Finger Painting

**How do we do it?**

1. Wet the piece of finger paint paper.
2. Spread the paint and encourage or demonstrate how to make designs on paper.
3. If child is reluctant to touch the paint, give him an implement (Q-Tips, sponge, tongue depressor, etc.) to use.

**What Do We Need?**

- Shirt to cover clothing
- Plastic table cloth
- Washable finger paint
- Finger paint paper
- Q-Tips, sponge, tongue depressor, and other tools

**What’s in it for us?**

- Finger painting develops fine motor skills by exercising the small muscles of the hand.
- Being creative helps children learn about themselves and it develops the right side of the brain.

**Safety Tip**

Though most finger paints are non-toxic, remind your child that it is not meant for eating.