

# Starcatchers' #WeeInspirations

Have some fun, save your sanity

## MISTLEDOUGH

### THE BASIC IDEA

Christmas is full of new smells for wee ones! This dough helps them explore them (and makes your kitchen smell like a winter wonderland). The secret is leaving ingredients to steep in hot water - you can use cinnamon, nutmeg, orange, cloves. Once the water has cooled, add in your flour and knead until you have a dough!

### OVER TO YOU, WEE ONE

Let them mix the cooled water with flour then follow their lead! They may want to make shapes, use a gingerbread cutter, or you can let them play with enveloping other ingredients or small toys.

### CHEEKY BONUSES

- Fine motor skills
- Learning about change
- A great way to play alongside them if you're in the kitchen cooking or baking!

### VARIATIONS

- Put on the Christmas tunes and have a Dough Disco, moving your fingers and hands along to the music!
- Let them do their own "baking" by involving them in mixing, kneading, or playing with muffin cups

### AND REMEMBER...

If you're not used to making dough with your wee one, getting the consistency right can be the messy/stressful bit. Have a play about by yourself first - once you're feeling confident, let your wee one experiment with the ingredients.