

PAINTING

Encouraging artistic development allows your child to blossom creatively.

Hand-eye coordination, pre-writing development, eye tracking, gross motor development, language development, learning about the world, social and emotional development, cause and effect

1. MAKING PAINT

If you mix flour, water and food colouring together to a smooth consistency, you can create your own paint. This paint is washable on surfaces like paving, tiles and sealed cement floors.

You can take this a step further by telling your child how to make a paintbrush. Take a twig and tie leaves to the end of it using an elastic band or a piece of string. This is an excellent opportunity for them to develop their creative thinking, problem-solving and fine motor skills, but depending on their age, they might struggle with this step.

Alternatively, items like earbuds work well as paintbrushes.

Give your child a large piece of paper or newspaper and encourage them to experiment with the paint.

Once they have finished painting, ask them questions about their painting. Keep the questions open-ended to encourage your child's free expression. If they have drawn a figure, ask them who it is, what they are doing, etc.

Large paper	The reason for giving your child a large piece of paper is because this will encourage them to cross the midline while they are painting.
Painting with mud	Mud is a fantastic medium for creative play of this kind and in the world of a child, mud never goes out of fashion. This is best done outdoors though. It makes a lovely activity in the garden or in a local park.
Painting with water or chalk	If you have access to cement paving or coloured paper, these serve as an excellent backdrops for painting with water. Alternatively, you could wet chalk and draw around bodies lying down on the pavement. You can then draw on clothing and features using chalk.