

## Playdough

Playing with playdough is an enjoyable and satisfying activity for children. It helps them explore and develop creativity, and expression. It also develops finger and hand strength and movements.

With a few simple tools, playdough will provide your child with hours of enjoyment.

You can buy playdough or make it yourself.



## Playdough Recipes

### Simple playdough

Combine in a large bowl:

- 1 cup plain flour
- 1 cup salt
- Food colouring

Add enough water to make a stiff dough and mix with a wooden spoon or electric mixer.

### Longer lasting playdough

Combine in a large bowl:

- 1 tablespoon cooking oil
- 1 cup flour
- ½ cup salt
- 1 tablespoon cream of tartar
- 1 cup boiling water
- Food colouring

Mix all the ingredients together with a wooden spoon or an electric mixer.

## Storage

Wrap the playdough in cling wrap or store it in an airtight container to keep it soft longer (both recipes).

## For variety, add to the playdough mixture:

- **Smells** using cooking essences (eg vanilla essence) or herbal oils
- **Colours** using food colouring, food dye or glitter
- **Textures** using sand, rice or lentils
- **Temperatures** by offering warm and cold play dough.

## Things to do:

- Explore the playdough by rolling, squeezing, poking or pinching it.
- Make shapes with biscuit cutters, kids' scissors, kitchen tools, rolling pins or lids.
- Use interesting objects with the dough eg garlic press, muffin trays or egg cartons.
- Make sculptures such as people, animals, cars, houses and so on.

## Safety considerations:

Always supervise your child when they are using playdough to ensure their safety. Playdough can be a choking hazard. If you add anything to the playdough make sure it is non-toxic (safe to eat).

## More information

Kids Health Information (playdough):

[www.rch.org.au/ot/infosheet/index.cfm?doc\\_id=10029](http://www.rch.org.au/ot/infosheet/index.cfm?doc_id=10029) [Royal Children's Hospital, Melbourne] Accessed 24 June 2013

