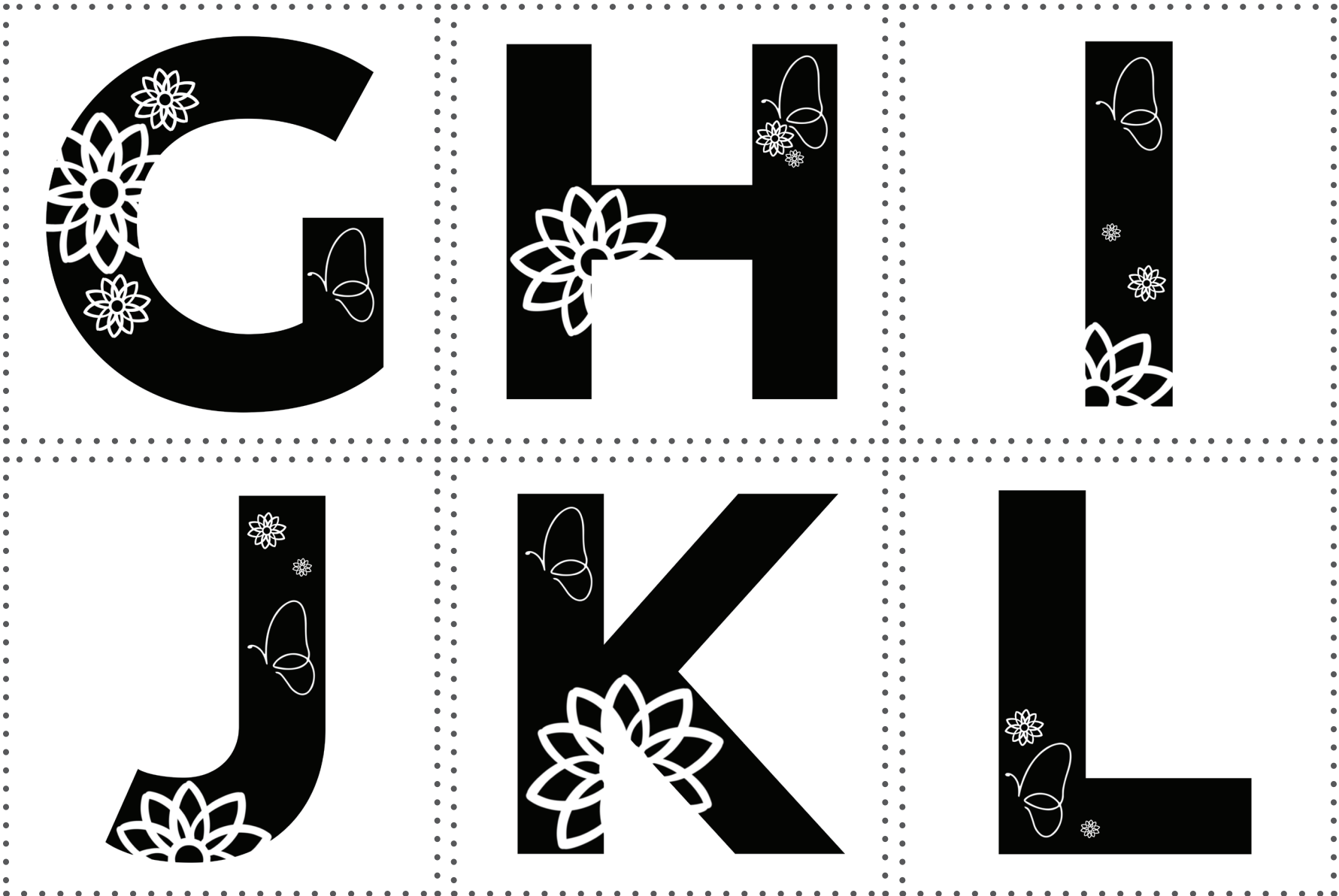
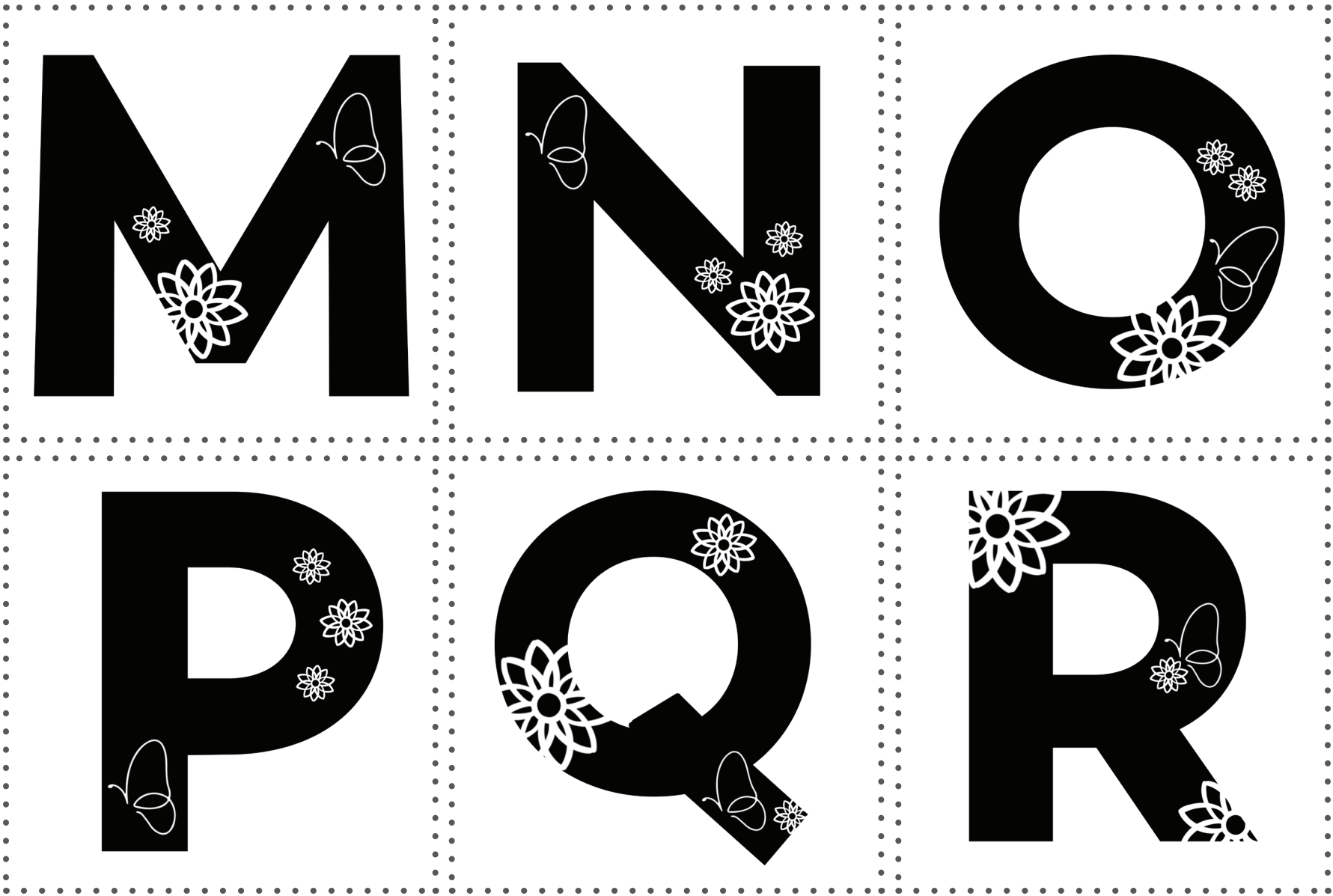


