When it comes to keeping your kids safe in the kitchen, there are more ways to do it than just fancy child locks or expensive safety consultants. By communicating with your kids and taking certain precautions, your family time in the kitchen can be more enjoyable, with less worry.

**Education is key**
Knowing what items are and do can help young kids understand what dangers may be looming. A great way to teach them about these items is by taking them on a trip around the kitchen.

You can give them a quick demo of how hot the oven can get and how sharp the blender blades are. And show them how heavy certain items are that sit on countertops or in your lower cabinets to help them avoid dropping anything on their toes.

Make sure everything is clearly labeled. If your kids aren’t reading yet, explain what’s on the warning labels of various cleaning products, and let them know what cabinets and drawers are off limits.

Kids are curious, and the more information you give them, the less likely they are to learn things the hard way.

**Extra precautions**
There are always steps you can take to keep your little ones out of harm’s way.

For example, when you’re done using appliances, turn them off or unplug them – and you can put smaller ones away. Keep knives and other sharp items in a place that’s locked or out of reach – an open dishwasher is a place people often forget about. While you’re cooking, remember to turn handles inward to protect children from burns.

There are many spots that can benefit from childproofing, but the area under the kitchen sink where cleaning supplies are often kept, should be at the top of your list. Beyond keeping that area locked, keep your cleaning supplies in containers that don’t look like food or drink containers. And take special care with single-use dish detergent packets, which children may mistake for candy.

Most importantly, use your instincts to keep your kids safe, erring on the side of caution. If an accident were to happen, keep emergency numbers handy, just in case.