

Ways to foster sight and hearing as early as one-month-old:



- ✓ While doing tummy time, place black and white contrast images at eye-level for them to notice the shapes and design.

- ✓ Allow them to track objects! You can introduce a rattle into their visual field and move it from one side to the other.

- ✓ Shake a rattle near their ears to grab their attention and foster their sense of hearing.

- ✓ Face your baby and speak to them so they can see your mouth and look into their eyes so they can practice focusing on you and hearing you.

Ways to foster touch, starting at 4-months-old:



- ✓ Bring items to their hands for them to touch and play with.

- ✓ Put the items just out of reach so they have to figure out how to move their body to grab it, to exercise their cognitive development.

- ✓ Introduce various textures like crinkle bags, paper, squishy toys, or silks.

- ✓ Allow them to touch items in their environment, such as playing with food or dirt, pulling grass and touching sand.

Ways to foster taste and smell, starting at 4 to 6-months-old:



- ✓ Cook in your home with aromatic spices and allow them to watch you in the kitchen.

- ✓ Once they start solid foods, allow them to experience various foods with different flavors and seasonings.

- ✓ When lighting candles or experiencing smells, verbalize and label them for your baby. If it's a smell you love, say that and why you love it.

- ✓ If you smell something not so pleasurable like trash as you walk down the street, verbalize it too.
