

Painting

Painting is a fun activity that can help your child:

- Develop creative expression and imagination
- Learn about shapes, colours and textures
- Gain a sense of achievement
- Build up fine motor skills
- Develop concentration, hand-eye coordination and other skills they will need at kindy and later at school.



Finger-painting can increase awareness of hands and fingers and different touch sensations.

What you will need

- **Brushes** — cheap paint or pastry brushes will do. Choose large brushes as this will encourage big strokes
- **Paper** — large sheets of paper are great for big flowing strokes and pictures
- **Paint containers** — use empty plastic containers such as yoghurt containers
- **Paints in a range of colours** — You can buy paint, or make your own (see recipe for paint base below)
- **Space** — for your child to paint in
- **A smock, apron or old shirt** — it might get messy!

Paint base

- 2 tablespoons cornflour
- 1/2 cup cold water
- 2 cups boiling water
- food dye or food colouring

Mix cornflour to a smooth past with cold water. While stirring, gradually add boiling water until mix thickens. Leave to cool.

Mix will thicken more but should still pour easily. Pour into paint pots and add a teaspoon of dye to each pot.

For finger paint, use 3 cups water to 1 cup cornflour.

To make the paint last, add a few drops of disinfectant.

How you can help

- Talk to your child about colours and shapes as they are painting
- Ask your child to tell you about their picture
- Encourage and appreciate your child's efforts
- Display their artwork somewhere, such as on the fridge.

Painting activities and ideas

It's fun to experiment with paint in lots of different ways:

- Free painting
- Make hand or foot prints on a page
- Paint large shapes in different colours on one half of a large sheet of paper, then fold the paper onto the pattern and smooth with your hand. Open it up to reveal the design
- Blow through a straw onto blobs of paint to make a pattern
- Paint a leaf or piece of fern and then press it onto paper
- Use rollers, stamps and sponges for different textured effects
- Try stencils
- Make patterns by flicking paint onto the paper. Make sure you protect the surroundings!
- Put paper into an old tray or cardboard box, add a paint-covered marble or golf ball and roll it around to make a pattern
- Finger painting
 - Try a variety of finger and hand actions such as smoothing, patting and poking the paint.
 - Try painting on different surfaces such as a mirror or window.
 - Finger-painting can involve different sensory experiences. To experiment with different textures you can use thick paint or add shaving cream, hand cream, sand or rice. You can make paint with interesting smells by adding food essences.

Safety Considerations

Always supervise your child when they are using paint to ensure their safety. Paint can irritate the eyes. Make sure the paint base and dye/colouring is non-toxic (safe to eat).