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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Steps For Cooking–Up Family Memories

By Geoffrey Cook

The kitchen is the perfect place for making memories. When you spend time baking, cooking and enjoying meals with your family, you create happy memories you and your children will cherish forever.

The benefits of preparing and enjoying food as a family are clear. You save money and eat healthier meals. You create opportunities to connect and communicate with your children and spouse. And most importantly, you show love for your family when you spend time cooking and eating with them. Children of all ages need your attention and your time. By working together to create a meal or bake a batch of cookies, you spend valuable time together.

So, here are 10 steps to get your family cooking up memories.

Step 1: Teach small children the fun of cooking by helping them bake cookies and cakes. If you are short on time, you can use a boxed cookie mix and spend more time decorating.

Step 2: Encourage the littlest ones to play pretend cooking. Kids love to play with real mixing bowls, strainers and wooden spoons. These make harmless toys and can be easily thrown in the dishwasher for quick cleanup.

Step 3: If you live by your day–timer, schedule in baking cookies with your kids. Our schedules can be so hectic that something as simple as baking a batch of chocolate chip cookies can get skipped over. Write it down and do it.

Step 4: If you have teenagers, let them play their favorite music while they wash the lettuce and set the table.

Step 5: Work together with your spouse to prepare the dinner and use the time to catch up on each other's day.

Step 6: Even if you are in a rush preparing dinner, remember to reduce your stress and focus on creating a fun atmosphere that naturally encourages the whole family to participate.

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Step 7: When spending time preparing food with your children, include lessons about healthy eating choices. Keep the conversation positive and avoid listing foods they can't have.

Step 8: On days where you anticipate time will be tight, consider taking a short cut by using a frozen stir–fry mix or pasta with a jar of pre–made sauce. Your family will appreciate your relaxed mood much more than a made–from–scratch dinner.

Step 9: Share the job of grocery shopping. One week have mom take one of the children as a helper, the next week dad can go with another child. Always work from a grocery list and let your children help you retrieve items and cross them off the list.

Step 10: Have big family meals where you share about your day. Keep the conversation fun and avoid negative lectures over dinner. Remember to laugh.

Take these steps today and make your kitchen a fun and memorable place for your whole family.

You too, can manoeuvre in the unfamiliar waters of gourmet cuisine, with just a few well–learned techniques that are easy to master, and build a repertoire of literally hundreds of dishes and deserts. Let Geoffrey set you on the path today, to gastronomical delights!

<http://www.free–recipe–books.com>

Family Memory Journal

By Rachel Paxton

A family memory journal is a fun, easy way to preserve family memories. A couple of years ago I was sorting through a pile of unused journals (many given to me as presents!) and was trying to come up with a way to put them to good use.

One day after a family gathering, I sat down and wrote a short description of the gathering in one of the unused journals. I wrote where the gathering took place, the occasion we were celebrating, the names of the people who had attended, and anything about the day that had stood out in my memory. I did this for the next couple of family get togethers and then just stuck the journal in a drawer somewhere.

It didn't seem like that big of deal at the time, but probably a year or more later I pulled out the journal again and looked at the entries I had made. It was really fun reading them again. I had already forgotten some of the things that had happened, or thoughts that I had at the time that fortunately I had thought to write down.

I've been really forgetful about writing in my family memory journal, but in the past couple of years have probably chronicled two or three family events a year. When you think about it, 25 years from now, the journal will be full of family memories.

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Family journals are a great thing to pass down to your children and grandchildren. At the time they don't really care about what's going on, but some day they will appreciate being reminded of some of their childhood memories.

In the past year or so I've really gotten into scrapbooking. I was just thinking that my memory journal will be a great resource for my scrapbooking projects. Sometimes it takes months to get your photos ready and pages laid out. By that time you will forget any memories you had to go along with them. If you have your family memory journal, you can use it to add journaling to your scrapbook pages, with your memory as clear as if you had taken the pictures yesterday.

Don't let time pass you by and let those special family moments get away from you. Sometimes an event as routine as "another family birthday party" might make a great memory later in life. Especially when older relatives start passing away, it's special remembering the times they were involved in family get togethers. Someday when you're that older person, your youngest family members will enjoy reading about their great– and great–great grandparents.

Rachel Paxton is a freelance writer and mom who is the author of What's for Dinner?, an e–cookbook containing more than 250 quick easy dinner ideas. For recipes, tips to organize your home, home decorating, crafts, and more, visit Creative Homemaking at

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Family Memory Journal

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Five Easy Ways to Give Your Kitchen Designer Wow!

Ten Steps to Perfect Pasta

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Beat that Fat



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