Did you know?

- Cooking is the No. 1 cause of home fires and home fire injuries in the United States, causing 40 percent of all home fires.
- The leading cause of cooking fires is leaving a stove or oven unattended.
- Thanksgiving is the peak day for home cooking fires.

Tis the season for holiday cooking and baking

A child’s natural curiosity often leads them to the heart of the home: the kitchen. Their inquisitiveness can also lead them to harm. With proper supervision and adherence to basic kitchen safety rules, children of all ages can participate in the many joys of holiday cooking. Remember: An actively supervised child is in sight and in reach at all times.

Top tips for kitchen safety

- Never leave hot food or appliances unattended while cooking.
- Keep hot items away from the edge of counters and tables.
- Prevent scalds and burns by not holding a child while cooking or handling hot food and liquids.
- Create a three-foot Kid Free Zone around the stove.
- When children are old enough, teach them to cook safely and always with help from an adult.

Age appropriate tasks

Children between 3-5 years old can:

- Get ingredients out of the refrigerator and cupboards.
- Stir ingredients together in a bowl.
- Rinse foods under cold water.
- Use a cookie cutter to cut out shapes in dough.

Children between 6-8 years old can:

- Use a butter knife to spread frosting, peanut butter or soft cheese.
- Peel vegetables.
- Measure ingredients.
- Set the table.

Children between 9-12 years old can:

- Begin to follow recipes and help plan meals.
- Use table top appliances with supervision.
- Open cans, use a grater to shred vegetables and cheese.
- Turn stove burners on and off and select oven temperatures when an adult is present.

Children older than age 13 can:

- Operate the stove top with or without adult supervision.
- Drain cooked pasta into a colander.
- Heat food in the microwave with or without adult supervision.
Top holiday decorating safety tips

- Consider buying a fire-resistant artificial tree.
- Set up fresh trees away from heat sources and keep them well watered.
- Decorate using UL–approved lights and cords.
- Turn off tree lights and blow out candles before leaving the house or going to bed.
- Keep small ornaments and other decorations out of reach of small children.
- Securely anchor all hanging decorations.
- Keep handrails free of obstructions.
- Keep poisonous plants out of reach from children and pets.
- Place candles away from draperies or other items may easily catch fire.
- Always use a screen in front of the fireplace.
- Keep matches and lighters out of children’s reach.
- Never leave children unattended.

Safety Tidbits:

It’s fall! Time for a few changes!

- As you go around the house to change your clocks, go ahead and take a few minutes to test and change the batteries in the smoke and carbon monoxide detectors.

- Remember to Be Safe and Be Seen as the daylight hours get shorter and the nights get longer.

For more information, contact Safe Kids at 859-323-1153 or visit www.safekidsfayett county.com.

Follow us on Twitter. “Like” us on Facebook.