



That's My Name!

See how your baby responds when they hear their own name.

Helps Your Child Grow



Sense of Identity and Belonging

Responding differently to their own name during an interaction with you is an early sign that your baby is beginning to recognize the name as referring to them.

Steps

- Recognizing and responding to their own name is an early sign that your baby is beginning to distinguish themselves from other people.
- Lay your baby on their back and look into their eyes. Gently ask, 'Are you Maya?' Watch how they respond.
- If your baby smiles, moves their hands or feet, or coos, acknowledge it warmly: 'Yes, you're Maya!'
- Then try another name: 'Are you Riley?' If your baby responds mainly to their own name, they may be starting to recognize that it refers to them.
- Repeat with the two names, changing your tone or rhythm or singing the names to keep the interaction playful.

Tips

- Use the name or nickname your baby hears most often. When you try a different name, repeat it only two or three times - and no more than five - so the contrast stays clear.
- If your baby does not show an obvious response yet, that is okay. Keep using their name naturally in everyday conversation and notice how their response changes over time.

Observations

- Responds after hearing their name
- Looks at you intently while interacting with you