



## It's My Recipe

*Parents have the opportunity to develop their child's self esteem by encouraging them to take on challenges and learn from their mistakes. One of the major roles of a parent is to offer guidance and steer clear of interfering. In other words, if children are struggling with challenges, parents should avoid giving solutions right away. The goal is to ask thought-provoking questions or encourage different ways of doing the task.*

Ask your child to create their own pancake recipe. Have them write down the ingredients and quantities of each item. For younger children, you will need to assist with writing the list. While creating the list, you can tell your child to "Imagine how pancakes are made" and ask "How they want it to taste?" and "What ingredients are needed?" Some children may need you to explain what the word 'ingredient' means.

Once all items are gathered, allow your child to pour, stir, and mix the ingredients. You will need to support the younger children with this process, but do not interfere and take over. Scary, huh? No worries. Even if your child adds something unusual to the recipe (like shredded cheese or hot sauce), let them experiment and explore. Make sure you are supervising the process the entire time to ensure the environment and your child remains safe.

Now, this is where you come in. After the mix is complete, cook the pancakes on a skillet or in a pan. After cooking a few pancakes, allow your child to taste the pancake. Keep in mind that some children will not want to taste it at all and that is fine. Ask your child, "What does it taste like?" "What could you have done differently?"

Allow your child to modify the recipe and try again. This process will help your child see mistakes as learning opportunities, not failures.

## Learning on the Go!

Gardening? Give your child the opportunity to create a garden supply list on their own. Take the child shopping and tell them to grab the items of their list. The child may pick up different items or the items you would not prefer. Before purchasing, discuss the selected items to determine the reason behind each item. The child will most likely realize that all items are not needed and there are items missing. Allow your child modify their list and grab the correct items.



Share with us! We would love to see how you did with this activity. Use the hashtag #grow2gether so we can find it!

