



Friends in the Mirror

Let the face in the mirror disappear behind a light mist and return with a wipe. Your baby can look, touch, and repeat the change as you explore together.

Helps Your Child Grow



Exploration and Discovery

Watching the reflection blur and reappear, then touching and wiping the surface, gives your baby several ways to explore a visible change.



Sense of Identity and Belonging

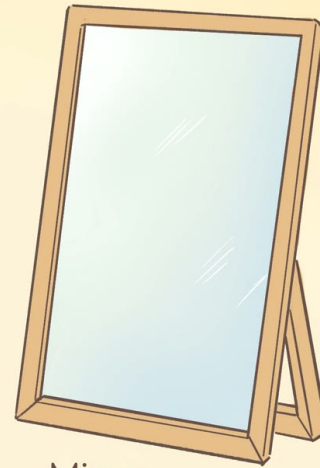
Meeting their own reflection again and again gives your baby early experience noticing the face and movements that belong to them.



What You'll Need



Small spray bottle



Mirror

What You'll Need

1. Small spray bottle

2. mirror



Hello, Mirror Friend

Bring your baby to the mirror and greet the little friend inside. They may study both your reflection and the smaller face beside it. Then mist the mirror lightly with the spray bottle and watch how your baby responds to the change.

Observations

- Studies the little face in the mirror
- Looks toward the mirror after hearing you speak

Tips

- At this age, your baby may treat the reflection as another child rather than recognize it as themselves. Looking closely is part of becoming familiar with their own face and movements.



Watch the Mirror Change

Give your baby time to look and touch after the reflection turns blurry. Then invite them to wipe a hand across the misted surface and see part of the little face appear again.

Observations

- Studies the mirror or pats its surface
- Touches or pats the mirror as if interacting with the reflection

Tips

- Put the visible change into simple words: "Spray, spray. The mirror is cloudy. I can't see the face."
- Describe what your baby feels when they touch the wet mirror: "There's water. The mirror feels hard and cool."
- If touching does not clear the reflection, help wipe away a small patch so the face appears again.



Wipe and Reveal

Mist the mirror again. When your baby reaches toward the drops, talk about the part they clear: "I see one eye!" Encourage another wipe and look together for what appears next.

Observations

- Wipes away water and reveals the reflection again
- Shows sustained interest in looking in the mirror

Tips

- When your baby clears one small patch, lower yourself to their height and look at the newly visible reflection together.
- Touching, patting, poking, and making faces at the mirror are all ways your baby may explore.