

BBC
Tiny Happy
People



Peek-a-boo

This activity is designed to help with babies' and children's responsiveness – this is their ability to react.

You will need

A group of parents and children of any age, but this activity is best for younger babies.
A scarf, jumper or blanket – but your hands will do.

Start with a wow fact

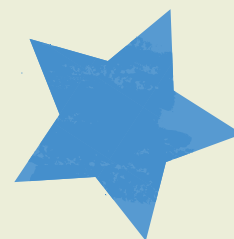
“Peek-a-boo teaches babies about a concept called ‘object permanence’, This is the understanding that when an object or a person disappears from sight, that they’re not gone forever.”

Remember

When babies and children are having fun it is a great time for learning.
So remember, you only have to play this for as long as the children are enjoying it.

How to play

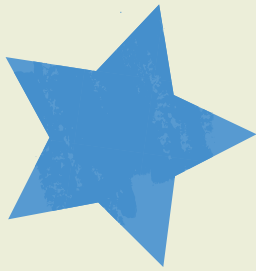
- Sit in a circle, parents should be facing their children.
- Encourage parents to make eye contact with their children.
- Parents should start to gently hide their face with the scarf, jumper, blanket or their hands.
- Wait for the babies and children to respond.
- Parents now reveal their faces, saying ‘Peek-a-boo!’
- Help the older children to join in – remember it’s important the babies can see them.



How does this help?

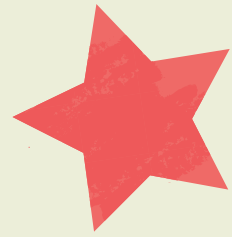
Peek-a-boo helps your baby to:

- Link their parent's face with their voice
- Interact with and feel their parents' love
- Grow their brain through repetition



It's fun for siblings too!

As much as possible, encourage families to include their older children in playing games together.



For parents to try themselves

This game can be played easily at home.

A fun way to adapt it is by playing in front of a mirror

- Parents can sit with their babies on their knee, both facing the mirror.
- Parents now slowly move their face so they are out of sight.
- Wait for the babies to respond.
- Reveal your face by showing your reflection in the mirror and say 'Peek-a-boo!'

A similar game to play with older children is Hide and Seek.



Parents and carers can find more activities and resources to try at home by visiting

www.bit.ly/tinyhappypeople
[Instagram/@thp_pilot](https://www.instagram.com/thp_pilot)

