

Peek-a-Boo

Where's my baby?



With your baby facing you, talk to her from behind a cloth, and then peek out.

Over time, your baby will learn that you are still there even when she cannot see you.



Why this is important

An infant cannot understand the permanence of objects. When an item is gone from her sight, she thinks it has disappeared. Talking to her from behind the cloth helps her to learn that your face is there even though it is covered. Over time your child will learn that a toy or face still exists even though she may not see it. This concept is essential to her security as she begins to crawl and walk out of sight of familiar people.

What you do

- Cover your face with a light towel or baby blanket while facing your baby. Talk to her from behind the cover, and then whisk it away or peek around the cloth while saying, *Peek-a-boo!*
- Alternate between covering your face and hers. Each time, be sure to talk to her through each step of the game: *I'm looking for my baby. Where is the baby?*
- Look for signs that she is trying to remove the blanket herself. She may thrash her arms and legs or rub the blanket with her fists. Help her if she cannot grasp the blanket and pull it off.
- After playing the game over a period of time, gradually take longer to pull the blanket away. If she successfully pulls the blanket, show surprise and excitement at seeing her again: *You found Momma! I'm so happy to see you!*
- Remove the blanket quickly if she appears distressed by the game. Make sure that during the game she can always see part of you so that she feels secure.

Another idea

Play the game during routine times of day. Anything can be used to hide behind—a shirt, washcloth, diaper, or bib.

Let's read together!

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