



# Playtime Connections: Making Sugar Cookies

## CONNECTING & LEARNING THROUGH PLAY

<b>Sugar Cookies</b>	When families get together, adults and children most often end up in the kitchen. Children love to get involved and help “cook.” Here is a simple sugar cookie recipe for kids of all ages. Making cookies is a perfect way to spend an afternoon in the kitchen with your little helper and a great way to target developmental skills during everyday routines. Routines are things you do every day with your child. These routines include getting the mail, washing dishes, doing laundry, running errands, playing, baking cookies, etc. – things that are consistent and repetitive. Play Routines include playing with objects, moving your body, exploring objects with your senses, learning social interactions, communicating with others and singing songs!
<b>Ingredients</b>	1 cup softened butter or margarine 1 cup sugar 1 egg 1 teaspoon vanilla extract 2 cups of flour 2 teaspoons baking powder Sugar Sprinkles as needed
<b>Instructions</b>	<b>Preheat oven to 400°</b>  1. In a large mixing bowl, cream the butter, sugar, egg and vanilla extract until blended.  2. Add flour and baking powder, mix well.  3. You can make traditional sugar cookies by scooping out teaspoons of dough, rolling them into balls and flattening with a fork. Or, you can roll out the dough with a rolling pin and then use cookie cutters. Then, sprinkle with colored sugar or sprinkles for added fun!  4. Bake 7 – 8 minutes until just starting to brown around the edges. This makes about 3 dozen cookies.
<b>PLAY</b>	Encourage your child to help gather the ingredients, cups, spoons, and bowls you need. If they get distracted and start playing with the bowls and measuring cups, enjoy their creative play and musical talents!
<b>MOVE</b>	Have your child help measure and pour the ingredients from the measuring cup to the bowl. Then, let them stir everything with a spoon before you work on the dough. Give them a small piece of dough and model how they can push, squeeze, roll, pat, etc.

<b>EXPLORE</b>	Baking is a sensory experience. Whether you're exploring the different textures of the flour and sugar, touching the soft dough, or eating the yummy cookies – you are working on a variety of sensory skills – touching, smelling, tasting, etc.
<b>LEARN</b>	Eating, cooking, and baking can be fun and interactive experiences. Not only are you exposing your child to a variety of tastes and textures, but you're also working on using utensils, following directions, working with others, and being a part of the social experience.
<b>TALK</b>	While baking, be sure to talk about what you and your child are seeing and doing. Hearing words while playing and baking helps build their vocabulary and language development. Target words such as: "cookie, more, stir, pat, scoop, roll, spoon, bowl, cup, help, my turn, sprinkle, eat, yummy"
<b>SING</b>	Children love music and it's a great way to reinforce language and movement.

**Who took the Cookies?**

Who took the cookies from the cookie jar?  
 Who, me? (*pat chest*) Yes, you!  
 Couldn't be! (*shake head*) Then who?  
  
 (child's name) took the cookies from the cookie jar.  
 Who, me? (*help them pat their chest*) Yes, you!  
 Couldn't be! (*shake head*) Then who?

*Continue the song for as many family members as you want.*

**Pat-a-Cake**

Pat-a-cake, pat-a-cake, baker's man. (*pat hands together*)  
 Bake me a cake as fast as you can.  
 Roll it (*roll hands*)  
 And pat it (*pat hands together*)  
 And mark it with a "B"  
 Then put it in the oven for baby and me!  
 (*sign baby and then pat your chest*)

**ADDITIONAL OPPORTUNITIES:**

*Brainstorm other daily routines where you can target some of these skills.*

**PROBLEM SOLVING, REFLECTION & FEEDBACK:**

*Think about how things went when you tried these activities with your child. What went well? What will you do differently or try next time?*

