

Peep-o!



Babies love playing peep-o – and like the hide me, find me game it helps their understanding about the way the world works.

Start playing this game when your baby is aged a few months. You can play it when you have another grown up around, or else when you are on your own with your baby.

Sit your baby on your lap, and ask the other person – lets say it's your baby's Grandpa - to go out of the room and wait by the door.

Say to your baby, '*I wonder where Grandpa is!*' and at that point, Grandpa can peer round the door, and say '*peep-o!*'. Say '*peep-o, Grandpa!*' back to him, and watch your baby laugh at the sound, and at the appearance of Grandpa smiling at him.

You can do this again and again, as long as your baby wants to play.

If you are on your own with your baby, let him sit on the floor and say to him, '*I'm going to hide!*' and then go outside the door, still talking to your baby. '*I'm going behind the door, now...where am I now?*' as you hide yourself from his view. Then peep round the door, and say '*peep-o! I'm here!*'

You can do this from behind chairs, or anywhere, of course. Older babies can get very excited with this game, and you can spin out the tension by not always appearing quickly.

Note: don't persist with this if you think your baby is distressed or frightened, or if you think he's feeling nervous at wondering when you're going to pop up again.



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