

Activity of the Day!

The **Early Intervention** team from **Vision Loss Rehabilitation Canada** and our partners, Blind Beginnings, PRCVI, and BC Blind Sports are happy to be able to provide families our weekly **Activity of the Day** resource into the fall.

Each week will include **2 activities**, a **new app** and a **story book**...all revolving around a weekly theme.

For **week #21**, it's all about baking!

During this time of social distancing, we will continue to share this resource with families who have a child with vision loss. Offering adaptations and using items and materials from around your home, we hope that you enjoy them!

**Your BC Early
Intervention Vision Team**



This Week...

New!!
Book of the week:
**When You Give a
Mouse a Cookie**

App of the Week
**Alphabet
Kitchen**

**Sugar
Cookies**

**All About the
Kitchen**



Activity #1

Sugar Cookies

Making cookies with children can be a tasty bonding experience and opportunity to practice skills such as scooping, pouring, rolling, and kneading. Baking can familiarize your son/daughter with the kitchen, identifying different smells and textures of ingredients and develop organizational skills. Baking allows an opportunity to be involved at different stages; preparation, measure and mix, cooking, clean up and serving.

Children will need different levels of supports and "backwards chaining", (where the child completes the last part of activity) can support participation and success

Suggested Recipe:

- ½ lb of salted butter
- 1 cup white sugar
- 1 large egg
- 1tsp vanilla extract
- 3 cups of all purpose flour
- 2 tsp baking powder
- ½ teaspoon of salt



Image of prepared baking ingredients including butter, eggs, flour and milk



Image of a mother and young child rolling out cookies together using a rolling pin

Suggestions for including children in baking preparation and cleaning up:

- Help to gather ingredients. This is an opportunity for children to begin to learn what is kept where and why (for example, eggs and butter are kept in the fridge, flour may be kept in the pantry)
- Help to gather baking supplies. This is an opportunity for children to get a feel for concepts such as what size of bowl is needed, and what length of spoon is needed, and where things are kept.
- Discuss how to identify ingredients and what properties ingredients have. For example, feel the difference between sugar and flour, smell the vanilla, taste the difference between sugar and salt.
- When finished, help to clean the dishes with soapy water, and help to put away the baking supplies.

Activity #1 cont'd.

Sugar Cookies

Baking Instructions

1. Preheat the oven to 350 degrees. Set out two cookie pans and line them with parchment paper; set aside.
2. In your large mixing bowl, combine the butter and sugar and beat until light and fluffy. Add the egg and vanilla extract to the butter mixture and beat to combine.

Suggested jobs for the child: scoop and pour the sugar, pour vanilla, and press buttons on the mixer.

3. In a medium bowl, combine flour, baking powder and salt and whisk them together. Add the flour mixture to the butter and beat on medium-low speed until the dough comes together.

Suggested jobs for the child: scoop and pour flour, baking powder, and salt, stir together, pour the dry ingredients into the wet ingredients.

4. If the dough is too thick rub some flour on your clean hands and knead the dough into one solid portion. Pat the dough into a flat disk and sprinkle it with flour. Use a rolling pin to roll out the dough so that it is evenly 1/4 inch thick.

Suggested jobs for the child: help knead the dough, hold the rolling pin and help to roll out the dough.

5. Dip your cookie cutters in flour and cut out your shapes. Knead the remaining dough scraps back into a disk and repeat the rolling and cutting until you've made as many cookies as you can. Place the cookies on the pans with a bit of space between them as the cookies will expand as heated.

Suggested jobs for the child: use a cookie cutter and push it down into the dough, place cut outs on pan.

6. Bake for 6 to 8 minutes. The cookies should not brown around the edges. Remove from the oven and let the cookies cool on the pans for 3 to 5 minutes before transferring to a wire rack. Once cool, frost with cookie glaze or frosting.

Suggested job for the child: dip the cookies in frosting, add sprinkles or



Activity #2

All About the Kitchen

In the average family, the kitchen is the most important room in the house. It is a natural gathering place during meal times and prep. Even when the kitchen is tiny, family activity swarms around the cooking center. During clean-up time and after meals, someone is always in the kitchen. This is the place to come for talk, comfort, sharing, togetherness so your child quickly discovers that the kitchen is a good place to be!



Image toddler sitting inside a cupboard exploring their shelf

Infants:

- Sit them in their high chair during mealtime prep. Place common kitchen utensils such as spoon, cup, plate (plastic), wooden spoon, etc., on their tray for them to explore.
- Chat with your child about everything around him. Label items but also keep it simple.
- Be sure to clearly associate what you are saying with what you are doing or to the object you are using.

Toddler:

- Give one bottom shelf section to your child for kitchen that they can organize play with as well as clean up and return to their cupboard (i.e.: pots, pans, plastic dishes, wooden spoons, etc.).
- Ensure that this location does not change; this will ensure your child learns the location and know that this is theirs.
- Always include your child when putting away items from their shelf or after joint cooking activities. i.e.: Place items in their hand and **model** putting away.

- Learning to clean up will likely take **lots** of repetition but by doing this you are encouraging your child's increasing independence!
- Movable parts are very interesting at this age so give your child lots of opportunities to open and close cupboards and drawers.
- Keep the frequently used utensils where your child can reach them and also in a consistent location (i.e.: easily reached drawer)
- Encourage their help asking them give you familiar items during cooking activities.

Activity #2 Cont'd

Learning About the Kitchen

Preschooler

1. This is the time when you can start to encourage their participation in cooking! You can encourage simple tasks such as:
 - adding ingredients,
 - stirring batter
 - mixing salads
 - shredding lettuce
 - cleaning up!
2. A good way to learn is when mixing powders with liquids, such as milk to flour, making pudding, etc.