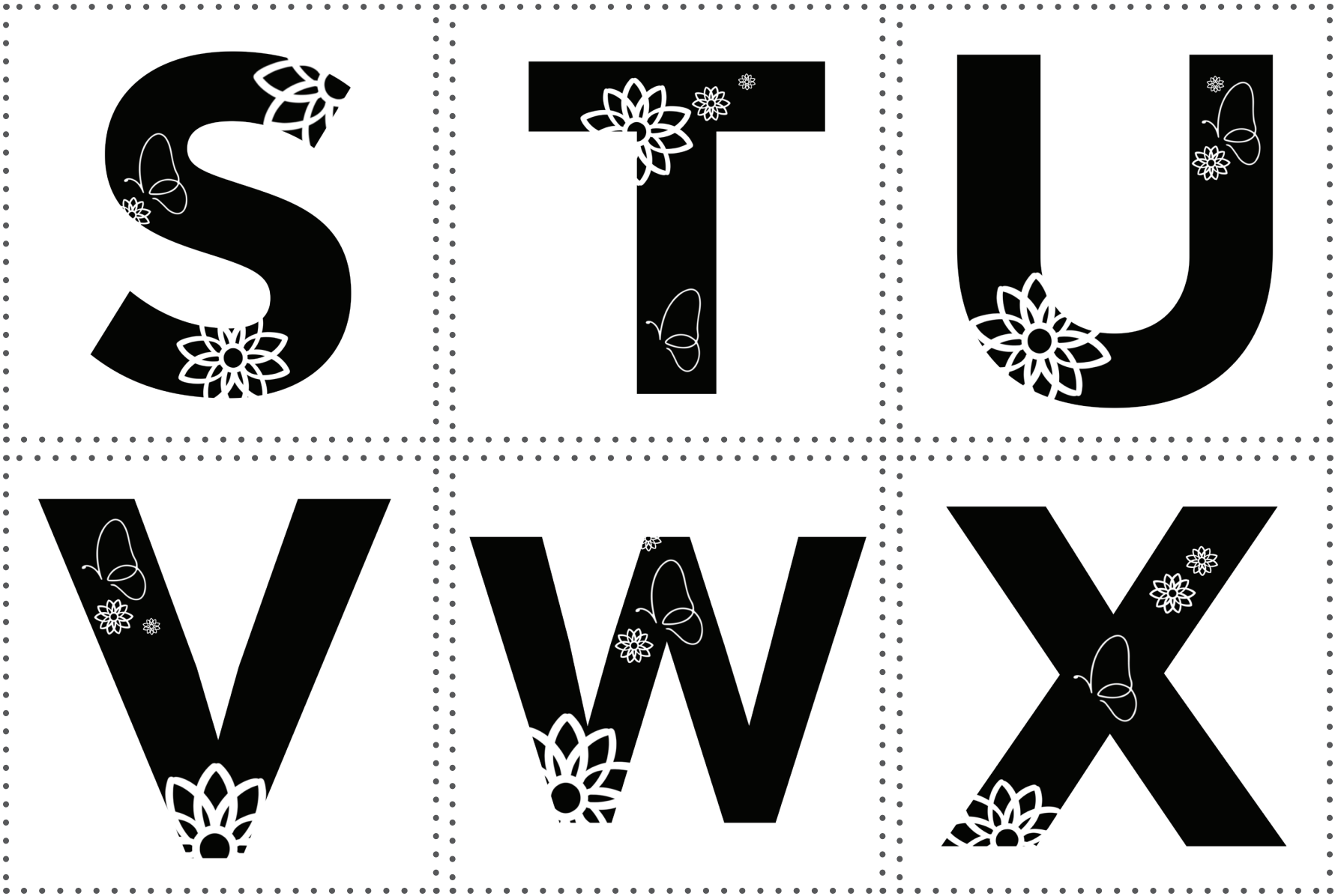
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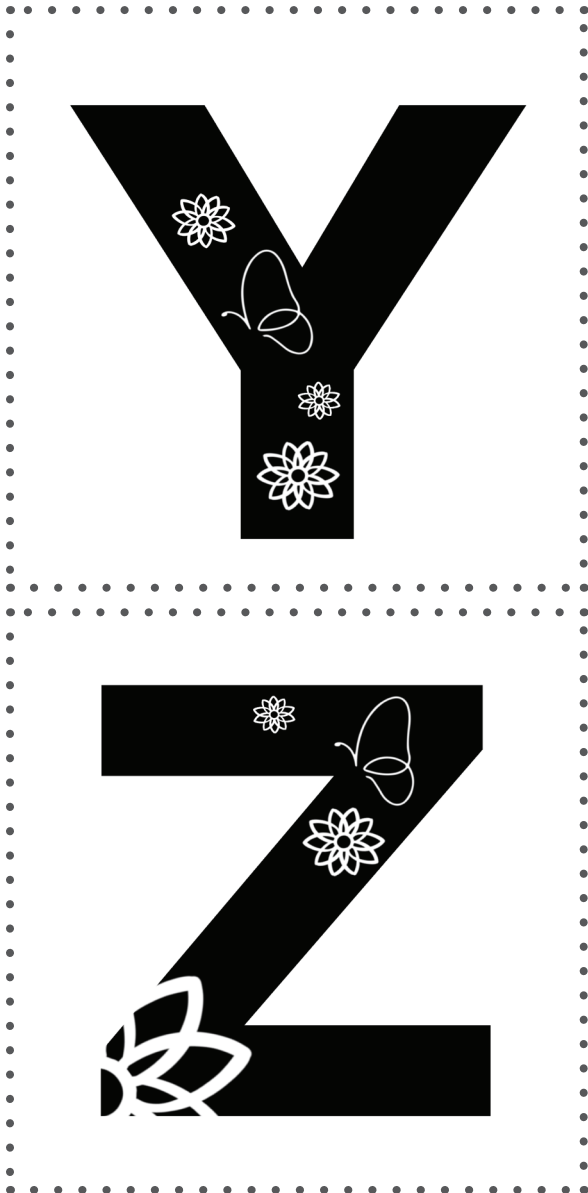
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Did you know:

- Bold black-and-white images stimulate the development of the optic nerves and encourage young babies cognitive development without over-stimulating them.
- Engagement with contrasting images, diverse textures and patterns boosts infants learning and focus
- Appropriate visual stimulation for newborns is the best way to help extend tummy time. It also teaches the muscles of the eyes and the brain to coordinate and function properly.

How to make Contrast Flash Cards:

- Download and print the contrast cards then cut along the dotted lines
- Glue them to Cardboard and/or laminate them (make sure to have no sharp edges)

How to use Contrast Flash Cards:

- Use the cards with infants and younger babies for visual play that helps with brain and eye development
- Use the cards to distract baby while they are doing tummy time
- Display the cards to baby when baby is awake
- Add them to an activity gym
- Use as entertainment during nappy changes
- Use them as alphabet flash cards for older babies and toddlers
- Decorate the playroom

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