

# DOWNLOAD PDF VISUAL ACTIVITIES FOR BABIES FROM 6 WEEKS TO 4 MONTHS OF AGE

## Chapter 1 : Infant development: Milestones from 4 to 6 months - Mayo Clinic

*These fun and simple activities for babies ages 0 to 6 months will stimulate your infant's development. 11 Simple Activities for Babies: 0 to 6 Months. Visual, social, and.*

Some of the benefits include: Building a bond between you and your baby Boost healthy psychological and physical development Improved sleep Massage helps babies manage their stress Massage improves autonomic functions such as heart rate and temperature Massage can also help with pain relief. For more information on the effects of touch I recommend you read: Benefits of Infant Massage 5. Floor time play Give your baby the opportunity to move around. Try to avoid placing your baby for extended time in car seats, rockers or swings. Get them down onto the floor either on their tummy or on their back. While on the ground they are starting to strengthen important muscles. These muscles are needed for rolling, crawling, sitting and then walking. Moving with your baby So you have been getting your baby on the floor to work on those important muscles. While off the floor however, take the opportunity to move them in many different directions. Movement helps with development of the vestibular system. A system responsible for the awareness of our body in space. So how can you move? You can put on your favorite music and have a dance with your baby. Or what my husband used to do is play an airplane game. It included some smooth flying through the air with an addition of some turbulence. This can be done in many different ways. You can rock or lift your baby up, down, side to side, round and round. You can move your baby fast and slow. Make sure you stop every minute or so. This will let the body register the movements and make sure your baby is not over stimulated. Exploring through touch The development of the tactile system is important. A baby learns about their body and their environment through the sense of touch. Remember that this is not only about touching through the use of hands. It includes their whole body. This helps in the development of many skills including gross and fine motor skills. Here are some ideas: Lay your baby on a variety of textured fabrics or blankets. It can include sheep skin, silk, cotton etc. Always supervise and ensure that your baby can breathe at all times. Examples can include different fabrics, rattles, textured rings, sponges. There are so many toys these days that can be smooth, bumpy, spikey, hard or squishy. Move different textured materials over their body arms, feet, face, belly and back. Again it can include different fabrics or toys. My son Josh loved when I tickled him with a feather. Water covers their whole body and it is yet another sensation. You may even use different textured towels each time to add some variety. Faces are of course one of their favorites. Another favorite is looking at moving fingers. I had so much fun with this! What to do You can let your imagination run wild. The main purpose is for your little one to watch your fingers dance. You can put some music on and move your fingers to the rhythm. Up, down, side to side, fast or slow. You can get some finger puppets and do a simple puppet show. Get the puppets to go up, down, side to side. Keep your hands no more than 18 inches away from their face. How to position your baby Lying on their tummy Lying on their back Reclined while sitting on your tummy: Lie on your back with a pillow behind your back for support. Slide your feet toward your hips so that your calves are near the back of your thighs. Sit your baby on your tummy facing you so that his back is resting against your thighs. Lets look at things At 2 months your baby can see up to 18 inches away from his face. At this age your baby can also fixate on an object and follow it for a short time. You can promote this skill through play. You can hold a toy or any object that you notice he finds interesting, in front of his face. Move it in different directions. Add some fun to it by singing, talking or making funny sound effects. Mobiles are also fun. Get down with your baby inside the play gym and have some fun with all the dangling toys. You can use your play gym or different rattles or toys. Things that make noise or are fun and shiny. Watch for that excitement when they get to hit the object. Each baby develops at their own pace. If your child is not ready or not interested in these 2 month activities, just try them again in a few weeks. Summary There you have it. Many exciting activities you can do today to help your child develop better. Recapping those 10 sensory activities, they are: Talking to your baby 3. Magic of Human Touch 5. Floor time play 6. Moving with your

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baby 7. Exploring through touch 8. Let your fingers do the walking 9. Lets look at things The activities in this blog are intended for sensory play. They are not a replacement for treatment of children with Sensory Processing Disorder, are not medical advice and should not be used in place of the care of a medical doctor or other qualified healthcare professional. These activities should be facilitated and supervised by an adult. All activities are to be performed at your own risk and in no event shall Sensory Lifestyle be liable for any damages.

