



Week Seven

D A Y

ENTERTAINMENT Your baby spends quite a bit of time at the changing table. Why not make it more interesting and fun. Hang lightweight toys, ribbons, or mobiles for him to look at and listen to over the changing table. Attach colorful drawings to the wall and change them frequently to promote visual awareness. Provide your baby with interesting textures to touch and feel.

WALKING

It is important to get you and your baby outdoors as regularly as possible. The change of air temperature, and the new sights and sounds are stimulating for your baby. A brisk ten-fifteen minute walk every day will energize you, release tension, and help you stay alert and think more clearly. Most babies are often lulled to sleep by the motion of the stroller or carrier. It's amazing what a change of scenery can do!

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MUSIC Will listening to classical music benefit your baby? Certain classical music selections have been shown to have a positive effect on the intellectual and creative development of infants and children. Some experts say exposing children to complex musical sounds will help to develop the same areas of the brain required for math and spatial reasoning. Beyond that, most babies love the soothing sounds, especially the lullabies.

DEVELOPMENT

Your child's motor development progresses from the top and center of the body and moves systematically down and out along the limbs. This growth and development begins with the head and face, and then moves down to the neck, the shoulders, and the upper and lower back. Once control reaches the shoulders it moves down the arms to the hands and then the fingers. The control of the legs starts with the hips and moves down to the legs and feet.

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EXERCISE The developmental progression of the body starts with tummy time. Place your baby carefully on his stomach on a blanket, either on the floor or the bed. Let him play on his stomach for a little while every day. This will help strengthen your baby's upper body muscles.

GAME

Continue to develop your baby's tracking skills. Introduce up and down tracking and then circular movement. A simple red ring is very useful for tracking, and can later be used for grasping and teething. Also stimulate your baby's hearing response by softly ringing a bell or using a squeak toy. Move the bell or toy closer and then further away from his ear.

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SONG Mozart's Lullaby

Wolfgang Amadeus Mozart

Sleep, lit - tle one, go to sleep. So peace - ful the birds and the sheep, Qui - et are mead - ow and trees,

E - ven the buzz of the bees, The sil - ver - y moon - beams so bright, Down through the win - dow give light, - oer

you the moon - beams will creep, Sleep, lit - tle one, go to sleep. Good night, - - - good night.