

Try this... Follow the face

- * As you change your child's nappy, **see if they can follow your face.**
- * **Catch their attention**, then move your face slowly right to left and back again.
- * Do they **follow you with their eyes and turn their head** to be able to see you? What about up and down?



 Search 'NSPCC brain-building'



The science bit

Following your face (or tracking) gives your child practise paying attention and reaching their goal of seeing your face—one of their favourite sights. You're bonding with them as well as helping them learn to focus their attention, an important learning skill.

EVERY CHILDHOOD IS WORTH FIGHTING FOR