

Follow the Lead

Following your child's lead is an important kind of smart play. It sounds like what it means: when you follow your child's lead, you do whatever your child wants to do. It has been proven to help children's brains develop in many healthy ways. It improves their self-control, the way they handle their feelings, and how they feel about themselves. Try these two games that involve following your child's lead.

Mirroring

Age 1+

You and your child stand facing each other. When your child moves, move with them as if you are their image in the mirror. Follow their lead and mirror every movement they make, even the expression on their face!

Make-believe Tea Party

Age 3+

Sit across a table from your child and have a make-believe tea party. Your child takes the lead by serving pretend tea and food and asking you for items, and you follow them by taking what they offer, responding to their movements and what they say, and enjoying the party!