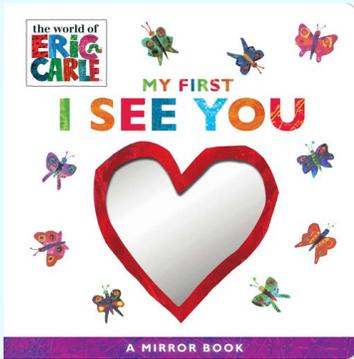


Book to add to your child's library: *My First I See You: A Mirror Book* by Eric Carle



BABY GAMES & LANGUAGE

Mirror Mirror on the Wall

Place your baby in front of a large mirror and allow him to "meet" himself. Try placing a hat on his head and a toy by his side, and see if he studies the objects or attempts to reach for them through the mirror. Talk to your baby about what he sees in the mirror: "That's you! Say 'hi' Jacob."

Food Art

Strap a bib on your baby and put her in his high chair. On a clean high chair tray, spoon a few different kinds (and different colors) of baby food, telling baby the name of each one as you present it. Let your child touch, smear, and taste the foods to her heart's delight!

Where Did You Go?

Cover your child's face with a towel and ask "where is (child's name) ? Lift the towel and say "Ah, there he is." Do the same thing again, with hands, feet, bellybutton, and so forth."

EXPLORATION

Photo Recognition

Let your child see photos of himself (preferably prints, but digital is fine). Make conversation such as "Is that Jacob? Look Jacob has on a red shirt...etc."

Body Discovery Time

Let baby explore:

- hands
- feet
- tummy

Use soft touch and narration:

"Your hands."
"Your feet."

MUSIC & MOVEMENT

Hush Little Baby

(sing while rocking your child)

Hush, little baby, don't say a word,
Mama's going to buy you a
mockingbird.

And if that mockingbird don't sing,
Mama's going to buy you a diamond
ring.

And if that diamond ring turns brass,
Mama's going to buy you a looking
glass.

And if that looking glass gets broke,
Mama's going to buy you a billy goat.
And if that billy goat won't pull,
Mama's going to buy you a cart and
bull.

And if that cart and bull turn over,
Mama's going to buy you a dog
named Rover.

And if that dog named Rover won't
bark,
Mama's going to buy you a horse and
cart.

And if that horse and cart fall down,
You'll still be the sweetest little baby in
town

RELATIONSHIP BUILDING / BONDING

Face to Face Interaction:

Give your child a massage. Turn the lights down low and play soothing music that your child enjoys. Use an edible oil such as olive oil, and warm your hands together. Slowly massage one body part at a time, and sing or hum softly.

Talk About Me

Hold your child and simply talk to him about herself. Tell her her full name (first, middle, and last), and continue a stream-of-consciousness conversation ("and you have two eyes, and you have two ears, and your hair is soft and curly, etc.")