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## Chapter 2 : 6 Week Old Baby: The Gift of Grab | What to Expect

*Babies this age are also learning so much about cause and effect, which is an exciting new skill." Skills learned: Fine motor skills, auditory discrimination, cause and effect 8.*

Babies and toddlers need early learning experiences for emotional, social and intellectual development. But formal classes and activities that push a baby to learn concepts before they are ready do not help their development, according to the Baby Center. The best infant activities involve play and often are sensory in nature. Babies are stimulated by their senses of sight, touch and smell to play and explore the world around them. You can develop your own crafts to create age-appropriate educational activities for babies aged zero to 18 months. Natural Leaf Mobile Newborn babies up to 3 months old are developing their ability to visually focus, so good activities for babies at this age are visual in nature. While you are outside, collect leaves in a variety of bright colors, shapes and sizes. Paper Towel Tube Talk Even before your baby can utter a word, she is developing her sense of speech through listening to the sounds around her. Use the center tube from a roll of paper towels to create a listening game with your baby. This exercise is especially good for babies aged four weeks to four months. Move the tube to the other ear and whisper something else. Simple phrases, like "I love you," are best. Let the baby see your lips while you whisper if she appears confused about the source of the sound. Rattles for Rhythm To help babies 6 to 15 months develop their fine motor skills, use empty film canisters, yogurt cups, plastic containers or empty milk cartons to create your own noise-makers. Fill the containers with rice, macaroni, beans or a mixture of items that will create sound and seal the container tightly with tape. Seal one end of a toilet paper cardboard tube, fill with the noise-making material of your choice, then seal the other end to make an easy-to-hold rattle. You can use brightly colored construction paper to decorate if you choose. Baby Lava Lamp You can create your own baby bubble bottle to help the baby six months old and older develop dexterity and a sense of color. Get a clear plastic water or soda bottle with a tight-fitting lid, water, vegetable oil, food coloring, and a seltzer tablet. Fill the bottle three-quarters full with vegetable oil and add water to just below the top. Add 10 to 12 drops of food coloring. Break the seltzer tablet into small pieces. Drop a piece into the bottle, seal the top tightly and let the baby enjoy watching the bubbles. Older babies will often reach for and handle the bottle, which will stimulate dexterity. When the bubbles stop, open the top and drop in another piece of seltzer to create more bubbles. Water "Coloring" To entertain and engage babies 11 months and older, all you need are some inexpensive paintbrushes and a bowl of water. Set your baby up outside with paintbrushes in a variety of shapes and sizes. Encourage the baby to paint a wall or the concrete. Show him how to make patterns, draw circles, or allow him to "paint" an object. If the baby is too young to handle the brushes, just dip his hands directly in the water and allow him to make hand prints or patterns with his hands. Always closely supervise your infant whenever he is around water, as a child can drown in as little as an inch of liquid.

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## Chapter 3 : Infant Vision Development - [www.nxgvision.com](http://www.nxgvision.com)

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**Daily Montessori** The main environment for your baby at this age will be the bedroom. Soft classical music can be played in the room as this can be soothing to the young baby. Have some natural lighting and if possible have a window where a child may watch the wind blowing through leaves or trees.

**Montessori Environment Months Baby** this young will be mostly attracted to mobiles with great color contrast, such as black and white. Hanging mobiles can also be effective, these have to be placed about 30 cm from your baby as in the beginning they can only see this far. These mobiles may also have pictures of the mother, the father, or other siblings as babies are generally attracted to the human face. Mobiles can also consist of a glass ball that can reflect light in different ways. There is no need for brightly colored commercially bought mobiles that have too many distracting colors. It can still be decorated with simple beautiful realistic works of art. When breastfeeding, it is ideal that mothers concentrate on the baby and are not too preoccupied doing other things. As children get older, it is important to allow them to have opportunities for movement. This is to make sure a child gets ample tummy time during the day so they can exercise and develop their muscle strength. This can be done at around 3 months. To allow the child to be part of the family, one can have a small flat mat that the child can be placed in, e. The child need not be left alone in their bedroom while he is awake. Hearing the family noises and voices will also help the children to learn as they observe their surroundings.

