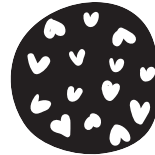




**SMALL** 6 1/2-17 lbs (3-8 kg)



## YOUR NEWBORN BABY

can focus on high-contrast objects about eight to twelve inches away from their face. Around two to four months, your baby begins to follow moving objects and recognize toys and mobiles with bold, geometric patterns. At first, they see only black, white, and gray. As their color vision develops, they will see red first, followed by the full spectrum of colors around five months of age. As early as the first week, your baby begins to focus on your face, and soon your baby will smile when you come close. This is an important sign that your baby sees and recognizes you – a joyful moment for any parent.

Even during a simple (or sometimes not so simple) diaper change, you and your baby are connecting. This necessary activity can be a great time to deepen the bond between the two of you. Following are some 'smart tips' to help stimulate your baby's brain development during diaper changes.

**SING A SONG!** *Twinkle, Twinkle* is always a crowd pleaser. You can even point to the little stars on your baby's diaper.

**POINT TO THE** white hearts on your baby's diaper and tell them you love them. The hearts should also remind you how much your baby loves you.

**INTRODUCE YOUR BABY** to their new favorite game, peek-a-boo. You can also cover and uncover the different shapes on your baby's diaper.

**COUNT THE CIRCLES** on your baby's diaper with your finger. It's never too early to introduce your baby to math.

**NARRATE WHAT YOU'RE DOING** during diaper time to help your baby learn to anticipate routines. "I'm closing up your clean diaper and then we'll be on our way!"

**POINT TO THE** raindrops on your baby's diaper and say, "it's raining!" They may not understand your words, but they're always listening. Tell them what you're doing now, what you're doing later, or simply report the weather.

**STICK OUT YOUR TONGUE!** Newborns can imitate simple facial movements, building their problem-solving skills.

**DRAW ATTENTION TO** one of the circles on your baby's diaper, urging them to follow and focus. This will help exercise your baby's developing vision.

**SHOW YOUR BABY** their reflection in a mirror. They'll think they're seeing another baby at first, and will be entertained by every reflected movement.

**MAKE EYE CONTACT** with your baby. It helps build their memory, and frankly, your face is their favorite!

**HUM YOUR OWN TUNE.** Your voice alone can be very soothing to your baby.

**GIVE YOUR BABY A TISSUE TO PLAY WITH.** Sensory playthings are everywhere! Let your baby feel different textures around the room.

**TICKLE YOUR BABY'S FEET.** "This Little Piggy" is still popular after all these years.

**PLAY "I'M GONNA GET YOU"** and tickle your baby's chin to teach your baby to anticipate events.

**MAKE 'EM LAUGH!** Humor is innate. Get up close, click your tongue, blow a raspberry, and encourage imitation.

**TURN ON YOUR FAVORITE MUSIC.** Learning rhythms has been linked to learning math.

**SAY "I LOVE YOU."** You can never say it too much.

**SHOW YOUR BABY THEIR REFLECTION** in a mirror. They'll think they're seeing another baby at first, and will be entertained by every reflected movement.

**GET HIP TO THE GOO-GOO-GAGA.** Your baby loves some silly cooing and high-pitched baby talk.

**REMIND YOURSELF** that you're doing an unbelievable job. Caring for a baby is full of ups and downs and everything in between, and you're getting through it all, with flying colors!