

*Appropriate for :*  
Infants, Young Toddlers and Older Toddlers.

## Make Your Own Doll

### SUPPLIES NEEDED:

- Pantyhose (various colors)
- Scissors, needle & thread
- Fiberfill, yarn, non-toxic permanent marker

### INSTRUCTIONS:

- Cut off the legs of a pair of pantyhose, about 18” long.
- Tie a knot in one end of the pantyhose leg (if the foot portion is cut off).
- Stuff the hose with fiberfill (older toddlers can help) and close it with a knot.
- Create dolls using multiple stuffed sections.
- Use permanent markers to draw facial features on the doll.
- Use a variety of colors of pantyhose to make multicultural dolls.
- Sew short lengths of yarn to the doll’s “head” for hair, if desired.



### What the adult can do to support learning and development in these domains:

- Encourage children to sing and talk with the dolls.
- Use the dolls as props when reading books.
- During doll play, use feeling words (sad, happy, angry) to label and teach about emotions.
- Model and encourage “gentle touches” and positive peer interactions.

### Examples of language that can be used between caregiver and child:

- “Oh the baby is crying. I think he/she is sad?” (Emotions: sad, happy, shy, mad, etc.)
- “When I give the baby her bottle she smiles and acts happy!”
- “Look how excited the baby gets when we sing this song to him.”
- “I see how careful you are with your baby. You are using gentle touches.”

This activity highlights support for the following *NCFELD* domain:

Cognitive Development	Approaches to Play & Learning	Language Development & Communication	<b>Emotional and Social Development</b>	Health & Physical Development
-----------------------	-------------------------------	--------------------------------------	---	-------------------------------