

Face to Face Worksheet

This sheet is a summary about the strategy of **'Getting Face To Face'** and why it's effective for improving your little one's language development.

1 What is getting face to face?

Getting face to face with your little one is all about getting down to their level during interactions like playing, eating, or bath time. This makes it easier for both of you to see each other's attempts at communication. When you're face to face, you can better connect and see what captures your child's interest, keeping them engaged longer. Your child can watch your mouth movements and facial expressions, helping them learn to talk by imitating you. They can also see what you're looking at when you name objects, helping them match words to meanings. By consistently getting face to face with your child, you'll improve their communication skills and make it a natural part of your daily routine.

2 Why is it effective for improving communication skills?

Getting face to face is effective because it enhances your child's ability to see and mimic your facial expressions and mouth movements. It also promotes joint attention, where you and your child focus on the same object or activity, helping them understand and learn new words. This strategy keeps your child engaged longer by aligning with their interests, making them more likely to communicate. Being face to face also allows your child to see what you are looking at while saying new words. This will help them to associate words with the objects around them.

How to Get Face to Face

1 Assess Your Current Interactions

Observe how you typically interact with your child. Are you at their eye level, or are you above them? Make a list of all the interactions with your little ones in daily life that you aren't getting face to face.

2 Get Down to Their Level

During playtime, sit on the floor with your child instead of on a couch or chair. At mealtime, sit across from your child at the table rather than beside or above them.

3 Focus on Eye Contact

Make sure you can see your child's eyes and they can see yours. This helps in reading facial expressions and understanding emotions.

4 Match Their Interests

Pay attention to what captures your child's interest and position yourself to share that view. This promotes joint attention and language learning.

Practice:

Use this to-do list to jot down all the different interactions you have with your little one each day. Put a tick next to the ones where you typically get face to face with them.

The interactions without ticks are the ones you need to work on, which might mean changing your environment a bit to get down to their level.

To Do List

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