

# BABY STEPS

BIRTH TO 16  
MONTHS

## MY OWN BEAUTIFUL FACE

### MATERIALS:

- NO MATERIALS NEEDED FOR THIS ACTIVITY, JUST YOU AND YOUR BABY!
- MIRROR (OPTIONAL)

### OBJECTIVES:

- DEVELOP AWARENESS SELF AND BODY PARTS
- MIMIC SIMPLE GESTURES
- MAKE EYE CONTACT AND INTERACT WITH CAREGIVER
- BEGINNING TO POINT AT OR NAME FAMILIAR THINGS (OLDER INFANTS)

### INSTRUCTIONS:

THIS IS A VERY SIMPLE ACTIVITY THAT NOT ONLY ENCOURAGES BODY PART IDENTIFICATION IN YOUR INFANT BUT ALSO IS AN IMPORTANT PART OF LEARNING ABOUT EMOTIONS AND HOW TO EXPRESS THEM IN A HEALTHY WAY (SOCIAL-EMOTIONAL DEVELOPMENT). INFANTS ARE VERY INTERESTED IN OTHER HUMAN FACES, AND GAIN SO MUCH BY WATCHING AND LISTENING TO A CAREGIVER TALK WITH THEM, POINT AT THINGS, AND MAKE FACES. FOR THIS ACTIVITY YOU WILL WANT TO BE ON THE FLOOR IF YOU ARE ABLE TO, OR VERY NEAR TO BABY'S EYE LEVEL SO THEY FEEL CLOSE AND CONNECTED.

- START BY SITTING WITH BABY AND SMILING AND SAYING HELLO. THIS WILL GET THEIR ATTENTION AND IS ALSO A CUE TO THEM YOU ARE READY TO ENGAGE WITH THEM.
- AFTER YOU'VE SAID HELLO, SAY SOMETHING LIKE "CAN YOU FIND MY NOSE?" IF YOU HAVE AN OLDER INFANT, THEY MIGHT RESPOND BY POINTING TO SOMEWHERE ON YOUR FACE. FOR A VERY YOUNG INFANT, THEY ARE JUST WATCHING AND LISTENING BUT YOU CAN FEEL CERTAIN THEY ARE TAKING IT ALL IN.
- AFTER A FEW SECONDS, POINT TO YOUR NOSE AND SAY "HERE IS MY NOSE!" IF YOU ARE COMFORTABLE WITH IT AND BABY REACHES FOR YOUR NOSE ALSO, ALLOW THEM TO TOUCH IT AND SAY "YES! THAT'S MY NOSE!"
- ASK THEM "WHERE IS YOUR NOSE?" AN OLDER INFANT MIGHT TRY TO POINT TO SOMEWHERE ON THEIR FACE. A YOUNGER INFANT MAY NOT RESPOND WITH POINTING, BUT THEY ARE CERTAINLY LISTENING.
- IF BABY IS COMFORTABLE WITH IT, GENTLY TOUCH THEIR NOSE AND SAY "THIS IS YOUR NOSE!" YOU CAN ALSO USE THEIR HAND TO TOUCH THEIR OWN NOSE IF THEY ARE COMFORTABLE AND ALLOW IT. EVEN THOUGH THEY ARE YOUNG, THIS IS AN EXERCISE IN RESPECTING PERSONAL BOUNDARIES SO IF BABY IS RELUCTANT, DON'T FORCE IT. SIMPLY TALKING TO THEM AND POINTING IS EFFECTIVE TOO!
- CONTINUE THROUGH FACIAL PARTS LIKE EYES, MOUTH, EYE BROWS, CHEEKS, FOREHEAD, ETC.
- YOU CAN ALSO SAY THINGS LIKE "I CAN SMELL WITH MY NOSE." "I CAN OPEN AND CLOSE MY EYES." AND THEN DEMONSTRATE THE ACTION.
- IF BABY IS ABLE TO, YOU CAN EVEN ASK THEM VERY SIMPLE THINGS LIKE "CAN YOU BLINK YOUR EYES?" AND THEN BLINK YOUR OWN EYES. BABIES LOVE TO MIMIC ACTIONS AND THIS IS HOW THEY BEGIN TO LEARN ABOUT THEIR OWN EMOTIONS AND FEELINGS.
- OLDER INFANTS MIGHT ALSO LIKE TO TRY AND POINT OUT THEIR FACIAL PARTS IN A MIRROR. IF YOU HAVE ONE AVAILABLE, YOU CAN PROVIDE THEM WITH IT AND ASK THEM TO POINT TO THEIR EYES, EARS, NOSE, MOUTH, ETC. IN THE MIRROR.

We'd love to see photos of your at home learning! Tag us on Facebook and Instagram with hashtag #MeritSchoolAtHome

