



Family Literacy Week
January 25 – February 1, 2026

Make mealtime family learning time

Toddlers

Let's get creative with our breakfast!

Painted toast

Children learn best through play and painting toast builds early literacy in a fun way. It strengthens fine motor skills, sparks creativity and encourages storytelling as children turn their toasts into mini works of art.

You can talk about their drawings, colours and ask questions about their stories. This helps build vocabulary, sequencing and communication.

What you need:

- milk
- food colouring
- bread (white works best)
- clean paintbrushes
- small bowls for the "paint" mixture

What you do:

1. Add 2-3 tablespoons of milk into a small container. Add a few drops of food colouring. Use separate containers for each colour.
2. Give your child a piece of bread and a clean paintbrush.
3. Use the colourful milk as paint and brush it onto the bread.
4. When finished, toast the bread to dry it and make crispy again.
5. Enjoy your colourful snack!

Tip: Add more food colouring for more vibrancy, or more milk to make the colour lighter.

"Every dish is a canvas, every ingredient a brushstroke."

– Unknown



How does painting toast help toddlers learn?

When painting toast, toddlers often create pictures such as animals, faces or scenes. As they paint, they naturally tell stories about their art. Ask questions like, "What are you painting?", "Can you tell me more?" or "What can we add to this picture?"

You can model storytelling by sharing your own picture and story, "I'm painting a yellow sun and it is waking up the sleepy flowers."

This is a great activity where everyone shares, talks and creates together.