# Zona Para Dormir

### **Sleeping Area**



- Start maturing her brain and consolidate his memories
- Start forming an "easier" temperament, more approachable, less distractible, and more adaptable
- Develop healthy growth rate



## Zona Tranquila

### **Quiet Area**



- Discover things on her own
- Have time to soak in and digest
  new experiences
- Look at a picture book alone
- Be fingering the ear on a favorite stuffed pal
- Study the textures on a set of blocks
- Have a nice boost to his emerging self-confidence



### Zona Activa

#### Active Area / Tummv Time



- Strengthen arms for reaching and crawling
- Start forming hand arches for fine motor skills
- Stretch, develop hips muscles
- Start developing muscles for crawling
- Improve head control
- Strengthen neck muscles



# Zona para Jugar

### Floor Play Area / Manipulatives



- Learn to move, communicate, socialize, and understand his surroundings
- Learn to associate the feel of your caregivers voice, and the sight of her face with getting his needs for comfort and food meet
- Be encouraged to learn by stimulating her senses in positive ways – with smiles, smoothing sounds, and gentle caresses

