



# Unplug AND CONNECT

## Tip #5: Get busy in the kitchen

**It's a well-known fact that children love to get messy, and baking is one of the best ways for children to be able to express themselves. Baking is also a good way to teach your little one's lifelong skills that they will never forget. So why not try using some recipes as part of our Unplug and Connect campaign to help you and your family spend more time together during the summer holidays.**

### Keep it simple

Choosing an easier recipe is helpful so even very little children can help you out - just make sure you don't let them too near the oven! You can use recipes like [fairy cupcakes](#), or for older children may like to try and bake [chocolate fudge cupcakes](#).

### Cookie Monsters

[Little rainbow cookies](#) are easy to make and even easier to decorate. Once the cookies are out of the oven, leave on the tray to cool down. When they are completely cool, let the fun commence! They don't have to look perfect so let your children go wild with any toppings that you have - the more, the better!

### Sprinkle, Sprinkle

Decorating is arguably the best part of baking! Sweets such as Dolly Mixtures, chocolate buttons and Smarties can make great toppings and will cover many a cupcake car crash. Also, look for edible glitter and cake sprinkles from the supermarket baking section. However, if you feel guilty about the sugar overload, you could try using some fresh fruit like blueberries or strawberries to top off your cake, biscuits or cupcakes to help make them look fabulous!

### Writing

What's amazing about baking is that you can also help improve children's ability to read and write during the fun and games within the kitchen. Icing tubes, suitable for writing with, can be bought in packets of four different colours or individual tubes from your local supermarket. These can be used for practising writing and reading messages made with the icing on your baked goodies. Younger children can also use the tubes of icing to create squiggles and dots on their baked goods to help develop their fine motor skills.

### Getting stuck in

The golden rule whilst cooking and baking with kids is to let mess happen. However, if mess is something that stresses you out, you can look at ways to reduce clutter in the disaster zone like sticking a large tray underneath any sprinkling or mixing can really help! When it comes to weighing out the ingredients, give your children a spoon to scoop out flour and sugar rather than upturning a whole bag into your measuring bowl.

**If you're looking for more exciting recipes for you and your family to try out, then click the [link!](#)**