**Absorbent Mind** Maria Montessori observed how children learned a language without anyone teaching them. For children under the age of three, there is no need to have lessons in order to learn, as they simply absorb everything in the environment by experiencing it and being part of it. It is therefore important that the environment set-up is good, nice and positive, since this is what the child will absorb whether he chooses to or not. There is no need for fancy plastic ones that may break easily. Fluffy toys, cloth books, small rattles and crocheted soft balls will allow the child to practice grasp and use of hands. A silver rattle is especially wonderful for a young baby since it engages many of the senses. It has to be small and light enough for the baby to grasp it for a few moments at first and longer and longer later on. It can also provide auditory stimulation as it makes a soft sound and it can give sense of hot and cold as the child mouths it. Wooden toys and rattles in particular are aesthetically beautiful, last long and give child a different, more natural texture than most plastic toys would. A child will mouth, bang and try many different things with the toys. Crocheted soft balls are good for their tiny fingers to hook and grasp. Children will also follow the movement of the ball with their eyes. Mobiles are also particularly wonderful for children of this age. Mobiles that reflect natural light will also be attractive to babies.

**Baby Clothing** The skin of babies is sensitive, so it is best to use natural fibres, such as pure cotton, as the material that touches the skin directly. For the comfort of a child it is advisable not to have any tight clothing, or clothing that may be small or tight around their arms or legs. Dress your child appropriately according to the weather, with jackets and socks when needed.

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## Chapter 4 : Month 2: Top 10 Sensory Activities for your 2 month old - Sensory Lifestyle

*From ages 4 to 6 months, your baby is likely to enjoy: Around age 6 months, many babies begin sitting alone after being positioned upright. Play favorite games.*

**Action-Oriented Activities So Big!** Hold your grandchild on your lap. Then lift his arms up into the air and say: Babies love this game and will eventually learn to lift their arms in response to your question. **Wind at Your Back** Place your grandbaby on her tummy on a soft blanket. Billow a light scarf in the air above her and say, Feel the wind! Let the scarf gently fall on her back and then slowly pull it off her. Wave it in front of her and see if she follows it with her eyes. Spending time on her belly is important for building upper body strength. **Roll and Go** For grandchildren who are crawling, show them a soft ball or interesting toy. Roll it or place it a few feet away and encourage your baby to get it. If your grandchild is cruising along the couch, you can place the toy farther and farther along the couch to motivate him to keep moving. **On Your Feet** Gather several pieces of material with different textures—such as a tea towel, fake fur, felt, a silky scarf. Or allow crawling babies to crawl on and over the fabric. Try a few different fabrics to see which textures your grandchild seems to prefer. **Quiet Play Activities** **Shadow Sharing** Babies have limited vision in their first few months but they are tuned in to contrasts between light and dark. See if she can follow it with her eyes. For extra fun, squeeze a few drops of blue food coloring into the water and add some glitter or shells. Seal the bag and cover the edge with duct tape to be sure it stays closed. Let your baby squeeze the fish and pat the bag while he is seated in his high chair or on the floor with you. Cut out the leaf shapes, punch a hole in each, and hang with yarn from a clothes hanger. You can even move the mobile gently left, right, and in a slow circle. **Make a texture book** for your grandbaby by cutting squares of different kinds of fabric with pinking shears and gluing each one to an index card. Punch a hole in the corner of each card and tie together with yarn. As you read the book together, you can name the color and texture of the fabric. Hold it out for your grandbaby and see if she wants to reach for it, grasp it, squeeze it, or crinkle it. Watch her face to see if she is interested or surprised by the sounds the package makes. It crinkles and crackles. **Baby in the Mirror** Hold your grandbaby in your arms in front of the mirror. Talk about and point to his body parts—eyes, nose, mouth, arms, etc. While she is in her high chair or sitting on the floor, show her one of her favorite rattles or another small toy. Then cover it with a washcloth. Wait a moment to see if she reaches to uncover the toy. **Putting It Together** Between 6 and 12 months, babies begin to understand how different objects work together—what they can do in relationship to the other. To practice this skill, offer your grandchild some small, easy-to-grasp blocks and show him how he can drop them into a bucket, plastic cup, or bowl. Combining the block and the cup shows an early understanding about how things go together. Show baby a bell and then gently ring it so he can hear. Wait until he focuses on the bell and then slowly bring it behind your back or place a washcloth over it. Then ask, Where did it go? Take it out and ring it from a different location. Wait until your grandbaby has found the bell again with his eyes. **Take a Whiff** Give your grandbaby 6 months old and up an opportunity to use her sense of smell. When you cut an orange, hold it gently under her nose so she can have a sniff. When you take out the cinnamon or cloves for a recipe, do the same thing. You might say, Smell this. We smell with our nose. Then you can point to your nose. Keep in mind, all children process sensory information differently. Some may love it and others may not enjoy it at all. Activities like this help your grandchild connect sensory information to her everyday experiences. **Sound It Out** Gather several different objects that make distinct noises. Jingle, tap, or shake each one for the baby. If he reaches out to grasp one of the instruments, let him hold it and explore it with his hands. **Try a Massage** When you get your grandbaby out of the bath, take a moment to gently massage her arms and legs with baby lotion ask her mom or dad if they have a preferred brand. As you massage, gently bring her legs in and out from her body and gently bring her arms toward her chest and out again. Many babies are soothed and comforted through massage—an activity that helps them learn that touch is soothing and that their bodies are special and belong to them. At the end of the song, drop a

