

## Cognitive Development

### Description

Cognitive development is the development of baby's abilities to think and reason. Therefore, language development and early maths form part of these cognitive skills. It entails building networks of thought processes, such as: remembering, problem solving, and decision-making.

## Early Maths Development

### Description

The objectives of all of the activities in this category are to:

- Develop baby's maths skills, such as:
  1. One-on-one concept
  2. Subtraction
  3. Addition
  4. Big and small
  5. Counting
- Develop problem-solving skills
- Teach cause and effect
- Develop a sense of discovery
- Have fun!

## Important notes to parents

- Check with your paediatrician before participating in a baby massage or activity programme.
- Place baby on a soft surface, such as a mat or a folded blanket.
- Floor time is very important for baby's development.
- Be fully aware of baby's cues – if baby is crying or being fussy, stop the activity and try again later.
- Very young babies startle easily and can become over stimulated.
- Do not exercise a baby who is hungry, ill, tired or who has just eaten.
- Use gentle, smooth movements. Avoid quick, jerky movements. NEVER force a joint into a position!
- First move the joints that are closest to the chest and tummy and work outward.
- Play the video and follow the simple actions. During the video a song or rhyme will play. You can play the music track without watching the video.
- Have fun while doing the activities! It should be playful and loving, not mechanical!
- Bond with your baby during the activities.
- Each activity can be repeated for as long as baby is happy.
- Activities are age-appropriate.
- If baby can't hold up his/her head, please, support baby's head.