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# Celebrate!

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## Celebrate your baby's developing language/communications skills.

One of the most important developments during baby's first month will be the appearance of that first smile and giggle. Soon baby will be smiling spontaneously.

### From 0-1 month you will observe that baby:

- Smiles while sleeping
- Smiles when s/he sees familiar faces
- Responds to a smiling face with movement or sounds

# Play!

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## See Baby Smiling

**Why this playtime activity is good for your baby:** From birth baby is learning to identify and respond to subtle signals and recognise patterns of responsiveness. S/he is discovering that s/he can affect the world. Reinforcing this message is vital to baby's developing self-esteem.

**What you'll need to play this activity:** A hand mirror

**How to Play See Baby Smiling:** Hold baby on her/his back in your lap. Hold a hand mirror 20 to 30 centimetres in front of baby so s/he can focus on the reflection in the mirror. Say, 'I see baby smiling'. Remember to wear a big smile for baby while you are playing this game. When baby smiles, respond with 'I see baby smiling!'. Let baby gaze into her/his reflection in the mirror as long as baby is interested.

**Variation:** Daily, return your baby's smiles with appropriate words of praise, affection and smiles.

# Share!

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The first time I saw you smile it was like this:

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You were this old: \_\_\_\_\_