

Colorful Mobile Watching

VISUAL STIMULATION | Ages 0-3 months | 10 minutes

About This Activity

Stimulate visual tracking and focus with a moving mobile featuring bright colors and patterns.

Materials Needed

- crib mobile
- hanging toys

Step-by-Step Instructions

Hang a mobile 8-12 inches above baby's crib or play area. Ensure it's securely attached. Let baby watch the gentle movement. Point out colors and shapes. This activity happens naturally during awake time in crib. Remove mobile once baby can sit up or pull to stand for safety.

Developmental Benefits

VISUAL, COGNITIVE