

Cooking Together: Building Life Skills & Bonding Moments

Cooking is a wonderful way to blend life skills, sensory exploration, and meaningful bonding with your child. Following a recipe together strengthens communication, patience, sequencing, and teamwork — all while creating delicious memories!

How to Start:


1. Choose a simple recipe: smoothies, sandwiches, no-bake treats, or simple baking.
2. Gather and name all ingredients together.
3. Assign safe tasks (stirring, pouring, measuring).
4. Narrate each step aloud to build sequencing and understanding.
5. Celebrate the finished product — taste and enjoy!

Materials Needed:

- Basic kitchen tools (spoons, bowls, measuring cups)
- Ingredients for a chosen recipe
- Aprons or old shirts to protect clothes

Tips for Success:

- Focus on the process, not perfection.
- Be patient with spills and mistakes.
- Use descriptive words to enhance language exposure.
- Offer praise for trying and participating.

 Cooking together creates learning moments filled with laughter, pride, and accomplishment. It's a powerful way to build life-long independence while strengthening your family bond.

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