

Peek-a-boo!

What we know

Many babies and young children enjoy the element of surprise that comes with this hide and seek activity.

Playing peek-a-boo can help a baby or young child understand that although something or someone cannot be seen they still exist.

With practice, some young children will begin to predict when and where the face will reappear.

When you play games that involve disappearing and reappearing your baby is learning about separation and how to manage this. With practice they will feel more secure, knowing that when you have gone, you can come back.

What to do

Sit face to face with your baby and look into their eyes.

Gently place a scarf or a soft piece of cloth over your face. Then slowly remove it and say 'Peek-a-boo!'. Do this a few times.

Now, gently put the scarf over your baby's face and try it again.

Try talking to your baby while your face is covered.



A book to read

Peek-A-Boo
by Janet &
Allan Ahlberg



Things to say

'Peek-a-boo... peek-a-boo!'
(You might have some different words to say in another language.)
'I can't see you... where have you gone? Peek-a-boo!'
'Can you see me? Where have I gone? Peek-a-boo!'