloverbud children or your own kids? If you have, that is a good thing. The importance of thinking is critical as children develop their mental and learning capacities. It is easy to move through activities and not appreciate the mental benefits for children by asking questions and letting them make decisions. For example, in the Cloverbud Curriculum, Series II, with “The Wonders of Water” activity about how water cools us, children wet one hand with water, one without, and blow on each hand. This is a golden opportunity to “stop and think about that” and ask some thought-provoking questions – which hand feels cooler and why? Why do our bodies sweat when playing outside on a hot day? You can make a difference as a 4-H Cloverbud leader by fostering thinking and mental skills by encouraging children to think and learn through 4-H Cloverbud activities.  

Thanks for your commitment to the 4-H Cloverbud program as we enhance the healthy development of children throughout the state!



**Cloverbud Connections** is published four times annually by OSU Extension in Monroe and Hocking Counties, providing volunteers and teachers working with kindergarten through second grade access to unbiased, research-based information.

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