

Station 1: Board Book Station

Directions:

As you read these books to your child, take time to use expression and point (called tracking) as you read. If your child reaches toward a particular part of the book, pause and allow them to explore.

Vision Bonus:

- Move your child's finger to red and then move it to black to draw attention to these contrasting colors.



Station 2: Mirrors and Photos for Tummy Time

Directions:

Tummy time helps your child develop upper body strength and allows them to focus on items on the ground and within reach. As your child is on his/her tummy, draw their attention to patterns on the mat. Bring a mirror close to their face so that they see themselves. The books have mirrors built into them that will stand on their own. Tummy time is hard work for babies...watch for discomfort to know when to give your child a break!

Vision Bonus:

- Place an item your child may recognize a short distance away. This will encourage crawling, which activates brain fibers.



Station 3: Nesting Toys

Directions:

Nesting toys can be exciting as towers build and encourage developmentally appropriate critical thinking. Allow your child to explore with a nesting object and the peg. Consider starting one nesting object partially on the peg so that your child understands the function of each part.

Vision Bonus:

- Say the name of the color when your child touches a particular piece. Attempt to use very few words (and a consistent word) so that your child begins to associate that object with the word you are saying.



Station 4: Stacking Blocks

Directions:

Allow your child to stack the blocks to make towers. If they have trouble with this at first, use “hand over hand” to help them feel the sensation/movement of the process.

Vision Bonus:

- If you build a tower for your child (to either explore, knock down, etc.) keep it no more than 8 - 12 inches away. This is the optimal range for visual stimuli to have an impact.



Station 5: Rattles for Grip and Visual Interest

Directions:

Move a rattle within 8 - 12 inches of your baby. Consider a mix of having your child sitting on your lap as well as on their tummy.

Vision Bonus:

- Gently place a rattle near your child without shaking it. Let the sound be surprise.
- Provide choices...offer two rattles. See if there are features your child prefers to learn about their preferences.

