



## Milk Painting

### A Sensory Activity with a Science Twist

This activity is a great way for children to explore science and art with a little less mess! Children can use multiple colours of food colouring which helps them figure out how to make secondary colours. This is also a great fine motor experiment for infant and toddlers to help them learn their pincer grasp.

#### WHAT IS A PINCER GRASP?



Pincer grasp will start to develop around 8 to 9 months old with the pincer grasp refined around 10-12 months of age. This is when a baby begins to grasp smaller objects such as finger foods and need a more precise grasp in order to be successful. You can also have your baby practice this skill in many ways including this activity.

#### What You Will Need

- Milk
- Food Colouring
- Qtips
- A Clear Container

Pour your milk in the container and add some food colouring. Have your child choose the colours and use a Q-Tip to move the colours around. Talk about the mixing of the colours with your child and what they are discovering.

