

GETTING KIDS IN THE KITCHEN

Show your kids how to help you prepare meals

Photo by Brooke Lark on Unsplash

2 to 3 years old:

- Wipe tabletops
- Rinse fruits and veggies
- Tear lettuce or greens
- Put silverware in the dishwasher

4 to 5-years old:

- Knead and shape dough
- Mix or pour ingredients
- Spread butter and jam
- Crack an egg
- Measure and level dry ingredients with a straight edge
- Set the table

Tips:

1. Have your kids wash their hands before and after helping in the kitchen.
2. Be patient with spills and mistakes.

Every child develops uniquely, making these age ranges mere guidelines. Your child may be prepared to undertake a specific task sooner or later than indicated above. Trust your instincts and tailor their experiences accordingly!

