

1 Move the cards slowly before your infant's eyes from top to bottom and left to right. Bring them closer and then farther in a slow, calm way.

2 When showing the cards, speak in a melodious tone. You can also sing or hum a melody to attract your child's attention.



 This trains your child to focus their sight on an object while you build your relationship and learn to listen to your child's speech.

3 Place your baby on their tummy. Stand the cards up in front of your child to encourage them to lift their head as you show each card.

 Make sure your child is safe. You never know when they will turn over for the first time.



 This is a great way to encourage your baby to exercise.

4 Thread the cards onto a string to make a garland. Put it where your child can see it. You can use it to decorate your baby's bed, stroller or any place your infant spends time.

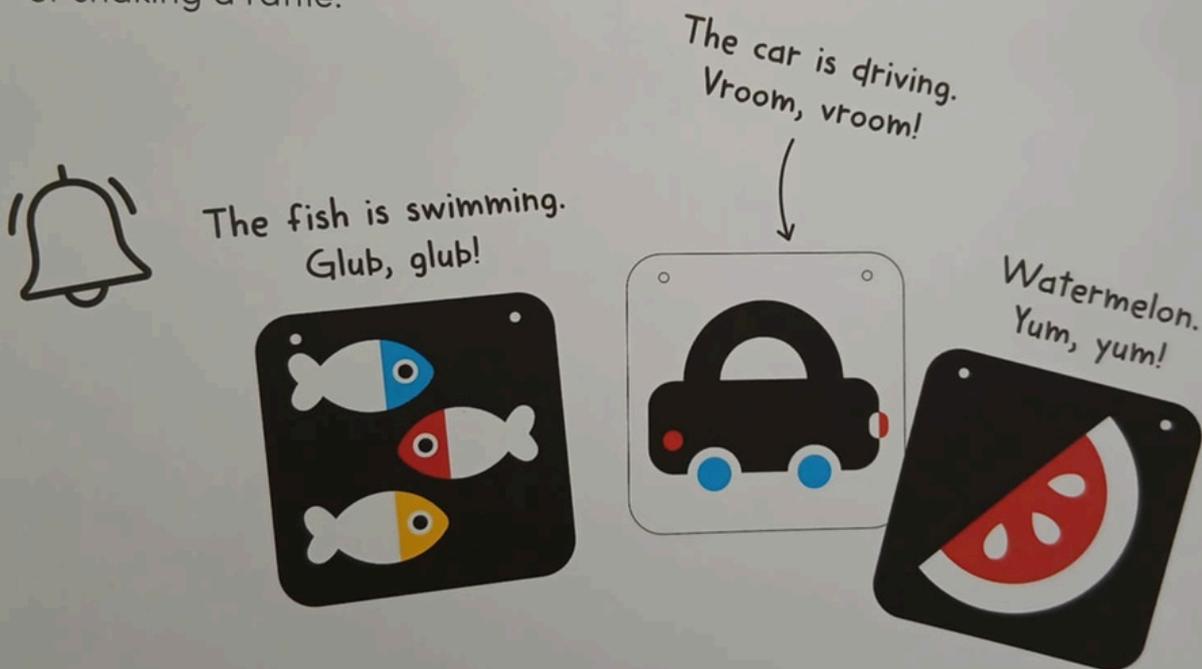
5 Draw your baby's attention to the pictures, talk about them, use onomatopoeic expressions, simple syllables and words.



 This allows your child to focus their sight on an object and develops sharper visual acuity.

6 Spread the cards out near the bed, stroller or another safe place so your child can see the pictures. Draw your child's attention by tapping on the illustrations, ringing a bell or shaking a rattle.

7 Name everything you see on the illustrations, make up stories about them. React to your infant and the sounds they make.



 This develops your child's visual and hearing, not to mention the very special bond you share.



The first year of life is incredibly important for a child's development.

Babies change week by week – you've probably noticed that, perhaps by comparing pictures of your baby at birth and during the months that follow. As a parent and caregiver, you have an incredible opportunity to accompany your child on this journey.

