

tracking a finger puppet

We are going to do some tracking activities with our little one, helps their visual development. Our baby's visual system is their least developed at birth so there are lots of things that we can do to help them before their visual system is completely developed at the age of 2. Please remember you are in charge of the finger puppet, not your little one, so please try and keep it away from mouths were possible.

So firstly, I want you to hold the finger puppet over their eyeliner, about 6 inches away from their nose. Let them take it all in, it helps them team the muscles at the back of their eyes.

If our little one's look away we let them do that and come back to us when they are ready

I then want you to move it slowly, back and forth over their eyeline, we are aiming towards their nose rather than their forehead, we are not wanting them to tilt their heads back.

We can do some slow zooms towards their nose, that helps their binocular vision, and our finger puppets are really good at giving a tickle when they come down, that way we can give them a sense of touch. From there we can do some slow 's' shapes to help them track the puppet back and forth.

Our older ones will be wanting to do some hand-eye co-ordination so hold the puppet in front of them and look for those little hands coming forward. Hold it to the side and let them grab, feel and touch it.

If your little one is finding your next door neighbour much more interesting than you, it is a really good thing, it means that their visual field is increasing in size but please keep going with the activity as you never quite know who is watching your toy.

Let's do some tracking!



tracking a finger puppet

- least developed sense at birth
- keep finger puppets away from mouths
- hold it steady
- tracking back and forward over eyelines
- slow zooms
- s shapes
- let them feel and touch

if babies looking at neighbour - good thing, visual field increasing in size