

How to stop your child drawing on your walls AND WHY IS IT SO IMPORTANT TO LET THEM!



HELP MY HOUSE IS DESTROYED!

I was talking to a friend of mine last week and she told me, that she was so upset as her little daughter decided to change the decor of her house and there was no stopping her. She sent me photographs of her walls and front door completely covered with child's scribbles. She is a full time working mom and her husband stays at home with the little girl and has absolutely no idea what to do and how to stop her. She was really tired telling me all this, very frustrated and she was asking me why is her daughter doing that, when will it stop and how on earth will she remove those marks from the wall??? When she finally stopped venting she waited for my response. And OMG how surprised she was when my response was:

"That's fantastic! Brilliant, great stuff, now you will just follow her needs"...

That certainly wasn't the response she expected nor the advice she wanted to hear! But I just got so excited! And then I've realized that maybe not everyone can understand that excitement and see the potential when discussing wall scribbles. So in this short article I am going to explain to you the importance of painting and coloring on vertical surfaces and will give you few ideas on how to redirect your child so they don't destroy your house :)

Why vertical surfaces?



There are many benefits to working on vertical surfaces! Use of large vertical surfaces helps to strengthen child's shoulder and elbow, encourages flexibility in the joints and helps with the core and posture. It develops proprioception skills (body awareness), it is a great activity for midline crossing and it helps in stabilization of the wrist and the hand, which then prepares your child for better pencil grip and better pencil control. Working on vertical surfaces is also great for visual attention and hand and eye coordination. This activity also improves your child's spatial awareness and is a fantastic way to work with fidgety kids as it provides a very good sensory stimulation.

As you can see, there are so many benefits to this vertical surface painting, so instead of discouraging your child from painting on your walls, let's provide them with some exciting opportunities that they can keep practicing those important skills, without ruining your house! Here are some ideas of what you can do at home at very little or no cost. Every time you see your toddler drawing on your freshly painted wall, just take them by their hand and gently redirect them to the right spot. In a calm voice just say: you can draw/paint here.



Kitchen foil on windows

This is a great hack and I use it very often with my two! All you need is some kitchen foil and a large glass door or a window.

That's it you are all set to unleash the inner Picasso!

Cover your windows with foil, hand some paints and paintbrushes to your children and make yourself a nice cup of coffee as you will be amazed how excited they will be to paint on the windows. When they finish you simply just let it dry and remove the masterpiece . The worst that could happen would be a few drops of paint on the floor but its easily washable. On a rainy day I would put the foil inside the house. I may then cover the floor with a bit of an old bed sheet or a cloth but on a sunny day I would do it from the outside.



Chalk on a wall

Chalk is also brilliant and kids love using it. We usually see kids using chalk on the ground but you could also ask them to draw on the garden wall if you have one and if don't, you could use a chalkboard paint (you can easily get it in any DIY store) and find a place inside or outside the house that you could turn into a blackboard.

The ready-made chalk boards/easels will also work well for this. If you have a space outside you don't have to worry about the mess as it will be washed off by the rain. It can get a little messy inside as it falls down on the floor, so I always put a plastic tray underneath the blackboard wall. Wiping the drawings with a wet sponge is an added benefit as it provides great sensory stimulation, teaches practical life skills and helps to develop gross motor skills.



Wall paper or packing paper on the wall

Find a place in the house that you will cover with a roll of old wall paper or packing paper and explain to your child that this is their space and that is where they can express themselves. You can cut a frame out of some colored card to clearly mark the space so there is no confusion what is off limits. When the paper gets full you just replace it with a new one.

I used to get big sheets of brown wrapping paper that were used for wrapping parcels and boxes. They were those huge sheets of good quality paper so ideal for this task! The wallpaper works well also, however it can be tricky to attach it to the wall safely as it is rolled up. Another good idea could be left over Christmas wrapping paper! Whatever you have handy it will do the job.