From the first days of life, we are social creatures. The presence of other human beings in our surroundings satisfies our most basic needs and provides a feeling of security, but is also essential for proper development. The people closest to an infant become the child's entire world and it is thanks to them that children acquire and develop new skills.

♥ Make sure that the place where your infant spends time is safe and baby-friendly. Too much stimulation can wear babies out, so make sure to surround your baby with calm colors and age-appropriate toys.

♥ We all know the value of reading together with your child. But do you know that infancy is not too early to start your child's adventure with the fascinating world of books? Books for this age group feature simple content: contrasting patterns and shapes. And the best way to discover them is with a loved one.

You can use High Contrast Baby Cards to make an appealing garland to create a unique developmental decoration for your child's room.



How does an infant see?

Imagine the world in shades of gray, as if through a steamy window. Your field of vision is limited, as if you were looking through a keyhole. That is how your child sees. Bit by bit, a baby begins to assimilate shapes and colors and their vision focuses on contrasting edges and color boundaries. If you're asking yourself whether there is any way for you to support your child's visual development, we're here to tell you: yes, there is!

Why is supporting visual development at an early age important?

- ♥ The most important pathways between neurons in the brain develop during early life.
- ♥ With the right activities, we can support the nervous system. But how?
- ♥ By ensuring that a child has the right visual stimulation. Looking at contrast illustrations has a beneficial effect on the developing mind.
- ♥ Moreover, proper visual development is very important for a child's harmonious development, including intelligence and communication skills. But that's not all.
- ♥ Looking at contrast pictures promotes a child's visual-spatial intelligence and the ability to recognize object boundaries. Soon, this will allow your infant to begin grasping and moving.
- ♥ Looking at illustrations adapted to your infant's perception is the foundation for harmonious development of all sensory functions.



Did you know...?

- ♥ An infant can only see two colors at birth: black and white.
- ♥ A baby's eyes concentrate on contrasting edges and color boundaries.
- ♥ Your child's eyes roam until they find a clear contrast.
- ♥ An infant sees as if through a keyhole: their field of vision is considerably more narrow than that of an adult, which protects them from overstimulation.
- ♥ Gradually, a baby develops the ability to concentrate on red, followed by yellow, blue and green.
- ♥ Because the muscles around the eye are weak, an infant sees best at a distance of around 20-25 cm/ 8-10" from its face.
- ♥ From the first weeks of life, the baby is developing their ability to focus on the faces of surrounding adults and follow moving objects.
- ♥ A 3-month-old reacts by mimicking when it sees a caregiver's face, tracks the movement of people with its eyes and smiles when smiled at.
- ♥ Babies love fashion accents in their favorite colors: a yellow shirt, red fingernails or red lipstick.

A recipe for developmental fun with contrast cards

- ♥ Adjust playtime to your baby's daily rhythm. It's important for your child to be rested, fed and changed.
- ♥ Show your child the illustrations from a short distance away, ideally 20-25 cm/ 8-10" (the distance from a caregiver's face when being held in their arms).
- ♥ Speak to your child. Tell them about the pictures. You can also make up simple stories or use onomatopoeic expressions.
- ♥ Speak slowly and more clearly than you usually would, but do not use baby talk. Your pronunciation should be correct, so that your child hears the right articulation patterns.
- ♥ Watch your child's reactions. Each of them is an opportunity for further communication.

Check out our **High Contrast Baby Cards for 6+ and 9+ months** too.



High Contrast Baby Cards is a first book with pages on a ring for additional ways to play.

- ♥ Use the cards to create two different books: for younger and older infants.
- ♥ Untie the string and show your baby individual pictures.
- ♥ Hang the book on a mobile over your child's bed.
- ♥ Removing one of the strings allows you to use the cards like an accordion book.
- ♥ Play with format: spread out the cards like a traditional book or stand them up.
- ♥ Create a garland to decorate your baby's room.



- ☞ Start with black and white cards. When your child is 2-months-old, you can introduce cards with the color red and cards with yellow and blue in month 3.