

Mirror Play for Babies

Mirror play is a delightful and enriching activity for babies, captivating them with their own reflection and sparking curiosity and joy. This simple yet magical interaction helps babies grow by enhancing their hand-eye coordination, fine motor skills, and spatial awareness as they reach for and move towards the mirror. It also supports their cognitive development by helping them recognise and understand their own movements and expressions.

You will need:

- An unbreakable, baby-safe mirror (the bigger the mirror, the more your baby can see of themselves).

The Activity:

- Place your baby in front of the mirror and let them observe their reflection.
- Ensure the mirror is eye-level so they can comfortably see their reflection while sitting, laying on their tummy or crawling.
- Make different faces, smile, and talk to them through the mirror.
- You can play peek-a-boo, introduce toys or practise naming body parts.

How this supports knowledge & development:

Self-Awareness: Helps your baby begin to recognise themselves.

Social Skills: Encourages facial recognition and emotional expression.

Language Development: Introduces your baby to new conversations and new words.

Hand-Eye Coordination: Lifting their head and strengthening back and neck muscles, reaching for their reflection, crawling or toddling towards the mirror enhances motor skills.

Keeping Everyone Safe

Ensure the mirror is baby-safe and unbreakable.



Healthy Hearts
and Minds



You may want to emphasise on these associated words to enhance your child language development:

Hello	Happy	Mouth
Mirror	That's you!	Eyes
Face	Wave	
Smile	Nose	

TOP TIP:

Sing songs or make funny faces to keep your baby entertained.



Extending the activity:

- Introduce soft toys or objects in the mirror play to observe reactions and make the experience more entertaining.
- Move the mirror to different angles to change perspectives.

EXTRA:

If you enjoyed this activity and found it to be helpful and inspiring, you can check out more of our early childcare resources in our Family Resource Zone on our website!

What other reflective surfaces can they see themselves in?