

Coloring: Developmental Benefits for Children

Did you know that [Coloring Pages](#) are wonderful educational tools that have life-long developmental benefits for your children? Yes, learning can be FUN and it certainly should be. Here are a few ways that coloring can help your child's cognitive, emotional, physical, creative, and social development.

Cognitive:

As children color and scribble, they are learning concepts such as different shapes and colors. Mixing colors such as blue+yellow=green teaches them the relationship between colors and cause and effects. These basic concepts help prepare children for school.

Emotional:

Coloring is a wonderful, memorable past-time for children. They often feel happy and excited to be coloring. Coloring also helps a child feel proud about their accomplishments and this helps boost their self-esteem. I would encourage you as parents to acknowledge their creative works and proudly post them around, maybe on your fridge, or even framed around the house or you could just simply take a picture of it with your phone. Simple acknowledgments of praise, like: "Wow, you did a great job coloring! I really love how you (insert specific compliment here. *Example: I really love how you colored your sky pink and blue*)" is sure to put a smile on your child's face.

Coloring is something most children enjoy doing and it can be a very therapeutic activity. Coloring can help a child relieve their heightened emotions or allow them to express themselves creatively in a way that is healthy and stress-relieving. Also, coloring isn't just for children. This can be a fun bonding experience between you and your children.

Physical Benefits:

As children hold onto crayons or markers, they are building the strength and muscles in their hands and fingers, preparing them for writing as they head into school. Coloring helps develop fine motor skills and utilizes hand-eye coordination which is very important for early learners, to help prepare for school readiness. As children are coloring they are becoming familiar with the movements of their hands that are necessary for writing. In this way, writing becomes a natural action. Visually, children are observing different colors, and they are becoming aware of each color able to visually recognize and identify them.

Creative Benefits:

Of course as you can expect, coloring stimulates creativity and opens a world of imagination for children allowing them to express themselves. It's important to allow children to color in the way that they would like to. It's perfectly okay if your child wants to color the sky yellow and the grass purple. It's perfectly okay if they draw a portrait of you and your portrait is missing a nose and ears. It's important to support and positively reinforce that creativity is a process of exploring, discovering new things, and experimenting with new things. It's not about the final product but rather about the process that really helps your child's development.

Social Benefits

Coloring can open the opportunity for expanding a child's vocabulary. Open a conversation with your child and talk about their artwork, whether it be the colors, the shapes, or what they drew. Using specific words to describe their artwork helps them understand new words like: circle, wavy, yellow, clouds, etc., and also helps them gain an understanding of the world around them. By speaking about their artwork you can also ask open-ended questions which will help children to think about their work and provide them an opportunity to use their social skills to provide an answer. An example of this can be, "What made you decide to make the flowers blue?" and the child may respond something like, "I decided to make the flowers blue because blue is my favorite color". Opening this line of communication helps your children become more effective communicators.



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Tell me in the comments, in what ways have you seen coloring make a positive impact in your child?

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