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handful or two of soft, colorful pompoms over her belly and chest. How does she like this sensation? If she looks interested—widening her eyes, smiling, kicking arms and legs, do it again. If your grandbaby cries, try it again another time. Singing to your grandbaby is a great way to build language skills. Glue each one to an index card and cover with clear contact paper. Show the photos to your little one and name each person. Over time, your grandbaby will begin to point, smile, and maybe reach for the people in the pictures. Finger Plays Sing songs with your grandchild that have hand motions that go along with the lyrics. When your grandchild is able to use his hands and fingers, he will start to copy your gestures and—before you know it—he will be singing along! As your grandchild approaches 6 to 9 months, you can start to play peek-a-boo. Most babies really enjoy this game! She might even start saying them herself!

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## Chapter 5 : Your Baby at 4 Months Old | Baby Development | Bounty

*Sensory Activities ( months) Look below to find games and activities you can play with your child to promote their sensory development. Activities are divided by age so it is easy to find games and activities that are age appropriate.*

Although she may not be running around the house and ready for our craft sessions with her older brother, there are still a ton of activities that you can do with your baby. Here are some of our favorite activities that will promote your babies physical, cognitive, and language development! They love to hear your voice and helps with bonding. We do our story time every day before nap time and bed time. The soft books are a favorite of my daughters or the ones that make noise! At this age they are discovering their feet and hands so we love ours in her pack and play so she can watch herself play! Toys With Sound â€” Anything with sound is a great idea they learn the cause and effect. That once they hit it, it makes a sound. Babies love social play! Rain Bath â€” A great way for your baby to explore their senses is through a rain bath. Water play is a great sensory stimulation. We have Tupperware buckets for play that have holes on the bottom of them that we use for this activity. Talking To Your Baby â€” The most important and simple activity of them all. Your baby loves hearing YOU and seeing you while you talk. It helps language and social development and creates a better bond with you. Our daughter rolled over at 4 months and we spent a lot of time before that doing tummy time. Making Music â€” Now that our daughter is sitting up on her own she is able to sit in her high chair. We usually use one of her small stuffed animals or noisy toys and wave it in front of her to encourage her to look and grab. This strengthens the muscles to help them learn to roll over and crawl. Activity Mat Play â€” Ones with a mobile are great when they are at the following and grasping stage of development. Once they are able to push themselves up you can move on to one of the other play mats without the mobiles. Touching Different Textures â€” We use different books for this that offer different kinds of textures and materials on each page. Encourage them to touch the different pages. Physical Development â€” Do some dancing. Obviously while being gentle and your baby is laying down, gently move their arms or legs around they love moving their legs and arms around at this age so they will probably be doing it themselves. More Fun Baby Activities.

