



Parents as Teachers.

## ACTIVITY *page*

24-36 months

### What do we have?

- > Ingredients for no-cook dough:
  - ½ cup water
  - Food coloring
  - 1 cup flour
  - ½ cup salt
- > Large mixing bowl
- > Plastic table cover or large tray
- > Collection of short straws and small containers such as lids, cups, and cookie cutters
- > Zip-top bag
- > Toddler books



### Book sharing

*Continue your routines for reading to your child every day. Make 20 minutes your goal. Remember that it can be spread out over the whole day.*

# No-Cook Dough: Experimenting and Exercising Small Muscles

### How do we do it?

1. Let your child help you put the water in a mixing bowl and add a few drops of food coloring to the water. Then stir the salt, flour, and colored water together.
2. Once the dough clumps together, knead it to form a ball. If the dough is too sticky, add a little extra salt and flour.
3. Decide where you would like to play. Protect the area with a plastic cover or use a tray.
4. Give your child a piece of play dough and take a piece yourself.
5. Talk about what you might like to make. Describe what you are doing as you play.
6. After you play awhile, add the straws and other materials. Your child could fill the cup with dough. He could use the straws to cut little holes in the dough. He could flatten the dough with his hands and cut out shapes.
7. When you are done playing, store the dough in a zip-top bag.

### What's in it for us?

- > **Motor:** As your child plays, he is using his fingers and hands together. This develops strength for holding a pencil and cutting.
- > **Cognitive:** Your child is experimenting with an interesting material – smashing it, stretching it, and rolling it.
- > **Cognitive:** Your child is sorting out different sensations. The way things feel, look, and smell helps him characterize them so he can remember them better later.

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(child skill or parent skill defined by the parent/parent educator)



### Safety tip

*Homemade recipes for play dough are safe, but remind your child it's not for eating.*



## Parents as Teachers.

### Parenting behavior

**Nurturing:** The kneading, patting, and poking your child does with play dough can be a way to relieve stress.

#### Continued learning

*Homemade stretchy putty is another fun sensory experience for your child.*

1. *Pour 1 cup (8 ounces) of white glue into a bowl.*
2. *Gradually add 1/2 cup liquid starch and a few drops of food coloring.*
3. *Let the mixture stand for five minutes.*
4. *Mix with your hands until it is smooth and rubbery. If it is too gooey, add more starch. If it is too hard, add more glue.*
5. *Store the putty in an airtight container in the refrigerator.*

### What I noticed about my child ...

### What I noticed about myself ...