

Bread Making in Parent and Child groups

Bread making is one of the most satisfying activities to do in Parent and Child groups, not only for the child but for the parents and carers.

It is one of the most basic ancient and comforting tasks that humans have created through many transformations of ways of making it, owing to the fact that changes in human consciousness bring about dietary change. To read more about this very interesting journey Rudolf Hauschka's book on Nutrition is very revealing about all aspects of diet.

The children can connect with that journey on another level in an unconscious way. The senses are brought into play as we knead and touch the dough activating the fungus, which leads to awakening the brain – then there is the wonderful smell of the cooking of the dough. There is the feeling of connection and community bringing a sense of achievement, when the little rolls and loaves are cooked to take home at the end of the session.

It is important that when ever possible to mix the dough in front of the group, then the process can be absorbed, even if no one is watching! When the dough is ready, sprinkle some flour at each place on the table, which the children can play with for a while. Meanwhile sing a song like “patter cake, patter cake” or “five sugar buns in the bakers shop” etc. or other baking song one might know, then give a piece of dough to each child and carer to work with. Don't forget to work with ones own piece of dough and sing! What is made can be place on lightly greased oven trays in the middle of the table.

Don't be daunted with the idea that you cannot make bread. As there is not time for it to rise, let the kneading of the little and big fingers do the work with our angels and you will be surprised what lovely bread you have all made. You can also add raisons, sunflower seeds etc. All Michealmas you can make a dragon loaf or a wheat sheaf with some mice on top.

Suggestion for Whole meal Bread

500g/1lb strong wholemeal bread flour

1 tsp Quick yeast

1tsp salt

1 tbsp Vegetable oil

325ml/11floz hot water

1. In a large bowl mix together the flour, salt and quick yeast.
2. Carefully measure the water and roughly mix it into the flour.
3. Add the oil and continue mixing to form a ball of dough.
4. Knead the cough in the bowl, or on a table, until smooth and pliable.
5. Place on greased baking trays.
6. Bake in a pre-heated oven 230c/430F/Gas 8 for about 35/40 minutes. (For a loaf but could be less time for rolls.)

Letitia Costain

From Kindling, Issue 8, Autumn 2005

Steiner Waldorf Schools Fellowship, Early Childhood Group

3 Church Lane, Balsham

Cambridge CB1 6DS

Tel/Fax: 01223 890988

E mail: JanniSteinerEY@aol.com