

Try this... Copy cat

- * Like you, children experience many **different emotions every day**.
- * Make **faces that mirror** how your child seems to be feeling.
- * Talk to them about **why you're making those faces**. "You're smiling and seem happy, and I am smiling and happy too."



 Search 'NSPCC brain-building'



The science bit

When you imitate the face your child makes, you help them express what they think and feel even though they can't speak yet. These "conversations without words" begin to help them learn about others' feelings and emotions!

EVERY CHILDHOOD IS WORTH FIGHTING FOR