

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



More fun with playdough

Older babies may become interested in playdough. As they often put things in their mouth, close supervision is needed during play. Touching, feeling and talking about textures & colours are all ways of engaging your baby. This exposes them to language and different sensory experiences.

Did you know?

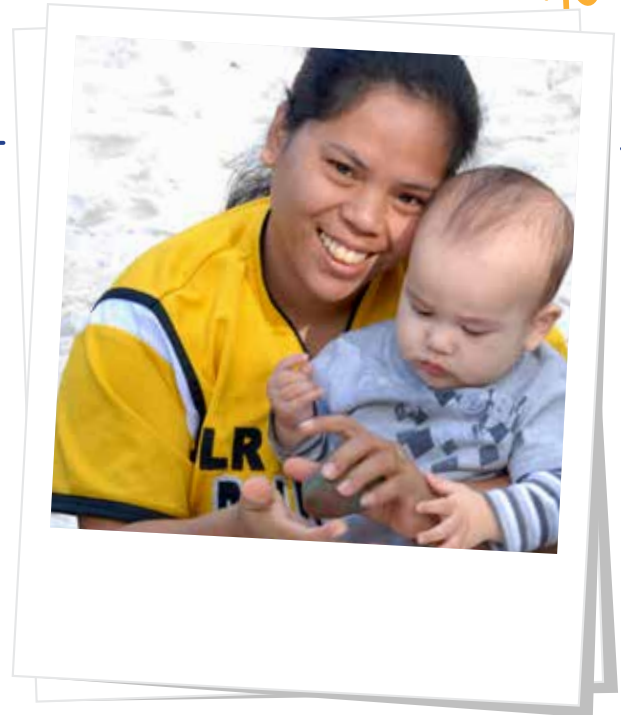
Older babies love to imitate, so when they see others with playdough of course they want to join in! Simple actions such as poking and pressing are fun ways to get little hands active and build up hand strength.

Add language

Talking to your baby about what they are touching and feeling helps them to focus on their actions and hear words that match what they are doing. For example, "Ooh, soft" or "Oh, you're pushing" or "pat, pat, pat".

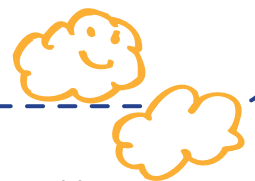
Other development

At this age, babies are learning they can make things happen (known as cause and effect). When your baby pokes or pushes playdough, they see the mark they made. This helps them realise the effect of their actions.



Variations

Why not try a salt-free dough recipe using flour, oil and water? This would be safer for your baby if they tend to eat the playdough. Some other safe, sensory play for babies can include; food-play (when your baby can sit up), tummy-time on a different surface (e.g. grass), and sealed plastic sensory bottles provide safe, mess-free sensory fun (these can be found by internet search: sensory bottles).



- Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at www.playgroupwa.com.au/playideas or visit www.facebook.com/playgroupwa

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More fun with playdough Continued...

Safety

Pay special attention to safety when using hot water when making your dough. Home-made playdough is safe to eat but contains a lot of salt. Discourage children from consuming large quantities.

Making Playdough

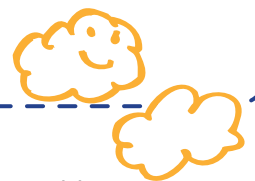
Here is a quick easy recipe which keeps well in the fridge for months:


Ingredients

1 cup salt
2 cups plain flour
2 tablespoons oil
3 teaspoons cream of tartar
2 cups boiling water
colour if required

Method

1. Combine ingredients (except water) in a bowl.
2. Pour the boiling water and stir.
3. Knead lightly on table top.



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