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Ten Tips To Stimulate Your Newborn's Senses

By Amy Fadden

A number of scientific studies have shown the way a baby uses her senses in the early months of

life is crucial to future development. A baby, whose senses are stimulated develop a sharper memory, inquisitiveness and a better concentration. Besides, babies who are stimulated attain developmental milestones earlier have superior muscle coordination, and a safer and sounder personality.

Here a few effective tips that you will find particularly useful to stimulate your newborn's senses and development, right from the beginning.

1. Make your baby touch fabrics of different textures, e.g., smooth, rough, cushiony. This would help develop her sense of touch.
2. Hold up bright colored blocks or other colorful objects 10 to 12 inches away from your baby's eyes. When she focuses, try moving it left and right, up and down and then in circles. Doing so will improve her sight.
3. Provide your baby high-contrast toys such as mobiles with black-and-white or primary color patterns, or hang them in the crib. These would help stimulate the parts of the brain controlling vision.
4. Play "Pat-a-Cake" while you hold your baby and gently move her hands.
5. Sing to your baby. Change the pitch of your voice from high to low. Doing so will help hold her attention. Babies generally respond well to mom's singing and will often help her to settle.
6. Talk to your baby whenever you are with her; describe her all that you are doing to her: bathing, changing, feeding. "Are you enjoying your bath? Do you like your new soap? Here comes a new diaper for you." This type of descriptive talking will not only liked by your baby but is also the base of communication between the two of you. The more you talk to your baby the more she is able to learn.
7. Encourage your baby to imitate you. Try sticking out your tongue. Most of the babies, when they are a couple of weeks old, imitate sticking out the tongue after you did so 2-3 times before them.

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8. Get a crib mobile and hang it on your baby's crib. When your baby is quiet and awake, she will gaze at it. This will help arouse her interest in the world outside the crib.

9. Get a wind chime and hang it where your baby can gaze at it, move and hear the pleasant music it plays. Doing so will stimulate her sense of seeing and hearing and she will learn to correlate a pleasant sight with a pleasant sound.

10. Shake a rattle before your baby. Shake it first on left side then on right. Allow your baby time to recognize that the rattle is producing the sound. This activity will also help your baby correlate sound with sight.

There are many important milestones that must be achieved in the first month. Infants experience a wealth of developmental and cognitive achievements in their first month of life. Stimulate your

newborn's sense is also part of this important milestones.

Amy Fadden, author of "Newborn Guide, Nursing A Baby in Its First Month." She said, bringing a baby into the world should be one of the most exciting and rewarding times of your life. Visit her Website NewbornSecrets.com at

www.newbornsecrets.com

Stimulate Your Sensebuds...and Wave Goodbye To Writers Cramp!

By Linda Gray

When you get stuck for ideas, and the words won't flow, invariably it's because one, more or all of your senses aren't being stimulated.

Staring at a blank screen or sheet of paper really doesn't help. The best way to stimulate all your senses in one hit is to provide an inspirational space you can work with.

Lots of Feng Shui arrangements appear in western homes these days, and they're great, but outside those four walls of your writing space, there is another world bursting with enlightenment and inspiration.

Of course you may have to work at it a little, but hey, we all need some exercise sometimes!

Whether you have a balcony or a backyard, you can very simply build a natural living world to plunge into whenever you choose. If you have neither, consider renting a small patch of land or sharing a garden with someone.

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Gardening conjures up all sorts of hard work images; tools, backache, blisters etc.; but it's only as hard as you make it. Start small and design your garden on paper first. Decide where you want herbs, flowers – and even vegetables, if you have the space and inclination!

A tiny balcony or back yard can be bordered with herbs and flowers. If you're staring at several square metres of concrete, don't despair. Plant your sensory stimulators in pots. Paint the pots different colours if you like.

Choose strong smelling, long lasting flowers, such as wallflowers (Cheiranthus). They will grow in some shade and do well against walls, fences and hedgerows. Climbing roses will only need a few hooks screwed into the fence, and they will happily cover your fence in blooms. Both these flowers are colourful, smell beautiful and are velvet to the touch.

Many herbs will grow in pots. Grow chives for something to nibble as you wander round the garden. Mint varieties are many , from spearmint through to the newer varieties such as pineapple or melon mint . Try them! They really do smell of pineapple and melon.

Some herbs are perennial and, once established, will need very little care. But remember to pick them to encourage growth.

The acoustics in your outside space will change dramatically when you have flowers growing. Those bees and bugs won't be able to resist.

Rub the leaves of your mint plants or other herbs and fill the air with the scent.

Now relax in a chair, listen to the humming of the insects and nibble on your chives. Within ten minutes you'll either be dozing and gaining some well needed rest, or you'll be running back to your keyboard with more words in your head than ever before!

Linda Gray is a freelance writer and, with her partner, has spent ten years renovating an acre of neglected woodland. Drop in at

<http://www.flower-and-garden-tips.com>

for pots of gardening

inspiration!

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Learning Through Senses - The Key To A Child's Development

General overview about Trout Senses

Give Them Baby Toys, Babies Are Born To Play

Coming To Your Senses, Again and Again!

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Hitting the Search Engines
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Inside The Minds of Winners
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