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INDEPENDENT KIDS KICKING MUMS OUT OF THE KITCHEN

Forget cutting the apron strings; a survey by Dutch Original Edam shows modern kids are going one step further and donning one themselves as they attempt to stamp their independence in the kitchen.

According to the survey, a third of children cut out the middle man – or mum - and make their own lunch every day, while 51.3% prepare their own breakfast on a weekly basis. What is more, the mini-chefs are regularly sharing their culinary skills with the rest of the household with a third (29.5%) giving mum a weekly night off from the hob and nearly half (44%) cooking a family meal at least once a month.

Food and cookery are not the only areas where children are standing on their own two feet; 66% relieve mum of the dreaded school run by walking on their own and at least one in five irons their own school uniform.

Family psychologist and founder of Raisingkids, Dr Pat Spungin, comments on the findings, “It is important that kids are allowed to be kids but encouraging them to take on jobs around the home is a great way to teach them about independence and responsibility.

Preparing food for the family is a particularly valuable skill as it encompasses so many life skills such as healthy eating and nutrition, as well as helping children to develop a sense of nurturing.

The EdamMade website is a useful resource for parents wanting to encourage their young ones to cook. The site includes simple, healthy recipes that kids can make alone or with mum, as well as information on nutrition and the origins of Edam to feed hungry little minds.”

To find out more or try a tasty Edam recipe go to www.edammade.co.uk

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