



Kids In The Kitchen

How To Have A Kid-Friendly Kitchen

(NAPS)—A few simple steps can help you convince your kids that cooking, even cleaning, can be fun.

Here, from blogger Amy Mascott of Teachmama.com, are a few hints on how.

- Designate a few kid-only drawers low enough for little ones to reach and that hold only kid dishes, plates and flatware.

- Designate a special helper each day. That child acts as your assistant chef and helps prepare meals and set the table.

- Let them make menu choices. Sit down as a family and decide on the meals for the week ahead. Keep it interesting by picking out new foods you've never tried before, perhaps mango, lentils or kale. Make a grocery list, set aside coupons and gather up the ingredients.

- All but the youngest can probably help you unload the dishwasher, measure ingredients (a good way to help them learn math) and put away groceries.

- Create a kid zone in the refrigerator. To help, the new Whirlpool 4-Door French Door Refrigerator is flexible enough to accommodate every family's needs, with a refrigerated fourth drawer that's the right height for kids to keep their favorite snacks.

- Give each one a chance to organize the fridge the way he or she wants and snap a photo. You may be surprised how much each child's personality shows through. Send it to www.facebook.com/whirlpoolusa or show your youngsters the other pictures on that site for inspiration.

5 tips

for raising kids who can rock it in the kitchen



1

Make your kitchen kid-friendly.

Even if you can't make major changes in your kitchen layout, designate a few kid-only drawers low enough for kids to reach and that hold only kid dishes, plates, and flatware. You can also create a kid-only zone in the refrigerator. The new Whirlpool 4-Door French Door Refrigerator has a FreshStor™ refrigerated drawer that's easy for kids to access and perfect for storing snacks.

Make one child your 'special helper' each day.

That child helps you prepare meals, set the table, and act as your assistant chef. This is a great way to allow kids to experience serious hands-on learning each day.

2



3

Let them make menu choices.

At the beginning of the week, sit down as a family and choose the meals for that week, looking at recipe books and your favorite websites for inspiration. Make a grocery list, set aside coupons, and get ready to assemble ingredients!



Show your kids that you trust them.

Give kids space in the kitchen. Let them help you unload the dishwasher, measure ingredients, crack their own eggs and put away groceries. You can even give each of your little ones permission to organize the fridge the way they want and snap a photo (or #fridge). When you compare your family's #fridgies, you'll be surprised how much each child's personality is reflected! It might not always be pretty, but you will slowly grow confident kids in the kitchen.

4



5

Make being in the kitchen fun.

Play music. Dance around. Play games where and when you can, and make being there a relaxing and exciting place. It's all about the attitude!

