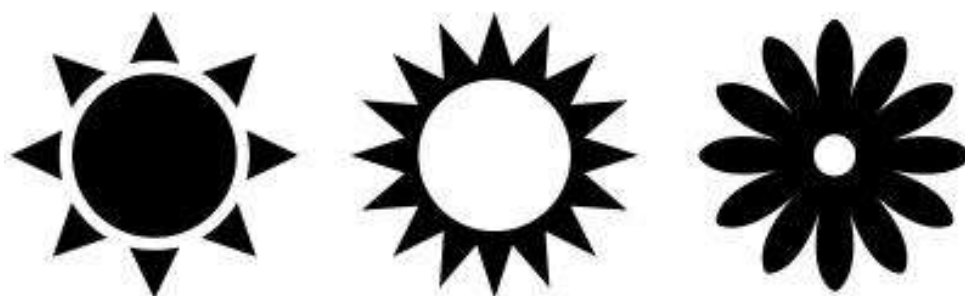


Black and White

Your baby is never too young to enjoy books. Lots of children's books have wonderful bright colours and pictures, but did you know that babies enjoy looking at black and white picture books?



There are lots of books for babies that have black and white shapes and patterns for them to look at. You can find them in your local bookshop, library or online. You can print designs at home from the internet or even make your own by drawing shapes on pieces of paper! Looking at black and white shapes and patterns can help your baby develop their vision. This is because bold patterns are easier for them to see in black and white.



To your baby, black and white shapes are vivid and exciting! Treat black and white books like any other story. Share it with your baby when they are happy, awake and calm. Snuggle together and slowly show your baby the pages. Give them time to really look at it. You can describe what you're looking at: "Look, a circle!", "Let's follow the swirl". Your baby will like hearing your voice as you explain the things in front of them. Pause often to give your baby time to look and respond. If they babble or point, praise them and speak in turn. This is how babies learn all about conversations.