



High Contrast Cards

Download file and print on copy paper. Consider putting each sheet in a page protector and adding to a 1" binder. The binder can be positioned upright in front of your baby.

These cards are designed for babies 0-6 months and are great for encouraging tummy time! Change up the positioning of the cards/binder (directly in front of baby, to one side of their face and to the other side) to encourage visual tracking skills, evenly strengthen neck muscles and facilitate movement.

CI Pediatric Therapy Centers offers speech therapy, occupational therapy, physical therapy, feeding therapy and mental health therapy to kids of all ages and all abilities in the Madison and Wausau, WI communities.

Learn more at citherapies.com

































