

Engaging in the Moment

How does engaging with your child help?

By joining your child in their activities, sitting at their level, and following their interests (with non threatening manner join into what they are playing, copy their actions/noises etc.), you are maximizing opportunities for simple yet enjoyable face-to-face interactions with your child.

What does engaging in the moment look like?

- Sharing attention by noticing and looking at people.
- Using simple gestures (such as pulling hand towards something he/she wants, or pushing away a toy that he/she doesn't want)
- Sharing emotions by looking at you and smiling

How to help your child engage with you?

- Sit face-to-face with your child or get down to his/her level.
- Go to where your child is and join in what he/she is doing.
- Choose fun materials, toys and objects to engage your child in play.
- Give your child choices of toys, objects, food and activities.

Opportunities to help your child engage with you

- During play
- When your child wants to eat or drink.
- When completing daily routines with your child