



Chat

Imitation and Play

Playtime can be a great time to imitate your child or have your child imitate you, but you can use imitation at any time. Take 5-10 minutes in a couple of different parts of your child's day to quietly observe them and take some notes.

What is my child looking at?

Are they playing with something?

What motions, actions, sounds, or words are they using?

Are they doing a repetitive motion or sound?



Time to Join In

Now join your child by positioning yourself at their eye level. Did they respond? If so, what did they do?

Did they let you join them (e.g., pick up a toy, play near them, even sit with them)? If so, what did they do?

Time to Start Imitating

Let's start by having you imitate your child. What are they doing right now? Join in and imitate what they are doing. How did it go?

How did they respond?

Did they make eye contact or smile?



Now let's have your child imitate you. Position yourself eye level to your child and make a funny face. Did they respond and try to copy your face?

Point to an object and say the name of the object in a funny voice. Did they try to imitate your voice and point to the object also?

What other imitation ideas did you try with your child?

There are many ways to imitate and play with your child. Here are some basic methods to think about and use:

- Be face to face (and at child's level)
- Imitate play with toys
- Imitate gestures and body movements
- Imitate vocalizations
- Be animated
- Only imitate appropriate behavior
- Control the situation (i.e., be consistent with rules and consequences)

If you get stuck, don't worry about it, your clinician can help you develop ideas.



Ideas from your Chat Clinician

Your Chat Clinician will fill this out when you send your worksheet back.

<i>Helpful hints on how to expand on imitation</i>	<i>Doing great — Keeping doing what you're doing!</i>