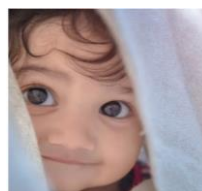


Peek-a-boo

Aim: Peek -a - boo stimulates children’s senses, builds gross motor skills, strengthens their visual tracking, encourages their social development and, best of all, tickles their sense of humor. Peekaboo teaches object permanence: the idea that even though your child can't see something (like your smiling face), it still exists.

Children of all ages love playing peekaboo. For children with communication difficulties this is an ideal, easy to implement, strategy to help development essential early communication skills.

What you will need: A scarf, regular bed sheet, blanket, pillow or your hands, your child and yourself



Steps along the way

- Step 1** Sit your child facing you on the bed, sofa or floor.
- Step 2** Hold a blanket and draw it over your head
- Step 3** When underneath, say some words to attract the child’s attention like “Where is Mummy?”, “Where am I?”.
- Step 4** Once the child is intrigued, slowly pull down the blanket and look straight into the child’s eyes and say “peek-a-boo!”.
- Step 5** Your child may seem perplexed initially, but repeat the act a couple of times, and they begin chuckling. They soon understand the game and will tug the blanket themselves.

Important things to remember:

This very simple game will help to support your child’s listening skills, vision and hearing coordination along with their general curiosity. If your child does not respond initially to you not give up unless your child becomes stressed.

When: Anytime

Simplify:	You go to where your child is situated in the room. Begin with sessions of a few minutes with you leading.
Extend:	Increase session times for longer, try to begin to turn take with your child.