

My favourite play-dough recipe:

2 teaspoons cream of tartar
1 cup plain flour
½ cup salt
1 tablespoon oil
1 cup water

Involve your child in the process of mixing the ingredients!

Mix to form a smooth paste. Put in a saucepan and cook slowly, until the dough comes away from the side of the pan and forms a ball. When it is cool enough, take the dough out of the pan and knead for 3-4 minutes.

For variety, you could add food coloring or paint while kneading. Soak the pan immediately.

Play-doh may keep for several weeks or even months if it's stored in an airtight container in the fridge.

Play with play-doh can be very useful while the adult is busy cooking. It gives the child something to do alongside the adult—so they can “cook together”.

Homemade play-doh is not dangerous to the child if eaten (it doesn't taste very good, and would probably give a stomachache if your child ate too much).

Have fun!



Speech-Language Valencia

Vanessa Nagy, MA, CCC-SLP, PGCEi
vlcspeechlang@gmail.com

