



## Eye Contact

### Staring Contest

**Goal:** Encourage your child to make eye contact when speaking with others. If they find this difficult, try having a staring contest! Look into each other's eyes until someone blinks.

**[Tip]:** If staring into the eyes is still too challenging, have your child try looking at the other person's nose, eyebrows, or forehead.

**Why is this important?** Eye contact is an important social skill that helps you hold people's attention, communicate your feelings, and establish connections with others.

**References:** Ulloa José Luis, Vastano, R., George, N., & Brass, M. (2019). The impact of eye contact on the sense of agency. *Consciousness and Cognition*, 74. <https://doi.org/10.1016/j.concog.2019.102794>