

Create baking traditions with kids

(NC)—Baking is a fun way to bring families together and create wonderful, lasting memories. It can also establish traditions that will be passed down through generations. Rolling out pie crust for grandma’s apple pie, or baking holiday treats with siblings – these are all cherished memories that let the tradition of baking and family bonding live strong within Canadian families.

When you bake with your children, you’re doing more than helping them make treats they love. You’re teaching valuable reading and math skills with every recipe. Baking even encourages teamwork and teaches children about the “science of food”. But most importantly, baking together builds fond memories and creates traditions that last a lifetime.

Easy tips for fun and safe baking with kids

- Look for age-appropriate recipes with fewer steps and ingredients – and it’s always a good idea to choose something that they’ll love to eat when finished.
- Unplug and clear all unnecessary appliances from your workspace.
- Have all baking utensils on hand.
- Lay out the ingredients and supplies ahead of time.
- Make sure you and your child wash your hands very carefully.
- Let the kids help with everything that is safe and suitable for their age, including measuring, mixing ingredients, pouring batter and most importantly decorating.
- To help children measure liquid ingredients, have them measure over a small bowl, not the main mixing bowl, to avoid excess falling into the mixture.
- Don’t worry about being tidy or baking the perfect cake – just enjoy the time together.

You can find more on baking with kids online at www.robinhood.ca.

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