

Contrast cards

These contrast cards have been designed to stimulate the visual abilities of your baby and you can use them to encourage healthy sensory development. The contrast sheets can be printed out and cut into separate cards and we've given lots of options of dark images on a light background, light images on a dark background and some abstract shapes and recognisable ones too so that you can talk to your little one about them. They are a great basis for play with a newborn baby.

We've listed some of the ways below that the cards can be used with your little ones.

1. fix a card next to your changing table to distract and occupy your baby while you are cleaning them up, change them regularly so that they continue to find them of interest.
2. attach them to a mobile to stimulate attention, visual tracking and encourage them to co-ordinate their eye movements.
3. use them as a tummy time activity. The contrast cards are an excellent way to keep baby occupied while you have them doing tummy time.
4. use them to stimulate your babies movement, moving the position of the card means that they have to move their eyes and head to see them, strengthening muscles and tracking. Make sure that if you are moving the card that you are doing so very slowly to keep interest and allow for your little one to co-ordinate gross movement with eye control.

Always make sure that your baby is within eyesight and arms reach when carrying out activities and have fun talking through the cards with your little one to add an auditory element to the activity too.









