

Parent Guide



@twinklparents

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What is this resource and how do I use it?

Newborn babies can only focus on objects between 8 and 10 inches away and have limited colour vision. For babies to focus on a pattern or picture, it needs to be in high contrast colours - this is why images in black and white are ideal. In this guide we discuss the benefits of using black and white contrast cards and how to use them at home

What is the focus of this resource?

Further Activities and Suggestions

Visual Stimulation

Observation

Bonding

Take a look at our range of visually stimulating contrast cards [here](#).

Parents Blog



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Parents Hub

The Benefits of Black and White Contrast Cards and How to Use Them

Did you know?

- Although your newborn is able to see when they are born, the world is still quite blurry. They can only focus on objects that are approximately 8 to 10 inches away. This is roughly the same distance as there is between a parent's face and a baby in their arms.
- Newborn babies have limited colour vision, they can only see items that are distinguishable by a distinct contrast in colour. This is why images in simple black and white are ideal for this age.
- Focusing on black and white high contrast cards stimulates the development of your baby's optic nerves and encourages cognitive development.

How to use our high contrast cards:

1. Create a fun layout on the wall next to your baby's cot or changing table. They can gaze at the cards while they are in their cot or having their nappy changed.
2. Create your own high contrast nursery mobile. Cut up small black and white high contrast pictures and attach them to a hoop using string to create a mobile. Your baby will love lying on their back exploring their black and white mobile.
3. Use them as flash cards and explore the patterns with your baby while they are lying in your arms.
4. Use them as a fun distraction during tummy time. You could even stick the cards on some cardboard and lean them against a wall or sofa.
5. Stick a couple of our black and white cards in the car on the seat your baby is facing towards. This will give them something to look at during car journeys.
6. Similar to our baby mobile idea, hang them from your baby's play gym.

What are the benefits of using black and white contrast cards?

- Simple black and white high contrast cards can be a beneficial distraction to babies who are taking part in tummy time.
- Not only will high contrast cards help develop your baby's ability to focus and concentrate, but your baby is also exploring different patterns, shapes and textures. This encourages cognitive development and eye development.
- Allowing your baby to focus on a high contrast image teaches the eyes to coordinate together. It also encourages their eye muscles and brain to coordinate together.

When to add other colours?

As they get older, introduce your baby to other colours. It is thought that the first primary colour they recognise is red. Babies will be able to see the full spectrum of colours by the age of five months.



Disclaimer:

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.



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