******If your child is blind you can encourage them to check the progress of mixing with their fingers. Their fingers are a very efficient tool this is a great activity to support learning to substitute touch for sight. This will almost likely get messy but it is an essential learning step.***

3. Using a kitchen timer during cooking and baking activities is also a great way to help teach your preschooler to become aware of time.
4. You can adapt a timer for visual impairment by raising dots or enlarging minute signs with glue or 3D paints easily purchased at a craft or dollar store
5. For your older preschooler, you can expand their shelf and turn it into a space where they can now keep their own cups, dishes and snacks.
6. They can be encouraged to choose the colour (or shape) of plate they wish to use for snack time and/or choosing a snack to take to pre-school.



Image of a preschooler's shelf with their own dishes, utensils, and snack bins



Image of child using fingers to explore batter in a mixing bowl

New!

Book of the Week— **If You Give a Mouse a Cookie**

by **Laura Numeroff**
Felicia Bond -Illustrator

Available on Amazon.ca

When a generous boy shares a cookie with a hungry mouse, it is the beginning of a chain of events that keeps the boy busy all day long, and might keep him busy for days to come. If you give a mouse a cookie, after all, he's bound to ask for a glass of milk, for which he'll certainly need a straw, not to mention a napkin, and a mirror to check for a milk mustache, which will only lead to him noticing that he needs a haircut. This imaginary mouse has the kind of needs a child might have; he needs a nap with a soft pillow, and he needs his drawing hung up on the refrigerator. By the end of a day with such a mouse, a boy-hero might have an idea what it's like to be a Mommy!

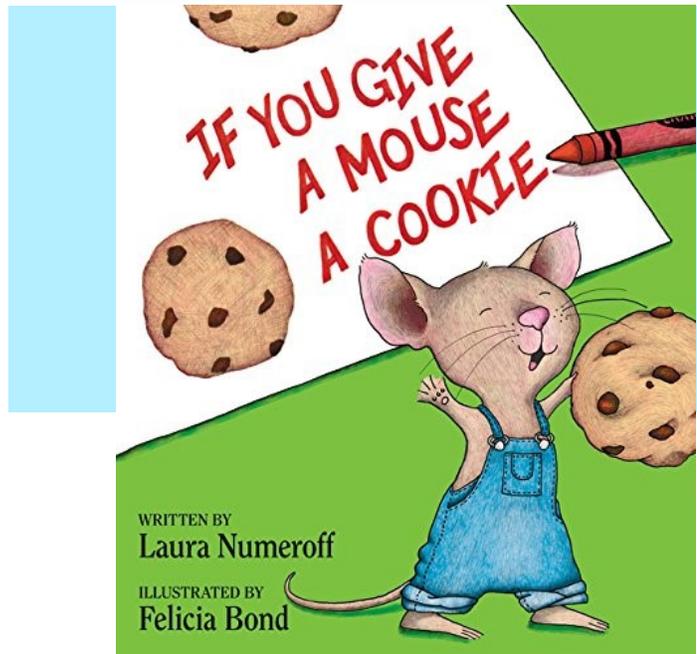


Image of the book cover

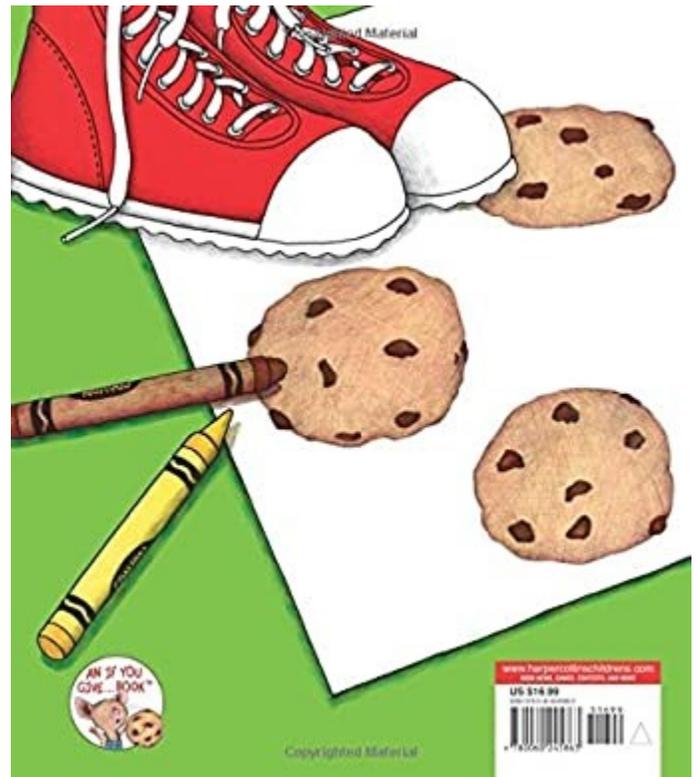


Image of back cover showing the mouse's sneakers, cookies and crayons



App of the Week

Sesame Street Alphabet Kitchen

Apple and Android full, advertisement free version \$3.99

Cause and Effect

Baking

Letter and Colour Recognition

Literacy Skills by blending Sounds



Image of Elmo and Cookie Monster wearing a chef's hat eating a sugar cookie, the icon for the app.

Sesame Street Alphabet Kitchen is an app designed for children under the age of 5 to develop literacy skills including letter recognition and letter sounds.

Sesame Street Alphabet kitchen features:

- A simple interface for children to click or tap.
- Interactive experience with Elmo and Cookie Monster providing audio and visual feedback.
- Ability to decorate cookies
- Ability to make words
- Use of cookie cutters to make word shapes.
- Ability to share cookies - Yum!



Image of Cookie Monster and Elmo with cookies on a shelf behind them, a screenshot from the app.

