



# Reflections

## Experience

Sit your baby on your lap. Hold a mirror up in front of both of you. Encourage your baby to look into the mirror, and point at your baby's reflection saying their name. Show excitement when your baby reaches towards the mirror. Talk to your baby e.g. where is (name's) nose, and point to your infants nose etc.

*Note: Your baby will not generally develop the ability of self-recognition until approximately 16-18mths. This is the ability to recognise that the reflection in the mirror is a reflection of themselves.*

## Learning benefits

- Increases baby's senses
- Strengthens visual tracking skills
- Encourages social connections and receptive and expressive language development



2 - 5 mins



7 - 18 mths

## Materials

Baby safe mirror

## Hints and Tips

Indoors or outdoors

Provide encouragement verbally and non-verbally