NSPCC

kôck say sing play

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?



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.

Search 'NSPCC brain-building'

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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Tips and other brain-building resources provided by the early-learning experts at Vroom™, an initiative of the Bezos Family Foundation.

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