

High Contrast Visual Tracking

VISUAL STIMULATION | Ages 0-3 months | 5 minutes

About This Activity

Help your newborn develop visual tracking skills with bold black and white patterns. This foundational activity supports early vision development and focus.

Materials Needed

- high contrast cards
- black white toys
- patterned cloth

Step-by-Step Instructions

Hold a high-contrast card (black and white patterns) about 8-12 inches from baby's face. Slowly move the card left to right, up and down. Watch for baby's eyes to follow the movement. Start with 2-3 minutes, 2-3 times daily. Stop if baby seems tired or fussy.

Developmental Benefits

COGNITIVE, VISUAL, SENSORY