

Maimonides Children's Hospital

Brooklyn's *Only* Pediatric Trauma Center

Cooking Safety

Cooking fires are the #1 cause of home fires in the U.S., with a peak during major winter holidays. Many scald burns to children seen in emergency rooms are from hot food or liquid spilled in the kitchen or where food is served. Teaching children to function safely and responsibly in the kitchen can help prevent common injuries. By following these recommendations, you can help protect your children.



- Keep children's developmental level in mind while assigning kitchen tasks.
- Young children love to help scoop, measure, and mix! To get them engaged, incorporate math and science lessons into cooking.
- It is important to teach children how to cook responsibly. Teach them to stay in the kitchen to monitor the stove or oven.
- Show them how to properly use potholders, oven mitts, and knives.
- Do not hold children while you are cooking.
- Keep sleeves and fabric far away from flames.
- Oven doors may not be as strong as you think. If there is too much pressure on an oven door, it may cause the unit to tip. To avoid this, install an anti-tip bracket per manufacturer's instructions.
- Make a 3-foot "kids free" zone around the stove and teach children to stay outside of that area.
- For an extra level of safety, use back burners on your stove, and turn pot handles out of reach.
- When cooling food or serving, keep hot foods far from the edge of countertops and tables.



For Injury Prevention Information
Call 718.283.2828 or email injuryprevention@maimonidesmed.org