



## *Kitchen time is splendid for learning\* & enjoying...*

- *Spending time with family*
- *Measuring ingredients*
- *Tasting foods*
- *Sharing food with others*
- *Pouring ingredients into a bowl*
- *Following a recipe*
- *Using a variety of cooking utensils*
- *Helping to wash, rinse, and dry dishes*
- *Discovering which things sink and float*
- *Making soap bubbles*
- *Practicing table manners*
- *Setting the table*
- *Talking and listening to friends and family*
- *Being a part of an important family routine*



How could you support your child's learning in the kitchen?

I could...

- ▶ Notice my child's new interests in the kitchen.
- ▶ Wait and see what my child begins to do on his/her own.
- ▶ Allow my child more time in the kitchen engaged in his/her interests.
- ▶ Show interest in what my child is doing.
- ▶ Encourage by making positive comments about what my child can do.
- ▶ Follow my child's lead.
- ▶ Encourage my child to make choices about what to eat, drink, wash or cook.
- ▶ Find ways to include my child in the kitchen routines.
- ▶ Make kid friendly dishes and/or cooking supplies more available.
- ▶ Join in what my child is doing.
- ▶ Provide help when my child is frustrated.
- ▶ Encourage my child to pour, mix and do things on his/her own.
- ▶ Talk to my child about what he/she is doing.
- ▶ Arrange the environment so that my child can interact safely and independently.

\* Kitchen time activities promote development in all areas: cognitive, communication, motor, self-help and social.