

Will You Be My Mirror?

Sit or stand face to face with your child. Move your arms up and down like you are flying, and have your child copy your actions, as if she were a mirror. Try different kinds of motions, like moving your head side-to-side and up-and-down, marching, turning around in a circle, hopping up and down, sticking out your tongue, touching your nose and knees and stomach. Take turns letting your child be a “mirror” for your actions, and then be a “mirror” for your child’s actions. If you have more than one child, let your children take turns copying each other.

All these movements help your child learn coordination and how to move her muscles.

