

Let's... Cook together



I feel special
having my own bowl
and spoon to mix

I like to find
out the names of
the foods I'm
cooking with

I enjoy washing
vegetables in a bowl
of water

Let's try...

- growing your own herbs and vegetables for cooking with
- making a fruit kebab using a straw and soft fruit
- making sandwiches together and letting your child choose their filling

Why try this?

- children remember the fun experience they have with you and this helps build strong relationships and happy memories
- talking, singing and making up stories helps develop your child's imagination and language
- routine and being consistent helps your child to feel secure and stay safe
- spending time outside is important for your child's health and well-being



**Bournemouth SureStart
Children's Centres**

