

Keeping your kitchen safe for your child is part of being a responsible caregiver. Accidents such as burns and cuts can be avoided if we use proper precautions, as well as teach our children safe practices in the kitchen.



In this newsletter:

- Caregiver tips for a safe kitchen
- Kitchen safety fliers
- What can little hands do in the kitchen?
- Recipes for the family
- Upcoming classes and events



Caregiver tips for a safe kitchen

Store cleaning supplies including dishwasher detergent pods in a high cabinet out of sight. If storing in a lower cabinet such as under the sink, use a child safety lock on the door to keep everyone safe.





Store sharp items such as knives and scissors out of reach from children.

Unplug appliances when not in use and make sure to place electric cords out of reach of children.

Always turn pot handles towards the back of the stove so a child cannot reach and grab them.

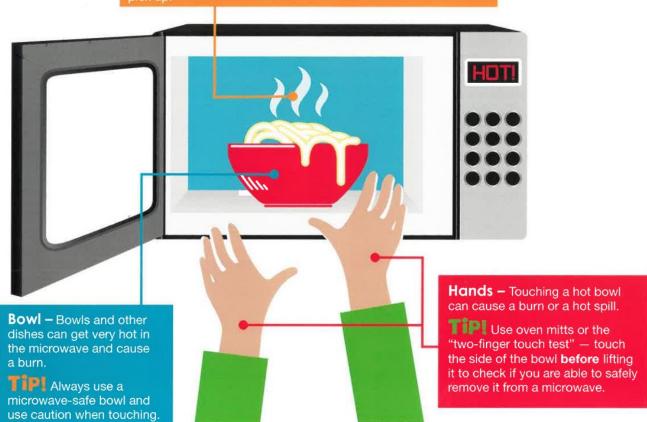
Use pot holders when handling anything hot from the stove or microwave.



The best recipe to avoid microwave burns



Place your bowl on a microwave-safe plate to make it easier to pick up.



Remember:

- Liquid in a microwave can get hot very quickly.
- It can be difficult to see steam in a microwave; your liquid could be hot!
- Allow children to use a microwave only after they are able to read, understand and follow directions.
- It is dangerous for children to remove hot dishes from a microwave above their shoulders. A spill could cause burns to the arms, face and chest.
- Make sure no one is underfoot when removing a hot dish from a microwave.

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Kids and kitchen safety

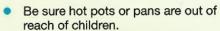


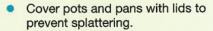
The kitchen is where most burns and serious injuries happen. Being safe in the kitchen and supervising children while cooking can help prevent a serious burn.

Make sure your kitchen is clear of obstacles where people walk.

Cooking with kids

Children ages 10 to 13 may be able to make food by themselves but should have an adult with them in the kitchen. Children under 10 should have **close** supervision in the kitchen. They should not make anything that requires heat and could cause a burn. Measuring, stirring and gathering ingredients from the pantry or fridge are great activities for this age group!





- Do not ever leave the kitchen while using a hot cooking surface.
- Remove pots and pans from the hot surface when done cooking.



Treating a burn

- Soak a burn with cool water for 15 to 20 minutes.
- If a burn is bigger than your child's palm or has blistered, get medical care immediately. In case of an emergency, call 911 or go to a Norton Children's emergency department. Find locations at NortonChildrens.com.

In the event of a pan fire

- Cover with a lid and turn off the heat.
- If the fire is out of control, get out and call 911.
- You can put out a grease fire by covering it completely with baking soda do not use water or baking powder! Keep an approved fire extinguisher nearby and know how to use it (PASS: Pull pin, Aim low, Squeeze lever, Sweep from side to side).



- Use only antibiotic ointment (Neosporin, Bacitracin) on the burn. Do not put ice or any other food or household ingredients on the burn.
- Keep the burn clean and covered.







What can little hands do in the kitchen?

Including children in the kitchen to prep and cook food is a great way to spend time as a family and teach a child skills they will need throughout their life.







Toddlers can:

- Wash produce
- Mix and whisk
- Help pour premeasured ingredients
- Pick leaves off herbs
- Tear lettuce

Elementary school age:

- Begin learning knife skills with child's plastic knife or you can start with a butter knife
- Help read directions from recipe
- Measure out ingredients

Middle school age:

- Begin learning more precise knife skills such as chopping
- Can begin to use the stove and oven with adult supervision



Parfaits to make with the family

Ingredients (per parfait)

- 1 cup Greek yogurt
- 1 tablespoon of honey
- 1 cup of strawberries and blueberries, cut into bite size pieces
- ½ cup granola



Directions

- 1. Mix together Greek yogurt and honey
- 2. Layer ingredients in the following order:
 - ½ cup yogurt mixture
 - ½ cup fruit
 - ¼ cup granola
- 3. Repeat layering one more time
- 4. Eat and enjoy!

Child passenger safety: Upcoming certification

Norton Children's Prevention and Wellness recommends all pediatric primary care clinics have at least one staff member certified in child passenger safety.

Child passenger safety technicians and instructors use their knowledge and expertise to provide child safety seat checks, where parents and caregivers receive education and hands-on assistance.

Classes are offered through Safe Kids Worldwide. Certification requires 3 days of on-site education and costs \$95 to enroll.

Next available course in Louisville: October 22nd – October 24th

Sign up for the next course at : www.cert.safekids.org/become-tech









Upcoming community classes



Safe Baby

Safe Toddler





Safe Grandparents

Safe Sitter





Safe Kids, Safe Storage

Car seat checks





N-O-T Not on tobacco

Growing Cooks



September 11th Growing Cooks

- How to make a vinaigrette
- Norton Health and Wellness Center

September 12th Safe Baby- Virtual



September 17th N-O-T Not on Tobacco- Virtual

September 24th
Safe Grandparents- Virtual

September 26th Safe Grandparents

 Louisville Free Public Library-Northeast location

October 10th Safe Baby- Virtual

October 21st Safe Kids, Safe Storage-Virtual

To schedule a car seat check with our team:

<u>Car Seat Checks | Norton Children's Louisville, Ky.</u>
(<u>nortonchildrens.com</u>)