



High Contrast Cards

Download file and print on copy paper. Consider printing on cardstock to increase durability. Cut out each set of cards. Fold in half and glue each side together. This way you'll have a front and back to each card.

These cards are designed for babies 0-6 months and are great for encouraging tummy time! Change up the positioning of the cards (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



Cut out entire
rectangle, fold
at midline and
glue together.























