

BEING FACE TO FACE WITH YOUR CHILD

Eye contact and facial expressions are important ways in which both children and adults communicate. As adults we may take eye contact for granted, but without it we lose much of our ability to understand and interpret messages.

It is important to get eye contact with your child when playing and talking with them.

Being **face to face** with your child encourages you to make eye contact with each other.

By getting eye contact with your child, you will learn more about how your child uses their face to communicate. You will notice:

- ◆ their facial expressions, e.g. smiling, frowning
- ◆ what they are interested in
- ◆ how they might use their face and eyes to ask for something, e.g. looking at a desired object
- ◆ what makes them laugh

Your child will be able to see how you move your mouth to make words and the facial expressions that you make. they will notice that you are interested in what they are doing and respond to this.

WHEN:

Anytime, especially during daily routines, bath-time, meal times, and when playing together.

HOW:

- ◆ Get down at your child's level.
- ◆ Kneel or sit on the floor with your child.
- ◆ Hold your child on your lap facing you.
- ◆ Lie on your tummy face to face.

→ Try to encourage your child to want to look at you, but

