



A Little Paint, A Lot of Imagination

Every stroke, swirl, and splash of color tells a story. Painting gives your child the freedom to create, explore, and express themselves without boundaries.

Why Painting Matters for Kids

Art is so much more than a finished product. When kids paint, experiment with color, and explore texture, they're building skills that support real development:

CREATIVITY & IMAGINATION

open-ended art encourages kids to think freely and solve problems their own way

FINE MOTOR DEVELOPMENT

handling brushes and tools strengthens the small muscles needed for writing and everyday tasks

EMOTIONAL EXPRESSION

art gives kids a safe outlet to process and communicate feelings they don't have words for yet

CONFIDENCE & INDEPENDENCE

making choices and finishing a creation builds pride and self-worth

FOCUS & PATIENCE

working through a creative process builds attention and persistence

Just as importantly, painting teaches kids that mistakes aren't something to fear.

A stray brushstroke can turn into something new, the same way it does for Vashti in *The Dot*. That kind of low-stakes risk-taking is where real confidence comes from.



LET'S READ!



The Dot by Peter H. Reynolds

This book follows Vashti, a young girl who believes she cannot draw. With a little encouragement from her teacher, she makes a single dot on a piece of paper and signs it.

That one small mark sparks a journey of creativity, confidence, and self-discovery. That's really all painting is: one mark, then another, then another. There's no lesson to follow and no "right" picture to make.



Just paint!



Painting Exploration

by Age Group

Action for Children



Ages 2-4 Sensory play, big brushstrokes, and messy hands.

Ages 5-7 Focus on color mixing.
Ask "What happens if we mix these two?"

Ages 8-11 Layer textures, try new techniques, and paint their own dot inspired by the book.

Ways to Get Started

Not sure where to begin? Try one of these simple invitations:

Start with a dot:

Inspired by the book, invite your child to make one dot and see where it takes them



Try texture first:

Try a dry brush on paper so your child can feel the different marks before adding paint



Mix it up:

Put two or three paint colors together and encourage mixing to discover new colors



No theme, no rules:

Set up the materials, step back, and let your child decide what to create



Go big:

Encourage sweeping, whole-arm movements for a freeing, expressive experience



Explore the tools:

Let your child experiment with each brush before adding paint, just to see the marks they make



Make your mark together

A few small ways to create alongside your child:



Paint alongside them, even if it's just a few dots and lines of your own. You don't need to be an artist for this to matter.

Ask open questions instead of steering the outcome: "What made you choose that color?" or "Tell me about this part."



Follow their lead rather than a plan. There's no right way to fill the page.

Let messy, unfinished, or unrecognizable be okay. It's part of the process.

Focus on the process over the finished piece.

The goal isn't something fridge-worthy. It's a few minutes of undivided attention and the chance for your child to see that making their mark is always enough.