

Home Based Activities - Play Dough



Uncooked Playdough

2 cups of plain plain flour
4 tablespoons of 'cream of tartar'
2 tablespoons of cooking oil
1 cup of salt
2 cups of boiling water
food colouring (not necessary)



Just pop it all in a mixing bowl and mix!

Though it looks like it isn't mixing well at first, **throw it onto the bench to knead**, and it will come together.

Playdough Activities

Food colouring (mix 2 colours blue/red = purple)
Aroma additives (vanilla, essences) etc
Texture additives (rice, dried beans, glitter) etc

Other things can be added to the play dough table to stimulate creative thinking and explore materials.

Playdough Utensils

Rolling Cookie cutters
Plastic cutlery
Garlic press
Potato masher
Plastic crockery

Other Materials

Popsticks / matchsticks
Dried beans
Nature discovered in the garden/park
Macaroni
Wool
A variety of plastic cutters depicting festivals or themes

More Information

Babies

Babies are too young to be given play dough as they tend to put everything into their mouth until about 18 months. Instead give them lots of sensory experiences with finger-feeding, adult supervised water play in the bath, in sand such as the beach, or in a clean sand pit.

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Toddlers

Around 18 months is a good time to introduce play dough but children should be supervised. At this stage your child will enjoy simply patting, poking and squeezing the dough. They may “taste” it, but will not usually eat large quantities. They may also enjoy finding things hidden in the dough, and pushing things into it (popsticks, drinking straws, macaroni, plastic figurines).

Young Children

Young children will use the dough as part of their imaginative play (pretending to make birthday cakes or pizza, people or animals, etc). Around 4 years of age, children like to help make the play dough helping you to measure, pour, mix and colour the play dough. This teaches your child about concepts such as wet or dry, full/empty, hot/cold, etc. You can encourage language and problem solving: “What do we need? What will happen next?”

Germ

Playdough is a good place for germs as it is moist and warm from frequent contact with hands. Always encourage children to wash their hands prior to and after touching play dough. Wash all utensils and surfaces where play dough has touched. Play dough is best discarded once handled.

Toxins and Additives

Make sure materials are nontoxic in case they end up in mouths. More information on food additives can be found at www.additivealert.com.au.

<http://www.meerilinga.org.au/children-parenting/parenting-tips>

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