

Newborn Sensory Activities (0–3 Months)

Pregnancy and Nursing | www.pregnancyandnursing.com

Bun Maternity Nursing Apparel | www.bunmaternity.com

Activity Checklist

- High-contrast flashcards
- Black & white mobile watching
- Gentle tummy time
- Skin-to-skin contact
- Voice tracking
- Mirror exploration
- Baby massage
- Soft music listening
- Visual tracking
- Outdoor light observation
- Texture exploration
- Hand-to-hand play
- Gentle swaying movement
- Rattle tracking
- Foot play
- High-contrast wall viewing
- Reading aloud
- Evening light wind-down
- Warm bath sensory time
- Quiet cuddle bonding

Weekly Tracker

Week of: _____

Notes:
