

# HOW ART MAKING TOGETHER HELPS YOUNG CHILDREN



## CONNECTS THEM TO CAREGIVERS

making art together reinforces bonding through a shared new experience. It encourages lots of joint attention, which is when parent and infant both look at the same thing together.

## SUPPORTS POSITIVE ATTACHMENT BEHAVIOURS

We have found that behaviours which are positive for building attachments - like pleasant physical touch, connection and responsiveness - increase when making art together.



## DEVELOPS SENSE OF SELF.

Children get to see their impact on the world when they make marks on the page - this builds their feeling of agency. They also get to feel ownership of something they have created.

## GIVES OPPORTUNITY FOR NEW SENSORY EXPERIENCES

Art making gives little ones a chance to experience interesting new textures and sensations - there might be runny paint, cold, smooth clay, soft brushes.



## LETS THEM COMMUNICATE

When little ones make a choice about what colour they use or what mark they make they are able to share this with their grown up. Parents also have something to pick up on and talk about.

## SUPPORTS BRAIN DEVELOPMENT

All these experiences are firing off little ones brains, building new pathways, developing sensory and motor skills and giving them positive mental models of play with their grown ups.



**GO AHEAD AND GET MESSY WITH YOUR LITTLE PEOPLE!**

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