



MEANINGFUL MOVES

Exercises to Optimize
Your Baby's Development

YOU CAN ENHANCE YOUR BABY'S DEVELOPMENT OF VISION

Developed by Dr. Sarah Lane,
Developmental Optometrist,
who has developed a passion
for empowering parents to
offer experiences to their
children that can help prevent
developmental delay.

With daily exercises
designed to optimize the
sensory and motor skills of
your baby, you will help
them form a foundation for
body coordination and all
future learning!



Find everything you need to know at
www.movewithyourbaby.com