

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



## Painting

**Babies love to paint too!** It is a wonderful way to stimulate their senses. They can feel the cold, wet slippery paint and begin to recognizing there are differences between colours; even if they don't know the names.

### Did you know?

Painting their hands and feet increases your baby's awareness of their body.

### Add language

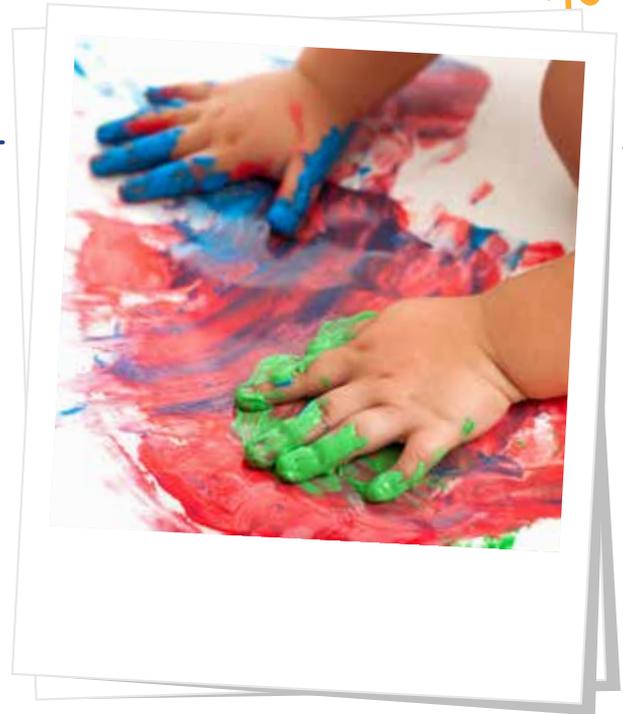
Name the body parts that match what your baby is doing e.g. "Paint on your hands!". Your tone of voice and facial expressions will encourage your baby to explore and have fun while they learn.

### Other development

The feel of paint on baby's skin provides a new sensory learning experience. Baby's learn about their world through their senses. You also get to create beautiful keepsakes of their first hand or footprint.

### Variations

Babies love to put things in their mouth. You can try making your own edible paint. You can easily find recipes for this through an internet search.



Large sheets of paper taped down provide a great space for your baby to get messy and play with paint - from painting with fingertips and hands to all in crawling through the paint! This may be a good outdoor activity.

Using small amounts of paint on sponges and having baby wipes or a wet flannel handy can help control the mess.

After a painting session is a great time for a calming bath.

### Safety

Use non-toxic and washable paint to keep the experience fun and safe.

- Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at [www.playgroupwa.com.au/playideas](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)

