

Babies

Yoghurt Painting

YOU WILL NEED

- Yoghurt
- Small bowl
- Table
- Food colouring



WHAT TO DO

Put some yoghurt in a small bowl and show your child how to dip their fingers into it and use it to 'paint.' You could also try adding a few drops of food colouring or lemon to alter the experience and create a range of different 'paints.' You can also offer them different objects to use as a 'paintbrush,' such as a variety of spoons.

LEARNING & DEVELOPMENT

Babies love to explore mark-making in a variety of ways. This activity supports the development of both their gross motor skills (as they make large movements using their whole arms), and their fine motor skills (as they make smaller movements using their fingers). Yoghurt painting also provides babies with a wonderful sensory experience as they feel the texture of the yoghurt, smell the aroma, and explore the taste.