Sunday November 4th, 2018 is Daylight savings time...

We change our clocks, and it’s a perfect time to change the batteries in all of your smoke alarms! Even if you have hard-wired smoke alarms in your home, please remember to make sure that all of the back-up batteries are fresh. ALL smoke alarms, both battery operated and hard-wired, should be replaced every ten years. Talk to your children about why smoke alarms are important!

In This Issue

 Preventing burns in the kitchen.
 Cooking with kids.

Let’s get cooking!

A large part of many winter holiday celebrations revolve around the kitchen—preparing, cooking and serving meals can be a fun bonding experience for family members. However, it’s important to remember that the kitchen can be a dangerous place! There are often more fire and burn hazards in the kitchen than in any other room in the home.

This issue of Safety Lines will remind you of important kitchen/cooking safety tips for yourself and older children, and provide you with lots of ideas for safe ways your younger children can be involved in meal preparation!
WHY IS THE KITCHEN SO DANGEROUS?

This may seem like a simple question, but in addition to the stove, knives, and other obvious dangers, there are many hidden dangers that we may not think about:

- Pot handles turned toward the front of the stove can be bumped or pulled down and can spill hot foods and liquids. Turn pot handles to the back of the stove.
- Appliance cords that are dangling over the edge of the counter can be pulled on by small children causing the appliance to fall on the child.
- Where you store a child’s snacks can be dangerous—if they are stored over a hot stove, the child could get burned reaching for them.
- Toys on the floor of the kitchen can cause you to trip while carrying hot foods!

PROTECT YOUR CHILDREN FROM SCALD BURNS IN THE KITCHEN!

- Keep young children at least 3 feet away from any place where hot food or drink is being prepared or carried, especially around the stove. Teach children that this is a “no-zone”!
- Keep hot foods and liquids away from table and counter edges.
- Never hold a child while cooking, drinking hot beverages, carrying hot foods or liquids.
- Teach children that hot things burn.
- Drink hot beverages from a covered travel mug when children are present.

PREVENTING OTHER TYPES OF BURNS IN THE KITCHEN...

- All appliance cords need to be kept coiled and away from counter edges.
- Always use oven mitts or potholders when moving hot food from ovens, microwave ovens, or stovetops.
- Never use wet oven mitts.
- Never use a dish towel as a pot holder.
Why is the kitchen so dangerous?

This may seem like a simple question, but in addition to the stove, knives, and other obvious dangers, there are many hidden dangers that we may not think about:

● Pot handles turned toward the front of the stove can be bumped or pulled down and can spill hot foods and liquids. Turn pot handles to the back of the stove.

● Appliance cords that are dangling over the edge of the counter can be pulled on by small children causing the appliance to fall on the child.

● Where you store a child's snacks can be dangerous—if they are stored over a hot stove, the child could get burned reaching for them.

● Toys on the floor of the kitchen can cause you to trip while carrying hot foods!

● Even tablecloths can be dangerous! Young children may try to pull on the tablecloth and hot liquids or foods on the table can spill and cause burns.

● For more information on kitchen hazards and young children, please visit www.homesafehome.org and print our "Home Safety Checklist".

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Before starting a cooking project with your child:

● Make sure you have a fire extinguisher and fire escape plan. Test your smoke alarms.

● Teach your children about the dangers in the kitchen. Talk about what is hot, sharp, etc.

● Always make sure you and your child wash your hands!

Once safety measures are taken into consideration, cooking can be a fun and educational experience for you and your child! Here are some tasks that children can help with.

### Three Year Olds:

- Wrap foil around food
- Press dough into baking pan or wrap dough around meat or vegetable fillings
- Pour from small plastic pitchers
- Mix with hands or wooden spoon
- Shake small jars of food (dressings, etc.)
- Spread foods using a plastic knife or small spatula

### Two Year Olds:

- Clean vegetables with brushes
- Clean tables
- Tear, break, or snap foods (lettuce, beans, etc.)
- Dip foods into dips
- Mix with hands—make sure the bowl or container is about twice the size of the amount of mixture to help avoid spills

### Four Year Olds:

- Use fingers to peel eggs, oranges, corn, etc.
- Roll and flatten food
- Mash foods (potatoes etc.)

### Five Year Olds:

- Measure ingredients
- Cut soft food with a plastic or dull knife (always teach knife safety first—show how to hold and use the knife safely)
- Grate food
- Beat an egg with a manual egg beater

Three Year Olds:

- Allow infants and young toddlers to explore various textures of vegetable, fruits, etc. (Always supervise to ensure small pieces don’t turn into choking hazards!)
- Give infants pots, pans, wooden spoons, measuring cups, etc. to explore

### Children under two years old:

TWO YEAR OLDS:

- Clean vegetables with brushes
- Clean tables
- Tear, break, or snap foods (lettuce, beans, etc.)
- Dip foods into dips
- Mix with hands—make sure the bowl or container is about twice the size of the amount of mixture to help avoid spills

THREE YEAR OLDS:

- Wrap foil around food
- Press dough into baking pan or wrap dough around meat or vegetable fillings
- Pour from small plastic pitchers
- Mix with hands or wooden spoon
- Shake small jars of food (dressings, etc.)
- Spread foods using a plastic knife or small spatula
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Even very young children can safely help in the kitchen, as long as you follow the guidelines on page 3.

Written and researched by Jessica Banks, BPN Prevention Education Director

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**FUN ACTIVITY!**

“GRATITUDE TURKEY TREAT JAR”

**Materials Needed:** glue, double stick tape, candy (use your Halloween leftovers!), baby food jars with lids, colored cardstock, scissors, markers, and googly eyes

1. Fill up the jar with treats! When it’s full, put the lid on tight.
2. Draw some feathers on cardstock and cut them out, or have older children work on their scissor skills!
3. Decide with your child who he/she wants to give the jar to and their favorite things to do with that person, or why they are grateful for them. Write those things on the feathers.
4. Use double stick tape to attach the feathers to the back of the jar. Add a beak, gobbler and googly eyes with glue.
5. Review all of the things that you wrote on the feathers, and deliver your treat turkey!

Craft idea courtesy of www.toddlerapproved.com