



Kitchen Safety For Your Grandchild/children

When teaching your grandchild/children how to cook you need to prepare your kitchen correctly. Follow the recommendations below, so it will be a safe and enjoyable experience.

- *Prepare Your Kitchen* correctly.
 - Create a 3 foot kid free zone around the stove.
 - Hot foods and drink items should be kept away from the edge of countertops and tables.
 - Do not use a tablecloth or other table covering that can be grabbed by a child/children.



They can pull the tablecloth or covering off the table, bringing anything on the tabletop down on top of them.

- Do not let pot or pan handles stick out over the edge of the stove. Turn pot handles toward the back of the stove, and cook on back burners whenever possible.
- Have a kitchen first aid kit readily available.
- Consider installing child safety locks on your cabinet doors and drawers if your grandchild/children will be visiting you a lot.





- If you are going to teach your grandchild/children how to cook, consider these recommendations.
 - Read the recipe with your grandchild/children first and explain each step in the recipe.
 - Make sure that long hair is pulled back and the clothes are not loose fitting.
 - Gather all kitchen tools and ingredients before beginning the recipe.
 - Handle kitchen utensils properly. Do not assume that the child/children will know how to use the utensil.
 - Follow all the safety tips found in this cookbook.
 - Discuss fire safety and explain how the fire extinguisher works.
 - If the recipe does not turn out as you planned, do not get discouraged. Try the recipe again another day. Remember, they are just learning how to cook so make it fun.
 - Adult supervision in the kitchen is important. Never allow your grandchild/children to use a knife, oven, or microwave without adult supervision.

By teaching your grandchild/children how to cook they can learn important skills such as healthy choices, how to follow directions, and math.