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## Chapter 6 : Montessori Months - Baby, Infant - Daily Montessori

*Your baby's development at months, what to expect from smiling to starting to sit up.*

One of the greatest moments when having a child is the first time your newborn daughter or son opens their eyes and makes eye contact with you. The visual system of a newborn infant takes some time to develop. Their first view of the world is indistinct and only in shades of gray. Avoid smoking and consuming alcohol or drugs during pregnancy, as these toxins can cause multiple problems for your baby, including serious vision problems. Smoking is particularly hazardous during pregnancy, as cigarette smoke contains an estimated 3,000 different chemicals that can potentially harm humans – including carbon monoxide, a known fetal toxin. Add potential vision problems for your baby to the list. Research has shown fetal intra-uterine exposure to maternal cigarette smoking is associated with increased risks of growth problems, cognitive delays and other neuro-developmental issues among the children of smokers. In a report published online in December by the Scandinavian eye journal *Acta Ophthalmologica*, researchers in the U.S. Of the 24 studies included in the analysis, 18 of them found fetal exposure to active maternal cigarette smoking or passive exposure to cigarette smoke were associated with an increased risk of vision problems in children. In particular, higher rates of refractive errors, strabismus, and retina and optic nerve problems were found among children of mothers who smoked during pregnancy. For more about the harmful effects of smoking and your eyes, read *How Smoking Harms Your Vision* and see this infographic. Even taking common medications like aspirin can be dangerous to your baby when you are pregnant, increasing the risk of low birth weight and problems during delivery. Low birth weight has been associated with an increased risk of vision problems in infants. Find an eye doctor who can help. Nerve cells in their retina and brain that control vision are not fully developed. It just takes time. So to encourage visual interaction with your newborn child, keep your hair style the same, and avoid altering your appearance. One thing you may notice about your newborn son or daughter is how large their eyes are. This is because normal infant development proceeds from the head down. In fact, the amount of light required for a 1-month-old infant to be aware that light is present called the light detection threshold is 50 times higher than that of an adult. Keeping your appearance consistent helps your baby recognize and interact with you after birth. Infants start to develop the ability to see in colors very quickly. At one week after birth, they can see red, orange, yellow and green. But it takes a little longer for them to be able to see blue and violet. This is because blue light has shorter wavelengths, and fewer color receptors exist in the human retina for blue light. One eye may occasionally drift inward or outward from proper alignment. But if you see a large and constant misalignment of their eyes, notify your eye care practitioner right away. Include artwork and furnishings with contrasting colors and shapes. Also hang a brightly colored mobile above or near their crib. Make sure it has a variety of colors and shapes. Months 2 And 3 Many advances in vision development take place in months two and three. Infants develop sharper visual acuity during this period, and their eyes are beginning to move better as a team. Your child should be following moving objects at this stage and starting to reach for things he sees. Also, infants at this stage of development are learning how to shift their gaze from one object to another without having to move their head. And their eyes are becoming more sensitive to light: So you may want to dim the lights a bit more for naps and bedtime. Add new items to their room or frequently change the location of their crib or existing items in the room. Talk to your baby as you walk around the room. Keep a night light on to provide visual stimulation when they are awake in their crib. While infants should be placed on their backs for sleep to decrease the risk of sudden infant death syndrome SIDS, put them on their stomachs when they are awake and you can supervise them. This provides important visual and motor experiences. The survey, which included responses from 1,000 American adults, also found that 61 percent were aware that lazy eye and 63 percent were aware that crossed eyes could be found in infants. But fewer than one-third knew that cancer, farsightedness and nearsightedness could also be found in an infant eye exam. This is why the AOA recommends that all infants receive a comprehensive eye exam by 6 months of age.

