

Cooking With Your Toddler

YOU CAN DO
IT AND WE
CAN HELP.

by Veronica, HikingwithHarps



Cooking With Your Toddler

you can do it!



HI, FRIENDS!

Welcome to *Cooking With Your Toddler* by HikingwithHarps. This has been a labor of love in honor of my daughter and in hopes it will inspire more families to join their children in the kitchen.



When my daughter was born I was working full-time and the only time I had to spend with her was after work, which meant she would join me in the kitchen daily before bedtime. I quickly realized how not only was she learning through observation but also the immense benefits she had from our time together.

I created this guide not just to encourage you to use the kitchen as a learning space for both of you but to also use this time to connect, grow, and cherish these fleeting moments.



Cooking With Your Toddler is broken down to guide you depending on your child's current interests and fine motor skill development.

We will start with the basics: pouring, mixing, and language.

As your child progresses you can use the more advanced recipes that will require peeling, cutting, and even hot stove cooking.

I have designed and created this guide for over a year to help families. I have read every message sent and taken it into consideration for creating this guide.

Thank you friends for being a part of our journey and I can't wait to share this gem with you all.

Let's cheer on our capable toddlers!

Veronica- HikingwithHarps



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tips when cooking together



- ✓ Start with the basics: pouring & mixing.
- ✓ Cook after a snack. Never before a nap.
- ✓ Have a cleaning towel nearby at all times.
- ✓ Take breaks with messes. They will help you recenter.
- ✓ For language development repeat words and avoid quizzing.
- ✓ Capture these moments if possible, you will love looking back on them.
- ✓ This is not a race. It's a life long skill for your child and you.
- ✓ Avoid big reactions if possible with messes or spills.

Items we use daily



Plastic Trays



Toxin-free Cleaner



Toddler Tower

I've listed the top 3 items I suggest to invest in when cooking with your toddler.

The tray is a non-negotiable. I use it for cooking, painting, playdough, and so much more. It's washable and durable.

A cleaner on hand not only encourages a clean space but also helps create the habit of cleaning as messes occur. Building these habits early will help you long-term.

The tower is for safety. You can also work in a low table. I love our tower and we use it daily.

Please note: trays can be found on my Amazon Storefront under Kitchen.

Tower is from Sprout Kids (code HARPS10)

Cleaner from Force of Nature (code HIKINGWITHHARPS40)

*you can click on pictures for direct affiliate links

Common Concern

Suggestions

Messes. Messes on the floor.
Mess on them. MESSES



We can contain this as much as possible by using a tray. Cleaning up after every spill to create a habit to clean. Avoid sticky or complicated ingredients.

I don't have enough
space in my kitchen



You can use some of these recipes on a dining room table or on the floor. The trays help me realize we can work with minimal space.

They want to eat everything
and it's not cooked



Use ingredients you're comfortable with- egg free or only fruits/veggies.

I don't know what to cook
with them/what's safe.



This is a time to learn with them! I'll start with basics and work up to advanced.

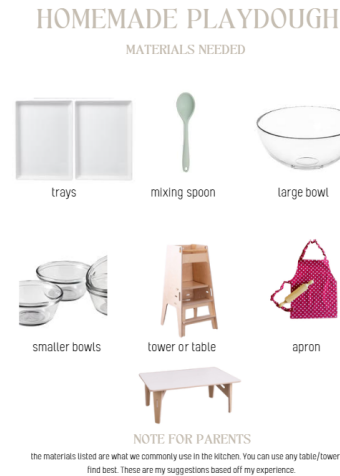
I have received hundreds of concerns from parents. These were the most common. I will address them all in the next pages and also in my videos/posts.

How to use this guide

Each recipe comes with three cards. This gives you the ability to involve your child as much as you wish and are comfortable with. Remember that you are your child's best guide and making sure you're ready to do this with them is key. We're focusing on connection.

1. Materials needed- You can gather this ahead of time or with them.
2. Ingredients needed- I highly suggest measuring out amounts ahead of time. Reading recipes and having an impatient toddler is not a good mix. Measure out ahead of time until you're both comfortable in the kitchen.
3. Cooking time- Descriptions are minimal because language should reflect your household and this isn't meant to be a transcript to read from. Make it your own. The pictures make it easy to follow along.

A note on language and cards: please avoid quizzing with cards when cooking together. Instead of "what's this???" you can rephrase to "I see some spinach on the card!!" and let them process and point/repeat. Continuous quizzing can be overwhelming at this young age.



homemade playdough



homemade playdough



gather all ingredients



pour flour into bigger bowl



all dry ingredients + salt



adult pour water + mix until cool



add food coloring

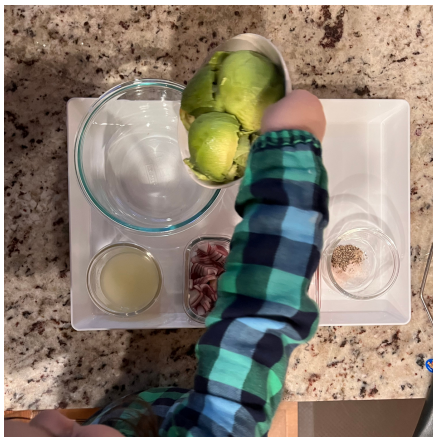


knead until desired texture

guacamole



gather all ingredients



pour avocado into large bowl



smash avocado help as needed



pour all remaining items



mix to desired texture

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Enjoy alone or with chips.

mango spinach smoothie



gather all ingredients



transfer all dry ingredients into blender



pour milk into blender



assist with blender as needed



explain blender sounds + blend



assist with pouring + enjoy