

Sunday Column/News Release
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Family and Community Wellness
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Measure, Pour, Let's Explore

Berny Unruh, Cottonwood District Family and Community Wellness Extension Agent will present "Measure, Pour, Let's Explore" on Wednesday, November 11th at noon at the Great Bend Activity Center, 2715 18th Street, Great Bend.

The early years are so important in the development of children. The latest research on brain development shows that by age three, brain cells have made most of their connections to other cells. Connections will continue to be refined and new experiences will help strengthen existing brain connections. One excellent way to build a child's brain is to provide a variety of experiences for them to be involved in.

It may seem like more work to include children in food preparation activities but the benefits will definitely pay off. Not only will the children develop new skills, but he or she will most likely develop an interest in eating and trying new foods. Whenever possible, include children in setting the table, simple food preparation and clean up. Remember the first step – Wash your hands!

The program will also include recipes for non-edible mixtures that are so fun to play with. Even adults need some relaxing time to play with homemade playdough.

The program will be held in the Great Bend Activity Center meeting room and social distancing will be practiced. Be sure to mark Wednesday, November 11th at 12 noon on your calendar and plan to attend.

Berny Unruh is the Family and Community Wellness Agent for the Cottonwood Extension District. She can be reached at 785-628-9430 or at bunruh@ksu.edu

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