

Dear Counselling Corner:

Hello! It is getting cold outside and we are all beginning to feel Christmas in the air! I am wanting to do some baking or cooking with my kids. What are your thoughts on this? Our kids are younger. Thanks!

Dear Parent:

Good for you! I think that getting kids involved in cooking at a young age is great, providing that they are kept safe. For example, they could add various ingredients to a bowl and stir. I would also encourage them to use all of their senses when cooking: smell, see, feel, hear and taste, when appropriate. Last year at about this time, a parent shared a great article which can help to guide you (see below).

<https://www.ot-mom-learning-activities.com/baking-with-kids.html>

I have since found some more articles for Christmas baking and cooking with your kids (see below).

<https://www.tasteofhome.com/collection/christmas-recipes-for-kids/>

<https://www.itsalwaysautumn.com/20-fun-christmas-treats-snacks-make-kids.html>

<https://www.occupationaltherapy.com.au/the-benefits-of-cooking-with-your-child/>

Baking and cooking with kids has MANY benefits such as organization, problem solving, planning, multi-tasking and monitoring of actions, just to name a few. And I would also like to add that baking with children can be a really positive way to connect with your child and build on their social and emotional skill set. Have fun!

If you wish to meet with me or if you have concerns about your child and would like to access my services, please email me at hchang@sd43.bc.ca.

The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning.

Harriette Chang
School Counsellor

