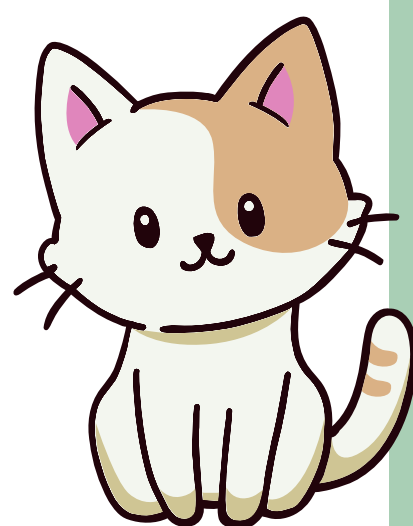




# MIMICRY

**FACIAL MIMICRY IS AN ESSENTIAL PART OF YOUR BABY'S DEVELOPMENT, HELPING THEM LEARN AND STRENGTHEN THEIR FACIAL MUSCLES. FROM THE MOMENT THEY ARE BORN, BABIES LEARN BY OBSERVING AND IMITATING THEIR PARENTS. THIS PROCESS, KNOWN AS MIMICRY, IS NOT ONLY CRUCIAL FOR SOCIAL INTERACTION BUT ALSO PLAYS A VITAL ROLE IN DEVELOPING FACIAL COORDINATION, STRENGTH, AND OVERALL CRANIOFACIAL DEVELOPMENT.**

**ENCOURAGE YOUR BABY TO ENGAGE IN THESE FUN AND INTERACTIVE EXERCISES. THESE ACTIVITIES ARE DESIGNED TO BE ENJOYABLE WHILE PROMOTING CRUCIAL DEVELOPMENTAL SKILLS.**



## CREATE DIFFERENT SOUNDS

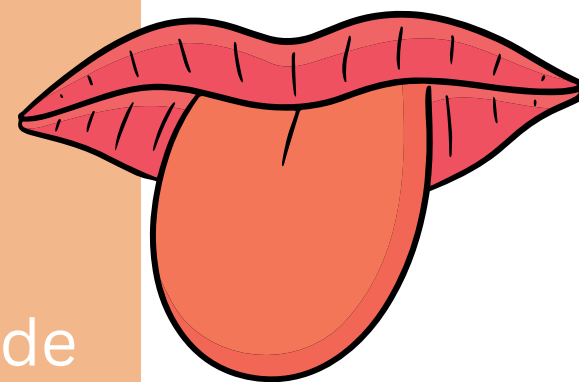
- Encourage your baby to mimic animal sounds like a lion's roar, a dog's bark, or a cat's meow.
- Try sounds like a buzzing bee, a hissing snake, or a car sound like "vroom vroom."
- Create "oo" and "ee" sounds with your mouth, changing the shape of your lips (small and wide), and make a siren sound like "wee-oo wee-oo."
- Create musical sounds like whistling or humming a simple tune.

## MAKE FUN NOISES

- Pop your lips: Make a popping sound with your lips.
- Click your tongue: Create a clicking sound like a clock.
- Blow Raspberries: Blow raspberries by vibrating your lips together.
- Make Bubbles: Blow air through your lips and make bubbling sounds, as if blowing bubbles in water.

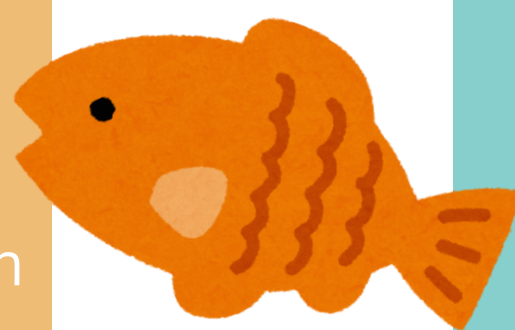
## STICK TONGUE OUT

- Aim to touch your chin or the tip of your nose with your tongue.
- Stick your tongue out with your mouth open.
- Wag your tongue side to side without moving your chin.
- Roll or make a circle with your tongue.



## FACIAL EXPRESSIONS

- Surprise: Open your eyes and mouth wide as if you are surprised.
- Smile: Show a big, wide smile, then relax.
- Frown: Make a frowning face, then relax.
- Puff Cheeks: Puff out your cheeks with air and then slowly release.



## LIP MOVEMENTS

- Blow Kisses: Pucker your lips and blow kisses.
- Fish Face: Suck in your cheeks and pucker your lips to make a fish face.
- Lip Vibrations: Blow air through your closed lips to make them vibrate (like a motorboat sound).

## TONGUE POSTURE:

- Correct Tongue Posture: Encourage your baby to rest their tongue gently against the bumpy lines at the top of their mouth. This position helps in proper jaw alignment and facilitates nasal breathing.
- Practice Making a Tongue Cave: Show your baby how to create a cave by sucking their tongue to the roof of their mouth and holding it there, ensuring the back of the tongue is inside their molars. This exercise helps practice correct tongue posture in a fun and engaging way.

By incorporating these exercises into your daily routine, you can make learning and development fun for your baby while ensuring they develop the necessary facial muscles and coordination. Enjoy these playful moments and watch your baby grow and learn through the power of mimicry!

