

How to make your own playdough

You will need: 2 cups plain flour

2 tablespoons vegetable oil

½ cup salt (do not add salt for babies up to 2 years old)

up to 1.5 cups boiling water (adding bit by bit until it feels just right)

food colouring (optional – this really can get messy!)

You might also want to use some household items like child-friendly cookie cutters and rolling pins to make shapes with the playdough.

What to do:

1. Mix the flour, salt (optional) and oil in a large bowl.
2. If you're using food colouring, add it to the boiling water then pour into the flour mixture.
3. Stir until it forms a sticky dough.
4. Allow it to cool down then take out of the bowl and knead it for a couple of minutes until all the stickiness has gone.
5. Keep kneading until it is the perfect consistency!
6. If it is still sticky, add a little more flour until just right.

If the children want to keep the figures that you make, simply bake in a 250 degree oven for approximately one hour and hey presto, your play dough will harden

You can then ask them if they would like to PAINT IT!

Let your child make what they make, you can work alongside them and create what you want to make, they may or may not copy you. Certainly the next time you offer the activity you should not be surprised that they create what you created previously!

This is very typical of older children aged 3 years +