

PLAY YOUR WAY THROUGH THE DAY



KANSAS
MATERNAL &
CHILD HEALTH



HAVE FUN TOGETHER
WHILE YOUR CHILDREN
LEARN AND GROW



ROOM: KITCHEN



All children grow and develop in their own way. We encourage you to meet your children where they are!

NAMING, SORTING, AND COOKING ITEMS HELPS SUPPORT YOUR CHILD'S LANGUAGE, UNDERSTANDING, AND MOVEMENT ABILITIES.

BONUS: You can do labeling activities anytime, anywhere!

As you sort the groceries, ask your children to put together all the foods that are the same: fresh vegetables in one place, boxes in another place.

Talk about opposites: big and small, hard and soft.

Ask them to tell you something about each food, as you take it out of the bag.

Identify foods or things in the kitchen by colors.

Take your child through the kitchen and name things as they point or look.

