

## More ideas to try-

### Cooked Dough-

this lasts a long time if you store it in an air tight container

1 cup of flour

1/2 cup of salt

1 cup of water

1 tablespoons of oil

2 teaspoons of cream of tartar

Food colouring or powder paint

Mix together in a pan and cook on a medium heat stirring all the time. It will stick together and come away from the edges of the pan . You can remove it and knead it into a ball once its cooled down

### Clay dough-

- 1 cup of self raising flour

- 1 cup of salt

Water to mix

This is a non sticky dough good for modelling that can dry out naturally or pop in the oven to make models and decorations. Models and decorations made with this dough can be painted. If you mix a little glue in with the paint it will make a shiny finish.

## Families at Play

Families at Play is a series of information leaflets that offer enjoyable and exciting activities for you and your child to do together.

Other leaflets available in the Families at Play series:

Physical Activity over 2's

Physical Activity under 2's

Messy Play over 2's

Messy Play under 2's

Water Play over 2's

Water Play under 2's

Sound and Music over 2's

Sound and Music under 2's

Mark Making over 2's

Mark Making under 2's

Playdough over 2's

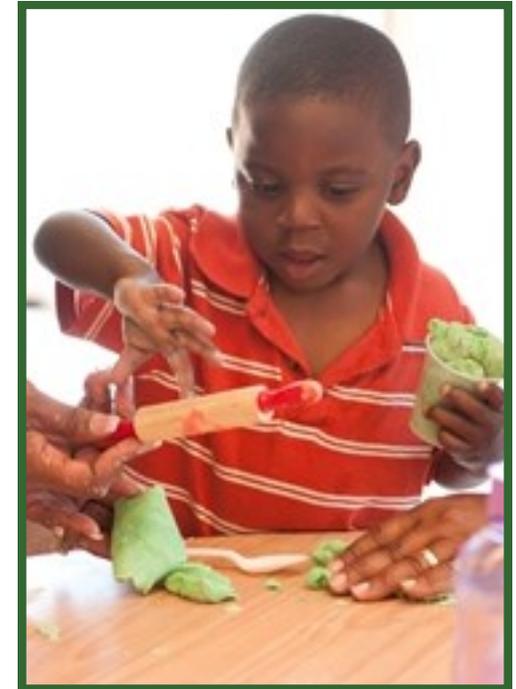
Exploring under 2's

Small World over 2's

Pretend Play under 2's

# Playdough

Over 2's



Produced by Redbridge  
Early Years Childcare  
Improvement Team



## Why play with playdough?

Dough is one of the most rewarding materials. It is one of the most popular play activities that most children really enjoy. It gives good opportunities to talk together about what you are doing. It will encourage your child to make choices and decisions. The dough can be whatever you want it to be, it encourages imagination and creativity

It is really easy to make dough, you just need a big bowl to mix it in. Make the dough and play together, you will enjoy it as much as your child!

### Easy Dough

- 2 cups of flour
- 1 cup of salt
- 1 cup of water



## How will it help my child?

When children play with dough it strengthens the muscles in their hands and fingers, this is a great way for young children to improve their developing 'motor' skills which will help them with drawing, painting, cutting and writing.



When children make the dough they learn about differences and change. Playing with dough introduces children to a lot of exciting actions and words: rolling, stretching, thumping and pressing.



## More equipment and ideas to try-

- Give children everyday cooking implements to use or make prints with in the dough: wooden and metal spoons, forks, lolly sticks, potato masher, garlic press and rolling pin
  - Cut up straws to make candles, use cake tins or paper cake cases
  - Empty trays from chocolate boxes or tins of biscuits
  - Make patterns with buttons, shells use anything that makes an imprint
- Add glitter for sparkle, essence or perfumed oil for smell

*Children may try to eat the dough but its very salty and this should be discouraged. Take care with allergies and always supervise children as they use new tools.*

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