

Safety In The Kitchen

5 Rules To Keep Your Child Safe

Wash hands regularly

Teach your children the importance of washing their hands while in the kitchen. Talk to them about how germs are spread and that hand washing decreases the spread of germs. This is a great extension to teaching them to wash their hands after using the washroom. Both of these are important life lessons for cleanliness and it's always good to start these early.

Never leave your children unsupervised in the kitchen

The kitchen is a fun place just full of activities for your children. However, it can be dangerous with the oven, chemicals under your sink, and sharp utensils. Even if you need to use the washroom or fold some laundry while preparing a meal, tell your child that it's break time and have him or her leave the kitchen. Explain the importance of an adult being in the kitchen with him or her at all times.

Cupboard Locks

For toddlers, it is highly advised that you put child safety locks on all cupboards and drawers. This eliminates the possibility of your child getting into drawers with sharp objects or chemicals and severely injuring him or herself. This is a precaution that is often overlooked, but is so easily prevented.

No Knives

Children of any age should not play with knives. Never leave a knife or other sharp object on the edge of the counter. You know how determined these little munchkins can be. If they want something they find a way to get it! Never leave a knife in the sink either. When you use a knife, put it in the dishwasher immediately or wash it and put it away.

Cooking On The Stove

Explain to your toddler at an early age that the stove is dangerous. When you cook on the stove, make sure that pot handles are turned inwards. Seeing a pot handle hanging over the edge of the stove is very inviting for curious little ones. Eliminate that curiosity. If you have a gas stove with the knobs on the front of the stove, consider purchasing the safety covers for the knobs to prevent your little one from accidentally turning the stove on.

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