

## More Creative Recipes

### Finger Paint

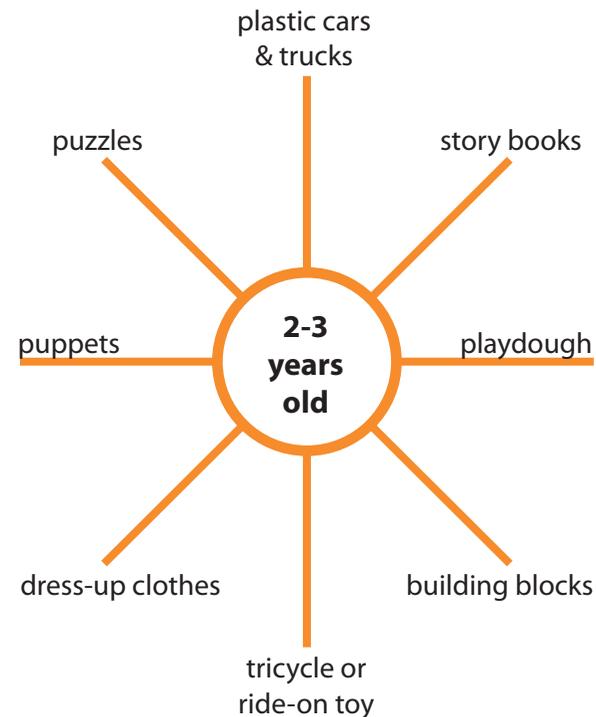
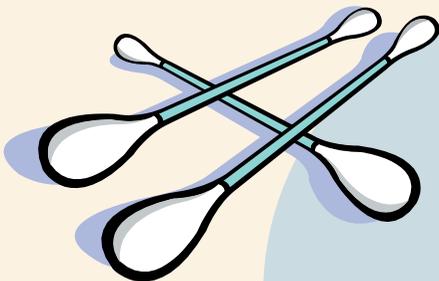
Mix ½ cup cornstarch with ¾ cup of water to make a smooth paste. Soak 1 envelope of unflavoured gelatin in ¼ cup of cold water and set aside until ready to use. Pour 2 cups boiling water slowly into cornstarch mixture, stirring constantly. Cook over medium heat, stirring constantly, until mixture boils and is clear. Remove from heat and stir in gelatin. Cool and divide into containers. Stir in food colouring to make different colours. This is a high gloss paint with a transparent finish.

### Rock Art

Take a walk to the park or in the country and collect different shapes of rocks with your child. At home, paint or glue designs on them. Your child can use brushes or his fingers to spread the paint or glue.

### Cotton Swab Painting

Put small amounts of water paint in an empty egg carton, a different colour in each compartment. Your child can dip cotton swabs into the paint and smear it onto paper. Try painting on aluminum foil and see the shiny results.



## Why Play?

Play is a learning experience for children. Play is a universal and vital process for the healthy development of every child. Play is the child's work. It allows the child to explore the world in which he or she lives and grows.

Play programs give adults and children the chance to play together in a safe and stimulating environment. By being involved together, adults and children get interested in each other's activities and learn to communicate. Play nurtures sharing and growth.

Toys are the basic tools that children use to enrich their play and learning. There is no one "right" toy. Children need a variety of toys and play materials to match their developmental stage, their interests and their capabilities. They need toys for rainy days, for active play with friends outdoors, for sick days and holidays and toys to encourage sharing and cooperation. Think about your child's unique needs and interests when you choose his or her toys.

The "Why Play?" series of pamphlets suggests play activities for children in the following age groups:

0-6 months	2-3 years
6-12 months	3-4 years
1-2 years	4-5 years

Prices for bulk orders of these pamphlets, and for all other publications, may be obtained from FRP Canada



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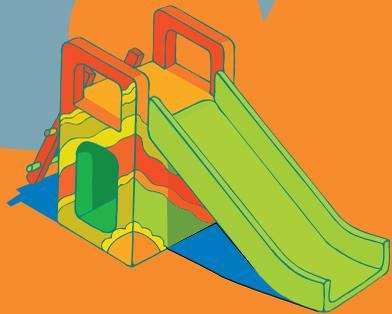
# Why Play?

2-3  
years



## Play Is...

- discovering
- climbing and jumping
- imagining
- creating
- building
- talking
- asking questions
- interacting with other children
- testing
- matching



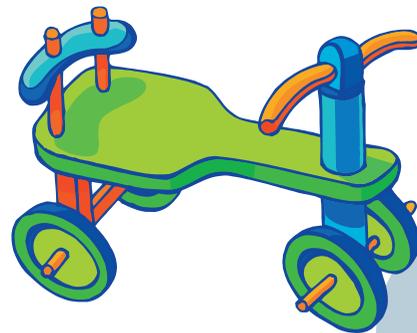
Choose toys carefully, keeping in mind your child's stage of development.

Create a pretend play corner with fun hats, clothes, jewellery, puppets, kitchen sets and farm sets.

Give your child building blocks, construction sets and train sets to encourage her to build things. This kind of play will help your child represent her world.



Give your child the chance to try a small ride-on toy or tricycle. At first he'll move it by pushing with his feet on the ground. Take him to the park to practise climbing and sliding on a play structure. Active play develops strength, coordination and balance and encourages a sense of adventure.



Read simple storybooks with your child. Name objects, animals and people in the pictures and ask him to point to them. Have fun imitating the sounds they make.



Look for ways to stimulate your child's sense of touch, smell, sight, hearing and taste. Give her chances to play with a variety of materials like water, sand, oatmeal, cornmeal and playdough. Add some cinnamon to the cornmeal to create a new smell. Add food colouring to playdough to make new colours.

Make a variety of sounds with your child by banging on different sizes of pots, pans and containers. You can create a family band!

## Creative Recipes

### Playdough

In a saucepan, mix 2 cups flour with ½ cup salt and 2 tbsp. cream of tartar. Add 2 cups warm water, 2 tbsp. oil and a few drops of food colouring. Stir while cooking over medium heat until the mixture forms a ball. Take it out and knead like bread till smooth and not sticky. You can also add some lemon juice to give a different smell. Stored in an airtight container at room temperature, it will last for months.

This dough is soft and easy for little hands to work with. Give your child cookie cutters, a small rolling pin and a potato masher to make prints in the dough.

### Cornstarch Wonder

Put half the contents of a box of cornstarch in one bowl and half in another. Add a small amount of water to each bowl until you can just stir the mixture. Add a different colour of food colouring to each bowl. This mixture has a surprising texture: it is firm in the bowl, but when you put your hands into the bowl to pick it up, it runs through your hands and drips back into the bowl. It keeps for a long time in a tightly sealed bag or container.

You can also put the mixture into plastic freezer bags. Fill the bags about half full, seal them and tape them tightly closed. Children can then squish the mixture around by pushing on the bag. Try playing with the squishy bags on a hot day after they have been in the refrigerator. Or on a cold day after they've been soaking in warm water.