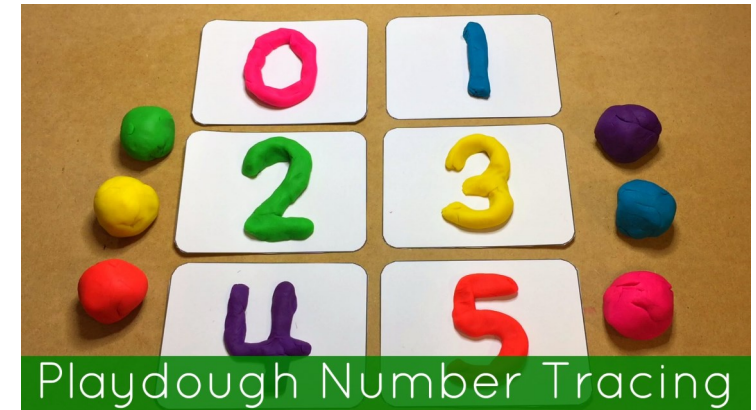


What can I do with this lump of play dough?



So...playdough...what's the point and what do I do?

Playdough is a squashy, squeeze lump of imaginative fun that children love to create with.

It helps to build strength and stamina in fingers and wrists ready for writing.

It teaches children to use different tools carefully and effectively.

It develops language, but only if you play with them, comment on what they are doing as well as what you are doing. Don't ask too many questions! Leave little pauses for them to talk.

They can pretend to do the things they see you doing, like cooking. Give them real objects alongside the playdough, make a meal, let them "cook" for you and pretend to really love it and gobble it all up.

It can help you to develop children's listening skills, attention and concentration. Give them one instruction at a time, for example, "give me the blue cup please". Gradually over time add one more instruction and one more, "give me the blue cup and the fork please".

My biggest top tip is...relax, have fun, play and enjoy some quality time with your little ones.

Oh it's so cool!

How do I make it at home?

2 cups of plain flour in a big bowl.

Add two cups of salt, 2 table spoons of cream of tartar (helps it to stay fresh) and 4 table spoons of oil (helps it stay soft and squashy). Add two cups of boiling water straight from the kettle and stir with a wooden spoon.

With the oil you can add colour, herbs, spices, flavours, glitter anything you like. Keep in a plastic bag for up to a week or till it goes "off". Knead the dough on the table/side until its well mixed, soft and cooled. Enjoy.