



# NORTON Children's Prevention & Wellness

Funded by Norton Children's Hospital Foundation

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

**Hot water/steam** – Steam can burn, and hot liquid in a bowl can spill when being removed from a microwave.

**Tip!** Do not fill your bowl to the top, or use a larger bowl. Place your bowl on a microwave-safe plate to make it easier to pick up.



**Bowl** – Bowls and other dishes can get very hot in the microwave and cause a burn.

**Tip!** Always use a microwave-safe bowl and use caution when touching.

**Hands** – Touching a hot bowl can cause a burn or a hot spill.

**Tip!** Use oven mitts or the “two-finger touch test” – touch the side of the bowl **before** lifting it to check if you are able to safely remove it from a microwave.

## 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.

Funded by



NORTON  
Children's  
Prevention & Wellness

# 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!

- Be sure hot pots or pans are out of reach of children.
- Cover pots and pans with lids to prevent splattering.
- Do not ever leave the kitchen while using a hot cooking surface.
- Remove pots and pans from the hot surface when done cooking.



## 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).



## 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](http://NortonChildrens.com).



- 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.



NORTON  
Children's  
Prevention & Wellness



# 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 22<sup>nd</sup> – October 24<sup>th</sup>

**Sign up for the next course at :**  
[www.cert.safekids.org/become-tech](http://www.cert.safekids.org/become-tech)



NORTON  
Children's  
Prevention & Wellness

Funded by Norton Children's Hospital Foundation



# Upcoming community classes



**Safe Baby**

**Safe Toddler**



**Safe Grand-  
parents**



**Safe Sitter**



**Safe Kids,  
Safe Storage**



**Car seat  
checks**



**N-O-T Not  
on tobacco**



**Growing  
Cooks**



**September 11<sup>th</sup>**

**Growing Cooks**

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

**September 12<sup>th</sup>**

**Safe Baby- Virtual**



**September 17<sup>th</sup>**

**N-O-T Not on Tobacco- Virtual**

**September 24<sup>th</sup>**

**Safe Grandparents- Virtual**

**September 26<sup>th</sup>**

**Safe Grandparents**

- Louisville Free Public Library- Northeast location

**October 10<sup>th</sup>**

**Safe Baby- Virtual**

**October 21<sup>st</sup>**

**Safe Kids, Safe Storage- Virtual**

To schedule a car seat check with our team:  
[Car Seat Checks | Norton Children's Louisville, Ky. \(nortonchildrens.com\)](https://www.nortonchildrens.com)