



# for Parents

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A PROGRAM OF CONNECTICUT CHILDREN'S MEDICAL CENTER

## KIDS IN THE KITCHEN

# Recipe for Safety

Baking treats in the kitchen with kids close by requires more than the usual ingredients. An added cup of supervision and a pinch of patience complete the perfect recipe for family fun. Whether decorating cookies or mixing salad dressing, children need close adult supervision at all times in and around the kitchen.



- Be sure you've taken basic safety steps -- such as having a fire extinguisher nearby and posting emergency numbers near the phone -- before introducing a child to cooking.
- Put pans on back burners and turn all pot handles toward the back of the stove.
- Place hot foods and liquids away from the edges of counters and tables.
- Pay particular attention to items sitting on tablecloths or placemats; young children can pull hot food or liquids down and scald themselves.
- Unplug appliance cords when not in use, and keep them tied up and out of children's reach.
- Never leave a child unattended in the kitchen. Close supervision is essential, whether children are helping an adult cook or simply watching.
- Never hold a child in your arms while cooking.
- Never let a child under age 10 remove heated items from the microwave.
- Never leave cooking food unattended -- it's the number one cause of house fires. ■

## What and When?

**With close adult supervision, children:**

**Over age 5 can:** Stir ingredients together in a bowl, rinse foods under cold water, and use a cookie cutter to cut out shapes in dough.

**Over age 9 can:** Use a butter knife or plastic knife to spread peanut butter or to slice soft cheese.

**Over age 10 can:** Squeeze garlic from a garlic press and begin to learn how to use electrical appliances, the stove and sharp knives.

**Over age 12 can:** Chop or slice with a paring knife, use the stovetop to turn burners on and off and select oven temperature, flip pancakes on a hot griddle, place a tray of cookies in the oven, peel vegetables.

*Since each child is different, it is important for parents and caregivers to consider the developmental level and abilities of their children when it comes to assigning kitchen duties.*

## Safety on the slopes

In 1999, more than 16,300 children ages 5 to 14 visited emergency rooms for snow skiing-related injuries. More than 19,000 children ages 5 to 14 were treated for snowboarding-related injuries.



With just a few safety precautions, skiing and snowboarding are sports that even young children can enjoy. Make sure your children follow these suggestions:

- Enroll in at least one skiing/snowboarding lesson to start off on the right track.
- Wear a ski helmet and eye protection.
- Wear sun protection even on cloudy days.
- Use caution when entering and exiting the ski lift.
- Do not ski out of control or go too fast.
- Be aware of other people on the slope.
- Never ski alone. Young children should always be supervised by an adult. ■

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### PLEASE COPY ME!

You're welcome to photocopy this newsletter and send its important message to others.

## New nationwide poison control center number

One toll-free phone number now automatically connects callers to the nearest poison control center in all 50 states. Free safety kits, including telephone stickers (as pictured here), are available from the Connecticut Poison Control Center (860) 679-3531 ext. 2. ■

NATIONWIDE NUMBER



Cut out and tape this number to your phone. Also write down and carry it with you at all times.

## VISITING AWAY FROM HOME

### No room for emergencies

Winter vacations and getaways often mean visits to family and friends who are not used to having children in the home. Even if they try to make the environment safe for children, it's easy to miss some of the more subtle dangers in the home.

The best suggestion for assuring that the environment is child resistant is to move around the room on your hands and knees. At this level, you are more inclined to see potential hazards you might otherwise miss.

Here are a few guidelines for safe visits:

- Pick small objects off the floor and place out of baby's reach.
- Use safety covers for all electrical outlets.
- Remove all furniture with sharp edges. If you cannot remove the furniture, attach foam padding or corner guards to the edges to round and soften them.
- Keep furniture away from windows — especially above the first floor — to prevent window falls.
- Install drawer and cabinet locks, and keep all toxic materials locked and out of reach.
- Keep electrical wires, lamps and lighting fixtures out of reach. ■