

Family Survival 101



Setting up your kitchen as a multi-purpose space

The kitchen has always been used for family gatherings in one way or another. Today many of us are spending a good deal more time in the kitchen than we would like! Try these simple tips to save time, prevent arguments, minimize clutter, remove distractions, and ease transitions between activities in the kitchen.

Create a schedule. The kitchen table will be used for multiple purposes: classroom, homework, parents' work, game time, creative projects, and dining. Create a schedule that clearly defines who uses the table and when.



Create zones. If you have a large kitchen, set up different spaces for different activities. For example, designate kitchen counters for food prep, the island for craft projects, and the table for classroom and homework.

Organize supplies. Use containers to store supplies for each purpose or person. Try baskets, shoe boxes, buckets, or a drawer or shelf. Include activity instructions in the box. Let each person label their container and decorate as an activity!



Simplify transitions. At the conclusion of one activity, put all supplies into the container and the container in its proper place. Give plenty of warning time for smoother transitions. Bring out the container as a cue that it's time to wrap things up.