

# Mirror Play & Self-Discovery

SOCIAL INTERACTION | Ages 3-6 months | 8 minutes

---

## About This Activity

Help baby explore their own reflection, supporting self-awareness and visual development.

## Materials Needed

- baby safe mirror
- floor mirror

## Step-by-Step Instructions

Place a baby-safe mirror in front of baby during tummy time or sitting (with support). Tap the mirror, point to baby's reflection, say 'That's you!' Make funny faces together. Baby will be fascinated by the moving 'baby' in the mirror. 5-10 minutes daily. Use only shatterproof baby mirrors.

## Developmental Benefits

SOCIAL EMOTIONAL, VISUAL, COGNITIVE