

Peek-A-Boo

This age-old game never fails to delight babies. Peek-A-Boo is a game children never seem to tire of, so be prepared for numerous variations. With every version, thousands of neural connections are formed or strengthened, adding a bit more development to the complex "wiring" in your child's brain. They are great because they're engaging and reaction-based. So play often, and get those synapses firing!



Step-by-Step:

Move your face in and out of your baby's visual range as you say "peek-a-boo." His or her eyes will follow you and you may even get a smile or two. Cover your face with your hands and ask, "Where's Mommy (or Daddy)?" Wait about three seconds before taking your hands away. Your baby will laugh with joy when he or she sees your face again. (Object permanence is one of an infant's most important accomplishments.)

Hold a blanket, a cloth diaper, or a napkin between you and your baby and ask, "Where's (baby's name)?" Reveal his or her face and say, "Peek-a-boo, Mommy or Daddy sees you!" (Use proper names whenever possible since babies don't yet understand pronouns.)

Make up your own tune or just use this as a rhyme:

Baby's gone,
Where is she? (Cover your eyes with hands.)
Peek-a-boo!
Now I see. (Take hands away and 'find' baby.)

Gone again,
Where'd she go? (Cover your eyes with hands.)
Peek-a-boo!
I found her toe! (Tickle baby's toes.)

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<http://www.tinylove.com/article.aspx?articleId=81>

<http://wondertime.go.com/learning/article/putting-the-fun-in-peekabo.html>