

Face to Face

When you sit face to face, you can better understand your little one's expressions and gestures. This strengthens your connection and helps them to feel secure.

Being on the same physical level as you can help children feel safer, more in control and more connected to you. It communicates to them that you are there for them and really paying attention to what they are doing or saying.

What do I need to do?

- Be on the child's level/ face to face.
- Pay attention to what they are doing and look for opportunities to interact.
- Make regular eye contact with your child.
- Make sure your child can see your face – a huge part of imitating speech is being able to see what other people are doing with their mouths.

How?

Start by getting on the same level at...

Bath time, story time, dinner time and during play.



Putting it into practise

- If your child sits on the floor – you get down to the floor and play with them.
- When you are playing remember to include little pauses, where you stop what you are doing and wait for a couple of seconds. This is a good chance for the child to give you eye contact or simple looking towards you – to show that they want you to carry on.
- Get on your little one's level during meal times. Use gestures for eating and drinking to help them match up words and actions.
- Try **blowing bubbles**, **playing peek a boo**, **blowing up a balloon** and **singing songs**. All of these activities encourage eye contact and allow face to face interaction.

For further ideas check out the video below.



➡ Moving forward...

When you feel you are confident with this strategy, next, **try following your child's lead**. Let your little one lead the activity and play at their pace.

Don't be afraid to join in!