

TOGETHER in the kitchen.

Cooking together is a great first step for helping children feel like a member of a team, like a contributor. The only skills any child needs are the ability to cut and to pour.

The miracle of cooking together is that making any dish the second time is so much easier. Older children can start with almost any recipe. A good way to keep the ball rolling is to fold a piece of typing paper in half to make **a little recipe book** and let each child keep it until he or she has filled all four pages. You are allowed to write a recipe in your book the second time you make it for the family.

For very young children your secret weapon is the banana. Mark it with a magic marker so your child can slice it skin on with a sturdy plastic knife or a cut'n spread available at many hardware stores. These implements are more like saws than knives and very very child safe. Once the banana has been cut and peeled it can become a variety of deserts: add fruit cocktail, or yogurt and chocolate chips, or chunky peanut butter thinned with just a touch of milk, or chocolate syrup, or mayonnaise and chopped nuts... even strawberry jam. For children a banana, a bit of jelly and a soda cracker can be the best desert ever...if they made it themselves. **Being on the team** starts at a very young age and the kitchen is perhaps the best place to start. After bananas comes cheese, then bread, oranges and cucumbers, finally apples and potatoes. Avoid purchasing a children's cookbook. Most of them underestimate a child's amazing ability to learn.

Later in the Week

Hang your scripture in the kitchen and leave it for at least six months. Each person emphasizing a different word is what team spirit is all about.

You will eat the fruit of your labor.

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You will eat the **fruit** of your labor. Psalm 128:2

As always pray that God works the words into your soul and theirs.

Cooking together can bond any family with a sense of belonging but it is especially good if there has been a divorce or family breakup. Cooking helps you RE-BOND, AND RE-GROUP. If divorce is like hitting your thumb with a hammer cooking together is like a band aid. See other divorce recovery helps at www.homeword.ws