

# Kids In The Kitchen

## Family Time Can Be Rewarding In Many Ways

(NAPSA)—According to recent research, the average American child only spends 38 minutes a week in meaningful conversation with his or her parents. Spending quality time with your child in the kitchen can help fight this trend.

Teaching your child how to prepare and decorate food promotes creativity, independent thinking and problem solving skills. In a 2003 survey sponsored by Wilton Enterprises more than 80 percent of parents believe that having their children assist in the kitchen allows for greater bonding between parent and child, while boosting the child's self-confidence.

In the name of family fun, Wilton Enterprises is sponsoring a contest that celebrates family time as well as every child's individual style, interests and desire to create something special. The Darling Decorator Contest is a nationwide cake decorating contest for children ages six to eight and nine to 11. Children all over the United States are asked to decorate their fantasy birthday cake with the encouragement and support of their families. The contest lets children decorate their own personal "masterpieces" for a chance to win a cash prize.

Entries will be judged based on unique design, creativity and the overall decorating ability of the child. Kids can create their favorite animals, cartoon characters, super



heroes or any original design. The winner of each age category will be awarded a \$2,000 savings bond and honorable mentions will win assorted decorating products.

To enter, you can read the contest rules and download an entry form on the contest's official Web site at [www.darlingdecorator.wilton.com](http://www.darlingdecorator.wilton.com). Then mail in the entry form along with a photo of the cake. Entries must be received by September 8, 2003.

"One of my fondest childhood memories was helping my mother prepare her famous strawberry birthday cake," stated Nancy Siler of Wilton Enterprises. "Whether it's during the holidays or for a birthday celebration, preparing treats with your kids can build traditions and memories that last a lifetime."

For more information, go to [www.darlingdecorator.wilton.com](http://www.darlingdecorator.wilton.com).