

## Idea #1

**Invite your older toddler or preschooler to help you in the kitchen.**

***Helping your child develop responsibility is important!***

Young children can help in many ways and love to contribute to the responsibilities of family life, especially if you let them know that you value their help.

Here are some kitchen chores that are appropriate for your young child to do with your supervision and interaction.

- Wash plastic dishes or put them in the dishwasher
- Set the table with silverware, napkins, and plastic cups, counting people and place settings
- Stir ingredients that are not hot
- Put away boxed or canned food items (not glass) on low shelves
- Use a small whisk broom and dust pan to help sweep up dry, spilled items
- Wipe up small, wet spills with paper towels

**Don't forget to talk together in the language of your family as you work side by side! Ask questions. You are building your child's sense of self as part of the family group and helping him learn to focus on completing a meaningful task.**



Download the "**Families are Children's First Teachers**" materials and related documents at [www.newmexicokids.org](http://www.newmexicokids.org) under the Caregivers & Educators tab.



## When You Are in the Kitchen

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**Learning Opportunities Include:**

- Self-confidence
- Problem-solving
- Following directions
- Eye-hand coordination