



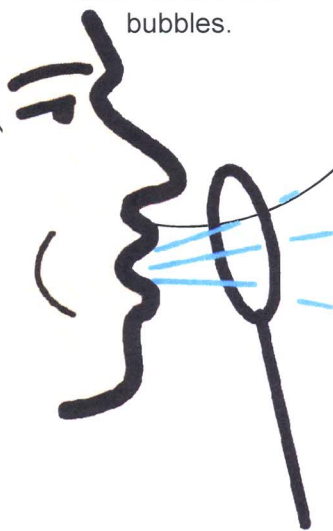
Eye Contact

Eye contact is a very important skill when communicating. Eye contact shows 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 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.

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

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



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Children and Families Division
Community Speech and Language Therapy Service
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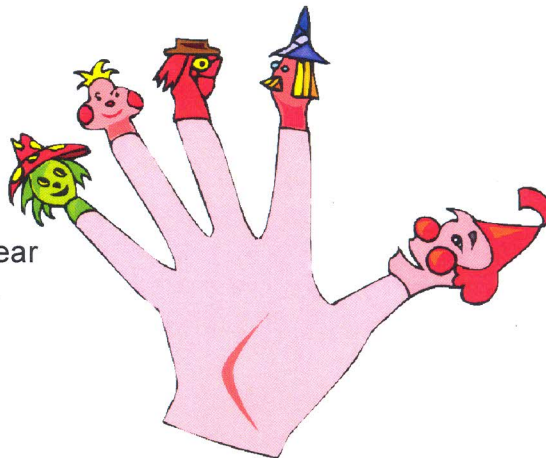
Eye Contact

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 winding it up again.



Finger 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 from old cardboard tubes. Look at each other through the tubes

“Go” games – let your child look at you before you / they do an action e.g. push them on a swing, roll a ball, knock a tower of bricks over, send a car down a click-clack track.

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