



Helping Your Child

Imitate

Helping your child imitate you is one way of teaching them. Before your child imitates you, you will likely need to imitate their actions, movements, or sounds to capture their attention. The more interested they are, the longer they will stay engaged with you. More time focused with you means more chances to learn from you.

Use these strategies to help your child learn to imitate you:

1. While engaged in an enjoyable activity for your child, imitate your child's actions, movements, or sounds.
2. Wait for your child to notice or show interest.
3. Continue to imitate your child's actions, movements, or sounds.
4. Stay face-to-face with your child as much as possible.
5. After you play this way several times, change what you do a little and see if your child imitates you.
6. When you need your child to imitate a specific behavior, start by playfully imitating them to capture their attention and then shift to the desired behavior you want them to imitate.

If your child seems interested and tries to imitate you, what you are doing is working.