

The Power of Learning Through Imitation

Vocal imitation, facial movements, body movements, and actions on objects are examples of how children learn through imitation.



The Take-Home

Infants are born learning! Imitation is the most powerful learning tool for infants before they can talk, because imitation provides a social-emotional connection between infants and others.



Science Says

- From the first day of life, children watch others and imitate them to learn about the physical world and their culture.
- As they grow older, they can remember actions for longer (deferred imitation), and use them to navigate new situations (generalization).
- Children's brains are ready to imitate – studies find similar activity in infants' brains whether they are doing an action or just watching it.



Try it at Home

- Do something silly and see how your baby responds! Make a face, stick out your tongue, or make sounds like an animal. Encourage your child to play along.
- You can also imitate your child. When they do something silly, imitate it back to them. How do they respond?
- Watch as your child imitates the world around them. Encourage imitation of behaviors you'd like them to repeat.

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