

Give 'Em Something to Talk About – in the Kitchen

How about cooking up some connection in the kitchen. It's been said that [while life may have been created in the bedroom, it is certainly lived in the kitchen](#). Has your kitchen been left on the back burner?

Put the sizzle back into the heart of your home with a few changes – turning it into a family gathering spot- open 24/7.

The Family Table

Islands are great for cooking and storage but if you have the room – add a table and chairs to your kitchen. Everyone is so busy meeting the demands of their career, raising a family, and taking care of a home, that the kitchen sometimes is just overlooked.

According to the Bureau of Labor Statistics, Americans spend 5 hours and eleven minutes per day watching TV and [55 minutes in the kitchen](#).

Taking the time to eat a meal together is a great bonding time for families and friends, especially on a regular basis. It becomes a time that everyone looks forward to. A time to share good news or to be comforted when the news is bad.

You might find a few extra hands helping prep for dinner. The kitchen table has many purposes for connection.

- Helping kids with their homework while you prepare dinner.
- After dinner dust off one of those board games and enjoy the conversations that pop up.
- Couples sharing about their work and paying bills - over coffee.
- Entertaining friends and celebrating birthdays – along with other important events.

Chalkboard

Create a [chalkboard kitchen backsplash with a little paint and trim](#), or stick it on the wall, door, or on the lower side of an island and don't be surprised when everyone finds a fun use for it.

- Little hands enjoy the easy access of drawing (and it's easy clean up).
- Use it for grocery list's, to write down reminders (up high), or an encouraging quote for the day.
- Play games, solve homework problems.
- Go all out and get one that's magnetized. Kids will love it – but adults use them to solve problems and a great tool for brainstorming.
- Great modern visual for a kitchen centered as the command station.

Appealing to the Eye

Freshen up your tired-looking kitchen with a few modern accessories. [Adding modern kitchen faucets with a sprayer](#) will be an added joy for every dish you wash.

A few new pulls and knobs to wake up your cabinets and warm lighting has an inviting appeal.

Of course a [homemade German chocolate cake](#), sliced and ready to eat with a glass of ice cold milk brightens up any kitchen.

Aromas of an Inviting Kitchen

Smell is a drawing attraction. This part of the brain helps release the feelings of “if it smells good; it must be good.”

Fresh baked apple pie and chocolate chip cookies are talked about, wrote about, and today candles have even been named after them – imitating the delicious smells as they flicker.

Bake up some of these yummy desserts, light some candles, or just simmer a [few apple slices with cinnamon and brown sugar](#) – and watch the kitchen fill up – like moths drawn to a flame.