



Parent Kitchen Supervision Checklist and Visual Guide

Use this printable checklist and guide to supervise your child in the kitchen effectively—without hovering. Encourage independence while keeping cooking safe and fun.

Parent Checklist: Supervising Without Hovering

- ☐ Go over kitchen rules and recipe steps before starting.
- ☐ Assign specific tasks to your child (e.g., stirring, measuring).
- ☐ Stay within two steps of your child at all times.
- ☐ Observe from the side or across the counter (not directly behind).
- ☐ Resist the urge to 'fix' minor mistakes.
- ☐ Use coaching phrases like 'Try this' instead of corrections.
- ☐ Model a new task once, then step back to observe.
- ☐ Keep your hands busy with a separate task nearby.
- ☐ Praise effort and safety rather than perfection.
- ☐ Wrap up by asking your child what they learned.



Visual Guide: Kitchen Supervision Zones

Here's how to set up your presence in the kitchen without hovering.

GREEN ZONE (Ideal):

- Across the counter
- Side-by-side with a small gap
- Sitting on a stool nearby

This promotes visibility and independence.

YELLOW ZONE (Use briefly):

- Just behind the child when demonstrating
- Leaning in to point something out

Use only when modeling or giving help.

RED ZONE (Avoid):

- Standing over the child
- Constant correcting or reaching in
- Touching tools without asking

These actions discourage learning and create pressure.