

Nighty Night!

Foundations: Nighty Night!

Lesson Focus: Baby's Developing Visual System

Bonding with your baby gives new meaning to that old phrase: “I get lost in your eyes.” Think about it. Did you ever consider how many hours you could spend just gazing at your sweet baby? It's OK. Your baby loves looking at you, too. In fact, as a newborn, your baby can only see objects 10-12 inches away—which just happens to be the approximate distance between your face and his when you hold him in your arms.

Of course, babies don't stay newborns forever. By 4-6 months, a baby can follow people or things across a room and recognize differences between colors. At 9-12 months, a baby's eyesight begins to function at an adult level. However, visual development takes longer. It requires experience, information, and learning—over the course of several years—for children to make sense of and process everything they see. Each week in Kindermusik, we include sight-strengthening activities like dances to encourage eye-tracking, and instrument and scarf play to strengthen depth perception and eye-hand coordination.

Everyday Connection: *The makings of a track star.* Focused tracking activities strengthen your baby's eye muscles and eye-brain communication. You can initiate these activities anywhere. Simply get your little one's attention by gently moving a baby-safe object, such as a scarf or stuffed animal, back and forth or up and down, or toss and catch it. Your little one plays along by following the object with his eyes.