



Boys & Girls Clubs
of Hamilton



Baby Finger Paint



What You Will Need

- Water
- Food colouring (optional)
- Rice Cereal (1 Cup)

- Step 1: Pour both ingredients together in a bowl mix until texture is a good paint consistency
- Add food colouring

Finger painting is such a fun (and messy) activity for baby to be able to practice their fine motor skills while also having fun exploring the feelings and textures of the paint on their bare skin. This recipe is great for babies and toddlers because it is completely made out of food. If you would prefer to not use food colouring, the rice cereal is still a great texture for babies to explore with. Shiny paper will work best because the paper does not absorb the ingredients.

