



White on Black

By: Tana Hoban

Share these familiar shapes with your baby. It is never too early to look and talk together. The beginning of early literacy is observing shapes, later shapes become letters!

Some time during the first few months of life your baby will begin to track objects with his eyes. He can see, but what he sees is not as clear or complete as an adult's vision. Encouraging your baby to use his vision will help in vision development and will help stimulate the visual part of his brain to thrive.

Activity:

Board Book: "White on Black" by: Tana Hoban

High contrast colors, like black and white, are easier for your baby to see. The more your baby uses his vision to see things, the more his vision will thrive. Allow your baby to look through the book with you, as the months pass he will watch your expressions as well as the book with these black and white shapes. Babies will begin to track as you read, looking at the pages that you are pointing to, he will want to reach out and track with his finger as well. Babies are fine imitators, so encourage them to imitate. It helps in developing a sense of spatial relation and stimulates senses as well. Show excitement and cheer them, if they try to imitate any sound.

Mirror Play:

Place the mirror about 8-12 inches away from your baby to start with. Newborns can only focus on objects that are about 8-12 inches away. If you bring things too close or too far away it may be harder for your baby to focus on it. You can use handheld mirrors or purchase a mirrored activity toy for your baby to play with.