Talk to the Mirror

Point to facial features in a mirror and practice their sounds and names.

Helps Your Child Grow



Communicating and Speaking

Pointing to facial features in the mirror and pairing them with playful sounds encourages your baby to watch and imitate early vocalizations.

Steps

- Hold your baby in front of a mirror, point to their reflection, and ask with surprise, “Who’s that?”
- Point to one feature at a time - the eyes, nose, or mouth - and pair it with a playful sound or short phrase.
- At the mouth, for example, say, “Ah - your mouth opens to eat.”
- If your baby copies “ah,” echo the sound in a playful voice.
- Touch the nose and hum “mm, mm,” then point to the eyes and use another simple sound. Watch whether your baby joins.
- Whenever your baby vocalizes, answer that sound: “Mm - there’s your nose!”

Tips

- After you say a short phrase, pause instead of speaking again right away. Look at your baby and give them time to make another sound - this pause can turn the moment into a back-and-forth “conversation.”

Observations

- ○ Imitates a sound you make and takes a turn in the “conversation”
- ○ Reaches out to pat or touch the mirror