

7 Benefits of playing with Play Dough



Playdough recipe

2 cups of plain flour
2 tablespoons of vegetable oil
0.5 cup of salt
2 teaspoons of cream of tartar
1-1.5 cups of boiling water, slowly add the water
Food colouring
1 teaspoon of glycerine



Benefits of play dough

Enhances fine motor skill

When your child squishes, rolls, flattens, shapes, scores or cuts play dough, he develops and strengthen his hand muscles. The strengthened hand muscles helps improve fine motor skills of your child

Improves pre-writing skills

When your child plays with play dough, his pincer grip (the squeezing of pointer finger and thumb to grasp an object) improves. An improved pincer grip enhances your child's pre-writing skills

Creativity and imagination

Play-dough provides your child with unlimited possibilities of moulding the dough into food, animals, decorations, flowers etc. Thereby, it encourages your child to use his imagination and inspires his creativity. If your child uses various shapes, rolling pins and other tools while playing with play dough it further improves his creative imagination.

Playing with dough can also have a calming effect, develops hand - eye coordination and increases curiosity and knowledge of malleable materials.