

# PLAYING PEEK-A-BOO

## NOTICE YOUR BABIES SERVE...

Choose a time when your baby is calm, relaxed and alert. To play this game your baby will need to be laying on their back - on the floor, bed, change table or in their cot

When your baby makes eye contact with you, moves their arms or legs or smiles ... see this as the signal to start the game -

you are both sharing the same focus of attention  
ie each other

## PRACTICE BEGINNINGS ...

you are going to be playing peek-a-boo using your babies feet to cover your eyes and 'hide'

Keep eye contact with your baby but slowly lift their feet up to your face covering your eyes and 'hiding' -

this will signal the beginning of the peek-a-boo game.

Pause for a second and then 'open your eyes' moving their feet away and say 'boo!'

Make sure your face is animated and smiling

## RETURN THEIR SERVE ...

Timing and pacing are important

You have chosen a 'good' time ....  
You have waited for that first look ....  
*and now* you return their serve by slowly lifting their feet to your eyes, pausing and then saying 'boo!'

LET THE GAME BEGIN!

## TAKE TURNS ...

Notice your babies reaction to that first 'boo!'

Do they laugh Get a fright? Wriggle?  
Interpret this behaviour using words:  
"you liked that!" "it's funny" "more?"

Play it again and WAIT! WAIT! WAIT!  
What's the reaction this time?

Each time you wait for a reaction you are allowing your baby to take a turn - this means you are sharing a conversation with both of you taking turns

## GIVE IT A NAME ...

Use your voice in a sing song way to help your baby stay attentive

At some point during the game pause to tell your baby:

"we're playing peek-a-boo!"

Use your voice and face in an animated way so that this little pause in the game keeps their attention

## PRACTICE ENDS ...

Your baby will signal that they have had enough by breaking eye contact, turning their head away from you or using their bodies to 'tell you'

End the game by telling and showing them:  
"all done!" "we're finished!"

Use your voice and a gesture to signal the end and then have a cuddle

