



Chef Mommy

Make cooking in the kitchen safe for you and baby.

- Never cook in loose-fitting clothes or dangling jewelry.
- Keep long hair tied back.
- Keep potholders and oven mitts nearby. Be careful not to leave them near an open flame—they could catch on fire.
- Store knives in a wooden block or in a drawer. Make sure knives are out of children's reach.
- Turn pot handles away from the stove front, so children can't easily grab the handles and adults can't bump into them.
- Wipe up all spills and broken glass immediately, so no one slips, falls, or gets hurt.
- Turn off the stove and burners when you are done.
- Get a fire extinguisher for your kitchen and learn how to use it properly.

Kitchen tips to help you have fun in the kitchen when cooking.

- Read the recipe, and make sure you have all the food and equipment you need.
- Clean the food preparation area with a clean, damp cloth.
- Wash your hands.
- Put the ingredients and equipment you need on the counter.
- Measure the ingredients carefully, and follow all steps in order.
- Put away ingredients when you are finished with them.
- Clean up as you cook.
- Wash all dishes with hot, soapy water.
- Do not put sharp knives in the dishwasher. To avoid cutting your hands, wash sharp knives separately.

