



Us in the Mirror

Sit with your baby in front of a mirror and play with expressions and movements. Let them compare what they feel and do with what changes in the reflection.

Helps Your Child Grow



Sense of Identity and Belonging

Looking at both reflections and pairing names, touches, and movements with each image gives your baby early experience distinguishing self from another person.

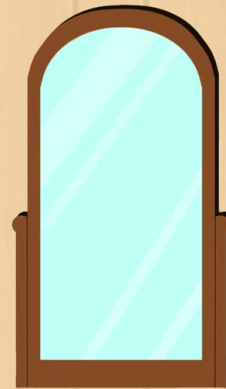


Exploration and Discovery

Moving a body part and watching the reflection move at the same time gives your baby a direct cause-and-effect pattern to explore.



What You'll Need



Floor
mirror

What You'll Need

1. A full-length mirror



Who Is in the Mirror?

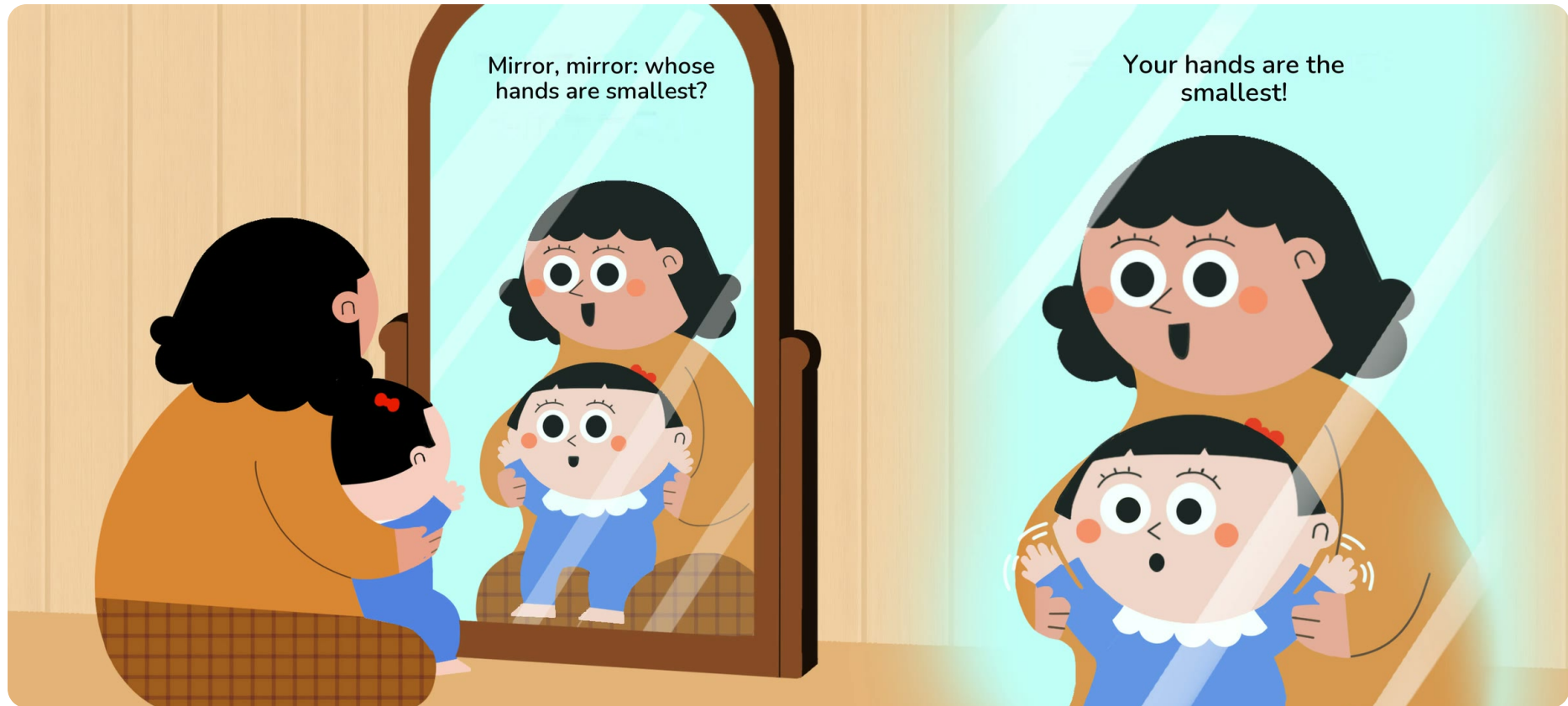
Sit in front of the mirror with your baby and talk about the two faces. When your baby looks toward the reflection, make an expressive face or simple movement and let them study what changes. Respond to any expression or action they copy.

Observations

- Copies one of your expressions in the mirror and watches your response
- Looks toward the mirror when they hear you speak

Tips

- Gently lift one of your baby's hands: "You're waving, and the baby in the mirror is waving." Then watch for an independent movement.
- If attention shifts, softly say your baby's name and touch their shoulder to invite another look.
- As your baby watches, name a feature in each reflection to help them notice that the two faces are not exactly the same.
- Choose an easy expression to copy, and imitate something your baby does too. The back-and-forth can motivate another turn and support #SE-SIB.



The Baby in the Mirror Moves

Move your baby's hand gently and notice the reflection moving at the same time. Follow their curious look with a short description, then invite them to wave again and watch what happens.

Observations

- Waves a hand toward the mirror, then looks at their own hand
- Smiles after seeing you smile

Tips

- Place your hand around your baby's so they can feel the difference in size, then hold both hands beside each other in the mirror.
- Touch your baby's hand, head, or cheek while making the same touch visible in the mirror, pairing the sensation with what they see and hear.
- When your baby looks or vocalizes, echo the sound or movement to create an early back-and-forth exchange.



Explore the Reflection

Give your baby time to move and watch the reflection without directing every action. When they pause and look toward you, respond to the discovery they just made.

Observations

- ☐ Touches or moves their face closer to the mirror while watching
- ☐ Explores the mirror surface with a hand or mouth

Tips

- After demonstrating a wave, wait and watch for your baby to repeat or vary it.
- With a clean, securely placed mirror that has no sharp edges, let your baby touch or tap the surface and notice that it feels cool, hard, and smooth.
- Use the same opening and closing phrases each time, such as “Let’s look in the mirror,” and “Bye-bye, mirror.”