



**black and white**

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Young babies respond well to bold patterns with high contrast due to their developing vision. Black and white patterns help babies to develop their ability to focus their attention and their levels of concentration.



## Repetition

Repetitive play for babies is important as it enables them to master new skills. Repetition increases confidence and strengthens the connections in the brain that help babies to learn. Make sure you always supervise your baby during their play time, but don't worry about offering the same contrasting toys to them each day when they are young.

Arrive curious, leave inspired.



## Simple is best

A very simple, portable sensory activity for non-mobile babies is to use a white or black umbrella with contrasting pictures and fabric hanging from spokes. You can add battery operated fairy lights by threading them through the spokes. This simple activity is perfect if you have limited space as it can be folded up when not in use.

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