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Months 4 To 6 How quickly they grow! By age 6 months, significant advances have taken place in the vision centers of the brain, allowing your infant to see more distinctly and move his eyes quicker and more accurately to follow moving objects. Color vision should be similar to that of an adult as well, enabling your child to see all the colors of the rainbow. Babies also have better eye-hand coordination at 4 to 6 months of age, allowing them to quickly locate and pick up objects and accurately direct a bottle and many other things!

Months 7 To 12 Your child is now mobile, crawling about and covering more distance than you could ever have imagined. He is better at judging distances and more accurate at grasping and throwing objects. When your baby starts crawling, play with him on the floor to help develop his eye-hand coordination and motor skills. This is an important developmental period for your child. At this stage, infants are developing a better awareness of their overall body and are learning how to coordinate their vision with their body movements. Bumps, bruises, eye injuries and other serious injuries can occur as he begins to physically explore his environment. In particular, keep cabinets that contain cleaning supplies locked, and put barriers in front of stairwells. Place a favorite toy on the floor just out of his reach and encourage him to get it. Also provide plenty of objects and toys that he can take apart and put together.

Strabismus is the term for a misalignment of the eyes, and it is important that it is detected and treated early so the vision in both eyes develops properly. Left untreated, strabismus can lead to amblyopia or "lazy eye."

Vision Problems Of Premature Babies The average length of a normal pregnancy is approximately 40 weeks days. According to the World Health Organization, babies born before 37 weeks of gestation are considered premature. Get prenatal care, eat well and get plenty of rest while pregnant. Smoking while pregnant significantly increases the risk of giving birth prematurely. Premature babies are at greater risk of eye problems than full-term babies, and the odds increase the earlier the child is born.

Retinopathy of prematurity ROP. This is the abnormal replacement of normal tissue in the retina with fibrous tissue and blood vessels. ROP can cause scarring of the retina, poor vision and retinal detachment. In severe cases, retinopathy of prematurity can cause blindness. All premature babies are at risk of ROP. Very low birth weight is an additional risk factor, especially if it is necessary to place the infant in a high-oxygen environment immediately after birth. If your baby is born prematurely, ask your obstetrician to refer you to a pediatric ophthalmologist so he or she can perform an internal eye exam to rule out ROP.

This is an involuntary, back-and-forth movement of both eyes. In most cases, nystagmus causes the eyes to drift slowly in one direction and then "jump" back in the other direction. The eye movements are usually horizontal, but they can be diagonal or rotational as well. Nystagmus can be present at birth, or it may develop weeks to months later. Risk factors include incomplete development of the optic nerve , albinism and congenital cataracts. If your baby shows signs of nystagmus, consult a pediatric ophthalmologist or other eye doctor immediately.

It emerged in the next few months, and autism experts said that might suggest a window during which the progression toward autism can be halted or slowed. Heiting has more than 25 years of experience as an eye care provider, health educator and consultant to the eyewear industry. His special interests include contact lenses, nutrition and preventive vision care. Page updated April Like This Page?

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## Chapter 7 : Baby Activities – Free Infant Learning Activities - JumpStart

*During the first few months of life, your baby was growing at a rate of about 1 ½ to 2 pounds a month. By now, she should have at least doubled her birth weight. At six months, baby's growth.*

