



## How to use edible play dough

Play dough is a great tool to build and develop strength and control in the hands, fingers and wrists. This strength and control supports the use of writing tools, scissors and the ability to throw and catch objects. Playing with play dough and the repetitive moulding and manipulating really gives fine motor muscles a real work out.

Encouraging babies and toddlers to manipulate play dough using repetitive words such as poke it, squeeze it, pull it, pat it and squish it not only promotes fine motor co-ordination, but also oral language development.

Why not sing songs? Take old favourite songs or nursery rhymes and change the words to match the experience. For example, the song "This is the way... so early in the morning" is easy to adapt for play dough fun. "This is the way we squeeze the play dough, squeeze the play dough, squeeze the play dough. This is the way we squeeze the play dough, early in the morning."



# UNICORN Nursery

## What you will need

### Ingredients

- 1 cup of gluten-free cornflour*
- 1.5 cups of baby rice cereal*
- 3 tablespoons of vegetable oil*
- One quarter of a cup of pureed raspberries/strawberries in syrup (or fruit puree of choice)*
- 1 tablespoon of water*



## How to make it

Pulp the fruit and syrup together in a blender to make a puree.

Pour all dry ingredients, baby rice cereal and cornflour into a large bowl.

Add 3 tablespoons of vegetable oil and half a cup of puree. Combine well with a blender.

If the mixture is sticky, slowly add more baby rice cereal and mix well with the mixer before adding more.

If the mixture is dry, slowly add small amounts of water and mix until the dough is smooth and malleable.

Turn the mixture out onto the bench and knead by hand until the mixture is smooth.

Store in a plastic zip lock bag or air-tight container in the fridge. When removed from the fridge, kneading with warm hands will soften the play dough again.

This play dough recipe does not include any preservative and will last several days in the refrigerator. The play dough life expectancy will depend on temperature, how long the play dough has been left out and how many children have played with the dough. Please always check the play dough for mould or unpleasant odours before giving it to children.