



# The Basics Guilford in the Kitchen

We spend a lot of time in the kitchen throughout the day, preparing meals or grabbing a snack. While this may feel like an ordinary part of the day, there are many ways to practice The Basics in the kitchen! Next time you are cooking or baking, try these tips with your child:



## Maximize Love, Manage Stress

Involving your child in any chores around the house makes them feel helpful and provides opportunities for learning. Praise them for their help - no matter how small it is. While you are waiting for food to cook or bake, use that time to hold, kiss and cuddle your child.



## Talk, Sing and Point

While your hands might be busy as you're cooking, you can still talk and sing with your child. Describe what you are doing to your child and ask them interactive questions to keep them involved. You can also sing nursery rhymes or tell stories while you cook.



## Count, Group and Compare

As you're measuring ingredients, count out the number of items you're using or explain how to use measuring cups to your child. Have your child compare ingredient amounts and consider which one is bigger.



## Explore Through Movement and Play

Toddlers can help pour things into mixing bowls or stir up ingredients. For younger children, there are many ways to make the kitchen a great place to play while keeping them safe. Give your child some bowls to use as drums or have them practice putting the tops back onto reusable containers.



## Read and Discuss Stories

A great way to pass the time in the kitchen is by telling stories! Make up a story with your child about a chef or your child's favorite foods as you cook. Be sure to use expressive voices or act it out to make it more fun!