Sign up now Infant development: Milestones from 4 to 6 months From ages 4 to 6 months, your baby becomes more aware of his or her surroundings. Infant development milestones include rolling over, clapping hands and babbling. By Mayo Clinic Staff The newborn days are behind you. As your baby becomes more alert and mobile, each day will bring exciting new adventures. Expect your baby to grow and develop at his or her own unique pace. What to expect As your baby becomes more aware of the surrounding world, he or she will begin exploring. From ages 4 to 6 months, your baby is likely to enjoy: Soon you might notice your baby rocking on his or her stomach and eventually rolling over. As your baby gains muscle strength, he or she will have better head control. Most babies this age raise their heads when lying facedown. They might even try to push themselves up or bear weight on their legs. Around age 6 months, many babies begin sitting alone after being positioned upright. Your baby will probably grasp your finger, a rattle or a soft object. You might notice your baby pulling objects closer with a raking motion of the hands. Your baby is beginning to be able to distinguish subtle shade of reds, blues and yellows. He or she might enjoy more complex patterns and shapes. You might notice your baby concentrating on a toy or staring at his or her reflection. If you roll a ball across the floor, your baby will probably turn his or her head to follow the action. Babbling and other new sounds. Babies this age often start to babble chains of consonants. Your baby might respond to sound by making sounds and use his or her voice to express joy. He or she also might distinguish emotions by tone of voice – and begin responding to "no. To promote infant development: Talk to your baby. Use simple words such as "baby," "cat," "go," "walk," "hot" and "cold. Lay your baby on his or her tummy for a few supervised minutes. Hold a colorful toy or make a noise to encourage your baby to pick up his or her head or practice rolling over. Hold your baby or use pillows for support. Babies this age often enjoy colorful toys, especially those that make sounds. Try a musical toy, a rattle with a handle, a soft ball or a wooden spoon. To help your baby focus, put out only one or two toys at a time. Place one toy slightly out of reach to encourage your baby to stretch and creep. Let your baby watch his or her movements in a mirror. Read to your baby. Reading to a baby promotes speech and thought development. Your baby will soak in your words and might even mimic the sounds you make. Start with books featuring large, brightly colored pictures. Point to and name common objects. Cover your face with your hands, then remove your hands and say, "Peekaboo, I see you! Ask, "Where are your toes? Take time to cuddle. Balance stimulation with plenty of quiet time. Gentle caresses and tender kisses can help your baby feel safe, secure and loved. When you hold or rock your baby, talk quietly or sing soothing songs. Turn on the tunes. Music can help calm, entertain and teach your baby. Let your baby set the pace. When your baby turns away, closes his or her eyes, or gets fussy, take a break. Even babies need space. The earlier a problem is detected, the earlier it can be treated.

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### Chapter 8 : CDC | Milestones 6 months | Learn the Signs. Act Early. | NCBDDD

*See which developmental milestones your baby may be hitting this week. Doctor visit: The 2-month checkup Discover what will happen at your baby's 2-month well-baby checkup, including exams, shots, and questions the doctor is likely.*

Sign up now Infant development: Birth to 3 months Infant development begins at birth. Expect your baby to grow and develop at his or her own pace. As you get to know your baby, consider these general infant development milestones. What to expect At first, caring for your baby might feel like an endless cycle of feeding, diapering and soothing. But soon your baby will be able to lift his or her head and chest while lying on his or her stomach, as well as stretch and kick his or her legs in that position. If you offer a toy, your baby might grasp it and hold on tight for a few moments. Your infant will be sensitive to noise levels. Expect your baby to begin responding to the sound of your voice by smiling and gurgling back at you. He or she will also begin turning toward the direction of sounds. Your baby will probably focus on your face, particularly your eyes, during feedings. At age 1 month, your baby will prefer to look at bold patterns in sharply contrasting colors or black-and-white. Soon your baby will begin to recognize familiar objects and people at a distance. By age 2 months, your baby might coo and repeat vowel sounds when you talk or gently play together. This can help your newborn feel safe, secure and loved. Let your baby grasp your little finger and touch your face. Simple conversation lays the groundwork for language development. Read a story out loud. Remember that your tone of voice communicates ideas and emotions as well. Hold your baby facing outward. With close supervision, place your baby on his or her tummy to play. Hold a colorful toy or make an interesting noise to encourage your baby to pick up his or her head. Many newborns get fussy or frustrated on their tummies, so keep these sessions brief at first – just a few minutes at a time. If drowsiness sets in, place your baby on his or her back to sleep. Respond quickly to tears. For most newborns, crying spells peak about six weeks after birth and then gradually decline. Whether your baby needs a diaper change, feeding session or simply warm contact, respond quickly. Your care will help build a strong bond with your baby – and the confidence he or she will need to settle down without your help one day. The earlier a problem is detected, the earlier it can be treated.

### Chapter 9 : 2 Month Old Baby Development Toys & Activities | Fisher-Price

*Newborn babies up to 3 months old are developing their ability to visually focus, so good activities for babies at this age are visual in nature. While you are outside, collect leaves in a variety of bright colors, shapes and sizes.*