

Exploring a Face

*Cheek. That's
Momma's cheek.*



Name the part of your face your baby touches the moment she touches it.

Allowing your baby to explore your face helps her begin to connect the word she hears with the part of the face she feels.



Why this is important

Very young infants have not yet learned that they can reach out and touch most things they see. As your baby grows, she will learn to move her hands purposefully toward an object. Your face is her most familiar object and frequently the one nearest to her. Allowing her to see and explore your facial features helps her gain better hand-eye coordination. Hearing words such as *eye*, *nose*, and *mouth* prepares her for identifying and naming her own body parts later when she starts talking.

What you do

- Encourage your baby to use her eyes and hands to explore your face. When she reaches for you, lean in closer so that she may comfortably touch you with her hands.
- Speak to her softly, naming each part and describing what she touches the moment she touches it. *You are touching Mommy's nose. Now you are touching Mommy's cheek.*
- Guide her to touch other parts of your face. For example, you might slowly turn your head to the side and guide her finger around the curves of your ear. *This is Mommy's ear.*

Another idea

As you do this activity with your baby, think of face movements that will seem surprising or funny to her such as blinking your eyelids, raising your eyebrows, wiggling your tongue, or puckering your lips. Smile and laugh with her.

Let's read together!

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