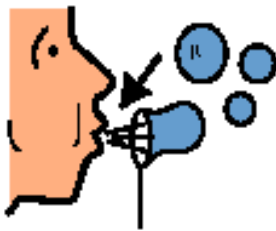
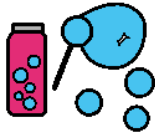


Eye Contact Activity Ideas

Eye contact is a very important skill when communicating. Eye contact shows that you are listening and can be used to gain people's attention. Looking at things together is also an essential part of communication. Here are some activities to try to help develop eye contact.

Bubbles: use bubbles to encourage your child to look at you. When your child looks at you, blow some more bubbles.



Peek a Boo: play peek a boo with your child. Use different objects to hide your face e.g. hands, cushion, scarf.



Balloons: when your child looks at you let go of an inflated balloon then try and catch



Other activities

- **People games** - play tickling games, chase, rough and tumble - stop the activity and wait for your child to look at you before continuing the game.
- **Action songs** - sing songs together. Stop singing occasionally and wait for eye contact from your child before continuing the song.
- **Noisy/Wind up toys** - make a noise with a toy or wind the toy up and watch it moving together. Encourage your child to give you eye contact before you wind it up again.
- **Fingers puppets** - hold the puppet near your face and make it move and talk.
- **Funny faces** - use funny glasses, hats and masks. Put them on and off your child and encourage him to look at you.
- **Binoculars** - make binoculars for old cardboard tubes. Look at each other through the tube.
- **“Go” games** - let your child look at you before you/they do an action i.e. push them on a swing, roll a ball, knock a tower of bricks over, send a car down a click clack track.

