

Mirror, mirror

What we know

When babies are first born, they do not understand that they are separate from their mothers.

Looking in mirrors helps babies build their own identities. Your baby starts to learn they are separate from other members of their family.

Playing 'mirror, mirror' is a fun way for babies to learn the names of important people in their lives.

Learning to respond to their own name and yours gets your baby ready for social interaction. Learning that you will respond when they use your name teaches them security.

What to do

Find a small mirror you can hold easily. Make sure it doesn't have sharp edges – your baby might reach out to touch it.

Start by showing your baby their own face in the mirror.

Now, sit behind your baby. Hold the mirror so they can see *your* face.

When their reflection is in the mirror, say their name. When *your* face is in the mirror, say your name.

Encourage other family and friends to join in.

A book to read

Dear Zoo
A lift the flap book
by Rod Campbell



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Things to say

'Look! There is Mummy!'
'Look! There is (baby's name)!'
'Where is Daddy? There he is!'
'Where is (baby's name)? There she/he is!'

