



Parents as Teachers.

ACTIVITY *page*

24-36 months

What do we have?

- > A favorite recipe
- > Ingredients and equipment listed in the recipe
- > Apron or cover-up (optional)
- > Toddler book



Book sharing

You model the importance of reading every time you read. Read a recipe together. Make a recipe book that he can read. Use pictures for the ingredients. Read everywhere – in the bathroom, bedroom, and kitchen.

Find a story about cooking. Talk about how the characters in the book cooked like you did.

In the Kitchen: Helping and Learning

How do we do it?

1. Invite your child to cook together. Show him the recipe. Then talk about the plan. “First we will get everything we need together, then we will combine ingredients, then we will cook, then we will clean up, then we will eat. Sound like a plan?”
2. Work as team gathering ingredients and equipment.
3. Think about how your child can help. You can support your child in washing vegetables and fruit, tearing lettuce, measuring and sifting dry ingredients, stirring, smashing, pouring, cutting soft foods with a plastic knife, and spreading butter on firm bread.
4. Talk about what you are doing together, like how the different ingredients look and feel.
5. Finally, celebrate your accomplishments as you clean up. When adults have fun cleaning up, kids have fun cleaning up.

What's in it for us?

- > **Motor:** When your child is cooking he is using his wrist for pouring (skill for writing), large muscles for stirring, and fine muscles for cutting, spreading, and tearing.
- > **Language:** Talking to your child while you cook helps increase his receptive language and builds his vocabulary.
- > **Cognitive:** He learns about quantity, measurement, and parts of a whole and watches chemistry in action as the flour, sugar, eggs, and water become a cake.

(child skill or parent skill defined by the parent/parent educator)



Safety tip

Think about how to help your child reach the work surface. It's best to use a sturdy stepping stool so he won't fall.

Supervise whenever he pours, cuts, and works near hot surfaces. There are child-size oven mitts he can use to be like you even when he's not touching hot objects.



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Parenting behavior

Responding: Healthy eating habits are established for life during the young years. When your child is part of the preparation of a meal and you give him credit for helping, he is more likely to think it's yummy.

What I noticed about my child ...

What I noticed about myself ...

Continued learning

When your child watches and helps with cooking, he sees change. He is part of a chemistry experiment right in your kitchen.

Your child can help take spoons and forks to the table. Help him make a placemat. Trace around his dish, glass, and spoon. He can match them on the mat.

Do you have memories that are triggered by a smell? Think about the memories you are making with your child!