



Visualisation

Experience

This experience supports the development of your baby's sight, as they strengthen their ability to focus and move their eyes accurately. As you talk with your baby, lay them down on a blanket on the floor and sit next to them. Hold one of your baby's toys above their face (about 20-25cm) and observe, as their eyes locate the toy you are holding.

To capture your baby's attention you may have to gently move the toy so it makes a sound. For the next step, slowly move the toy from left to right (ear to ear) and watch your baby move their eyes to where the toy is. As your baby grows older, you can move the toy from left to right and then up and down.

Learning benefits

- Develops social connections/bond
- Strengthens ability to visually track objects (both horizontal and vertical tracking skills)



1 - 3 mins



Birth - 6mths

Materials

Toy (rattle or a toy that makes a sound)

Blanket

Hints and Tips

Indoors or outdoors

Safety: Must supervise infants at all times during this experience