

HOLIDAY TRADITIONS | FAMILY

COOKIES WITH THE KIDS



Cooking is a holiday tradition that should be enjoyed by people of all ages — even the kids.

Depending on the age of your children, there are plenty of cooking activities to which they can lend a hand this year. All it takes to get them involved is some clean hands and plenty of patience on your part.

You can assign different tasks to your children depending on their age. This will help keep them organized and focused on their own specific roles.

It also will ensure that the appropriate jobs are being handled by the appropriately aged children. Mixing and beating, for example is probably not a job for your 2-year-old toddler, while adding sprinkles to cookies may very well be.

Here are some ideas of how you can involve your children in the cooking process, depending on if they're younger (ages 2 to 5) or older (ages 6 and above).

Younger Children

Youngsters love cracking eggs. And as long as you're there to supervise to make sure they're not ingesting them, this can be a fun, educational experience for your toddler.

You also can enlist your youngest children to pour ingredients into a mixing bowl after you have measured them out.

The most fun step for children of any age may be

frosting the desserts, so step back and let them have a little fun.

Other roles can include:

- Rolling cookie dough into balls;
- Flattening the cookie dough balls with their fingers;
- Rolling balls of cookie dough in sugar; and
- Transferring cookie balls onto a baking sheet.

Older Children

If you trust your older children to use hand-held electric mixers, they can help you take care of this step while you combine other ingredients.

You may want to step in when the time comes to add messy items such as flour, sugar or softened cream cheese.

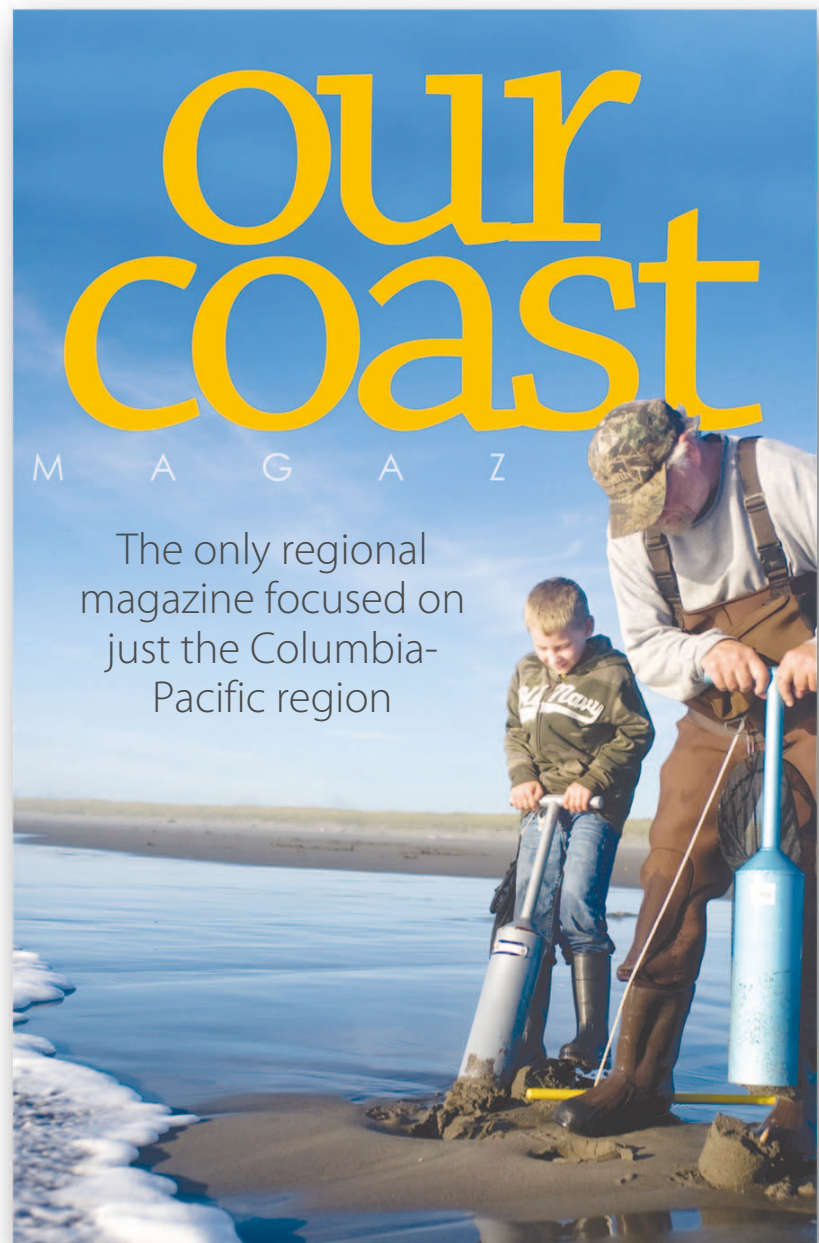
Here are some other roles that are perfect for the grade-schooler:

- Stir in chocolate chips, raisins or other ingredients;
- Cut out cookie shapes from the rolled dough;
- Unwrap and press chocolate kisses into the tops of cookies;
- Frost and decorate cookies by themselves;
- Dip cookies in melted chocolate or drizzle the chocolate over the cookies; and
- Pipe frosting features on gingerbread men and other desserts.

COMING IN FEBRUARY!

2016 EDITION

of the award-winning publication from the publishers of Coast Weekend



The only regional magazine focused on just the Columbia-Pacific region

RESERVE YOUR SPACE TODAY!

Advertising deadline: December 18th, 2015