



## Promote the Resilience and Social and Emotional Health of INFANTS

### Activity Title: Mirror Partners

### Purpose of Activity:

Help your infant start to recognize facial expressions and body movements. This will help you be in tune with each other. You will get a chance to really look closely at each other, and have fun at the same time!

### Materials:

No materials needed.

### Steps:

1. Sit your infant on your lap, lay her on a blanket on her back, or place her on her tummy and lay across from her on your tummy as well.
2. Make various facial expressions. See if your infant reacts.
3. Continue this game, taking the lead unless your infant starts to make her own facial expressions.
4. Describe what your child is doing. "You are watching daddy so closely!"
5. If your infant makes a facial expression or moves her body, try to mimic her!
6. As you play, talk about what she is doing. "You are waving your hands and saying 'ga-ga-ga-ga!'"