

# ARE YOU MIND-MINDED?

Higher levels of mind-mindedness in the first year of life can help your child to become a happy, healthy and confident communicator in the future.

## What is Mind-mindedness?

Mind-mindedness is all about tuning in to what a baby might be thinking, feeling or wanting. We can then respond by talking about what the baby wants, needs or is interested in. Babies thrive when their parents and carers assume they have minds of their own, and take the time to figure out what their babies are thinking and feeling.



## Mind-mindedness in action...

Here's an example:  
Your baby is showing signs that they like a toy teddy. They are looking at the teddy, making noises and reaching for the teddy.  
The Mind-minded adult notices this and says "oh you want the teddy", "you like this teddy".

## Benefits of Mind-mindedness...

- Your child is more likely to be securely attached
- Have better language and play skills at age 2
- Your child is more likely to have better understanding of other people's thoughts and feelings when they start school.
- Your child will be less likely to have behaviour problems in the preschool years
- Parents who are mind-minded also find parenting less stressful.

## Is it ever too early to start?

Psychologists say no. In fact, there's reason to think that this approach is especially important during a baby's first year of life (Meins et al 2012; Cheng et al 2018). So enjoy 'tuning in' to your baby's thoughts and feelings to help their talking and communication.

## References

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