

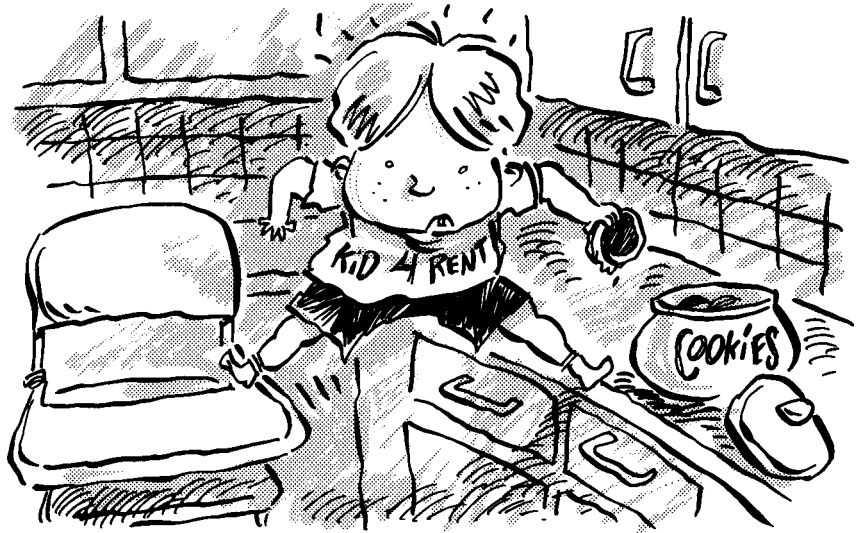
A Kitchen Recipe

It was just an evening among friends, and the kitchen was a busy place. Six-month-old Greg had let it be known that the aroma from the kitchen was making him hungry also, so Kay offered to feed him while Greg's mother prepared food for the guests. While Kay was feeding him, she turned aside for a moment to talk. In that instant, Greg stood up (he was not strapped in because he was so young), and toppled to the floor, landing squarely on his head. Fortunately there was no damage to Greg's head, but it did knock some sense into the heads of the adults present on the need to be constantly vigilant when children are in the kitchen.

Kitchens are fascinating places for children. They are filled with warmth, good smells, wonderful tastes, and infinite shiny objects. Each of those attractions represents a potential hazard to the curious, unsupervised child. To keep young children safe in the kitchen:

Kitchen Basics

- Never leave a child unattended in the kitchen.
- Store dangerous or poisonous substances and plastic bags in a high cabinet with childproof locks.
- Unplug appliance cords when not in use, and keep them tied up and out of children's reach.
- Store canned goods and dry foods in low cabinets, and put potentially harmful products in upper cupboards.
- Keep utensils in a safe place, preferably in a childproof drawer.
- Store knives in a secured drawer.
- Install stove shields, or remove control knobs to the burners and ovens when not in use.
- Insert childproof plugs in unused electrical outlets.
- Keep your trash can in a closed cabinet or pantry.
- Keep refrigerator magnets out of reach.



- Keep high chairs away from the table, counter, wall or any surface from which a child could push off.
- Don't put dishwasher detergent or sharp objects in your dishwasher until right before you turn it on.
- Never heat your child's formula in the microwave. The bottle may feel cool, but the milk inside may be hot enough to cause burns.

Remove Temptation

- Don't store treats over the stove, or in a place a child can climb to reach. Store snacks in a low cabinet.
- Keep pets and small children out of the kitchen while you are cooking. If you feel you need to keep an eye on babies or toddlers, secure them in a high chair or playpen.
- Turn pot and skillet handles away from the edge of the stove and beyond a child's easy grip.
- Never hold a child while cooking, drinking or carrying hot liquids.
- Place hot foods and liquids away from the edges of counters and tables.
- Pay extra attention to items sitting on tablecloths or place mats so children cannot pull hot food or liquids down and scald themselves.
- Store matches in a fireproof container, out of reach of children.

When To Start

Following are some tips and age-appropriate tasks from *Safe Kids USA* to help keep the kitchen a fun, safe place:

- Keep a close eye on the kids, and set strict safety rules.

3-5 years old:

Gather ingredients from the refrigerator and low cabinets; pour liquids into a bowl; stir ingredients together; rinse foods under cold water; use a cookie cutter.

6-8 years old:

Use a blunt knife to spread butter or frosting; peel vegetables; measure ingredients; set the table.

9-12 years old:

Use electrical appliances, such as a blender, food processor, mixer, can opener, and microwave with adult supervision; operate stove burners and select oven temperatures in the presence of an adult; help plan meals and follow recipes.

13+:

Operate the stovetop and microwave without adult supervision; drain cooked spaghetti into a colander; remove a tray of cookies from the oven. ■