



Mirror Play

Play games where children take turns looking into a mirror.

For Example:

- ◆ Children hold or look into a mirror and point to their body parts as you say, “Where’s (Child’s) nose? There it is! You touched your nose.”
- ◆ Model making funny faces into the mirror and ask children to do the same (e.g., wrinkle nose, widen eyes, etc.). Ask, “What funny things can you do with your face?”
- ◆ Cover the mirror with a small cloth and ask, “Where is (Child)?” As the child removes the cloth, say, “There is (Child)! You found them!”

More Support: Describe what the child is doing and seeing when they look in the mirror.

Help Children See You As A Resource

"Is it hard to touch both of your ears while you hold the mirror? Can I hold the mirror for you while you find your ears?"