

# Home Based Activities - Finger Paint

## Finger Painting

There are many commercial paints on the market, a cheap alternative for paper paint/finger paint can be made using cornflour paint.

## Cornflour Paint

1 cup of cornflour  
2 cups of cold water

An adult mixes in enough boiling water until it becomes thick like glue. Allow to cool before children assist.

Mix in powder paint or food colouring. This is better as finger paint rather than paper paint as it tends to “peel” when dry.

It's a good idea to do finger painting on a table out on the lawn for easy hosing off

**Paint Additives:** Aroma additives (be careful, only a drop or two)  
Texture additives (eg sawdust, glue, glitter etc)

**Paint Utensils:** Small paint brushes or rollers  
Sponges/dish mops  
Flyswats  
Squeeze sauce bottles

## Babies

Babies are too young to be given finger paint as they tend to put everything into their mouth until about 18 months. Babies will naturally have the opportunity for this type of sensory experience as they develop and you offer finger-feeding. Foods that typically match the texture and consistency of finger paint for example are instant pudding, custard, jelly, mashed potato.

## Toddlers

Around 18 months is a good time to introduce finger paint but children should be supervised. At this stage your child will enjoy simply forming patterns with fingers or whole hand. They may “taste” it, but will not usually eat large quantities.

## Young Children

Young children will use the paint to create shapes and patterns as part of their imaginative play. By introducing and mixing the colors together with their hands you can talk to your child about what they discover by mixing primary colors to make any other color. Let them know that any color that they create by mixing two primary colors together is a secondary color. Avoid giving a lesson but encourage language and problem solving: “What do we need? What will happen next?”

## Hot water burns!

This activity requires adult assistance and supervision

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### **Germ**s

Finger paint is a good place for germs as it is moist and warm from frequent contact with hands. Always encourage children to wash their hands prior to and after touching finger paint. Wash all utensils and surfaces where finger paint has touched. Finger paint is best discarded once handled.

### **Toxins and Additives**

Make sure materials are nontoxic in case they end up in mouths. More information on food additives can be found at [www.additivealert.com.au](http://www.additivealert.com.au).

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