



# Getting To Know You

## 1 year to 2 years

**Objective:** The child develops self-awareness and name recognition.

### **Materials needed:**

Yourself and your child!

Mirror

### **Procedures:**

1. In front of a mirror, start saying your child's first name slowly so they can see your mouth moving as you do so.
2. Now say their whole name this same way; first, middle, and last.
3. Now tell them whether they are a boy or a girl. (i.e. "\_\_\_\_\_ is a girl. You are a girl. Mommy is a girl." OR "\_\_\_\_\_ is a boy. You are a boy. Daddy is a boy.")
4. Now point to their body parts saying the name of them. Ask if they can "say" or repeat the word after you.



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**Body parts to point and say to child:**

Nose, ears, eyes, mouth, hands, feet, belly, head, fingers, toes, legs, arms, neck

5. Now describe them in 3 simple ways; using 3 simple, short phrases. Such as: "You are so smart. You are so pretty. Look how tall you are."

This kind of teaching style for a child helps increase their awareness for words being spoken; not to forget it compliments them; just the tone of your voice an child can make the connection of "friendly" speech.

6. Last, show them a picture of themselves. Talk about them again, their features, and say their name.

**Milestones to meet:**

The child makes awareness of themselves. The child recognizes and says their own name & body parts.

**Evaluation:**

Did this lesson work for your child? Why or why not?