

Safety in the Kitchen



Make sure there is a working smoke detector in the kitchen. Have an adult test it twice a year to make sure it works.

Food cooked in the microwave may be hot! Use pot holders to remove dishes, and lift lids away from your face to avoid hot steam.



Set timer when cooking/baking so food doesn't burn.

Always have an adult watch food cooking on the stove so pots and pans don't boil.



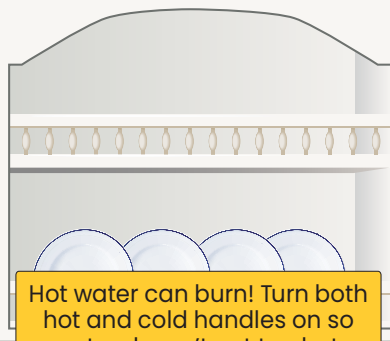
Turn pot handles away from the front of the stove.



Have an adult turn off the oven and stove when cooking/baking is done.



Hot water can burn! Turn both hot and cold handles on so water doesn't get too hot. Test with one finger before placing hands under faucet.



"Kid-Free" Zone: All children should stay back at least 3 ft. when an adult is cooking or

Tasks for Preschoolers

Age-appropriate tasks give children a sense of responsibility and help them feel like a valued member of the family. Consider asking your child to help with the following:

2–3 Years:

Put some toys away.

Pick out clothing.

Place dirty clothes in a hamper.

Help wipe up messes.

Match socks.

Place trash in trash can.

3–4 Years:

Help set the table.

Carry dishes to the sink.

Organize/sort toys in correct bins.

Put clothes away.

Make the bed.

Help feed pets.

4–5 Years:

Wipe table with a cloth.

Help sweep/vacuum floor.

Sort recyclables.

Load dishwasher.

Put away some groceries.

Help fold laundry.

Tasks for Preschoolers

Age-appropriate tasks give children a sense of responsibility and help them feel like a valued member of the family. Consider asking your child to help with the following:

2–3 Years:

Put some toys away.

Pick out clothing.

Place dirty clothes in a hamper.

Help wipe up messes.

Match socks.

Place trash in trash can.

3–4 Years:

Help set the table.

Carry dishes to the sink.

Organize/sort toys in correct bins.

Put clothes away.

Make the bed.

Help feed pets.

4–5 Years:

Wipe table with a cloth.

Help sweep/vacuum floor.

Sort recyclables.

Load dishwasher.

Put away some groceries.

Help fold laundry.