



My First Peekaboo

Start by covering and uncovering your face, then appear from alternating sides, and finally invite your baby to pull away a scarf to find you.

Helps Your Child Grow



Cognitive Self-Regulation (Executive Functioning)

Your quick, responsive interaction during peekaboo supports attention, memory, and early problem-solving.

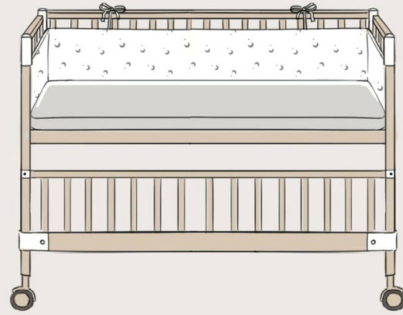


Relationships with Adults

Warm, playful back-and-forth creates meaningful time together and strengthens your connection.



What You'll Need



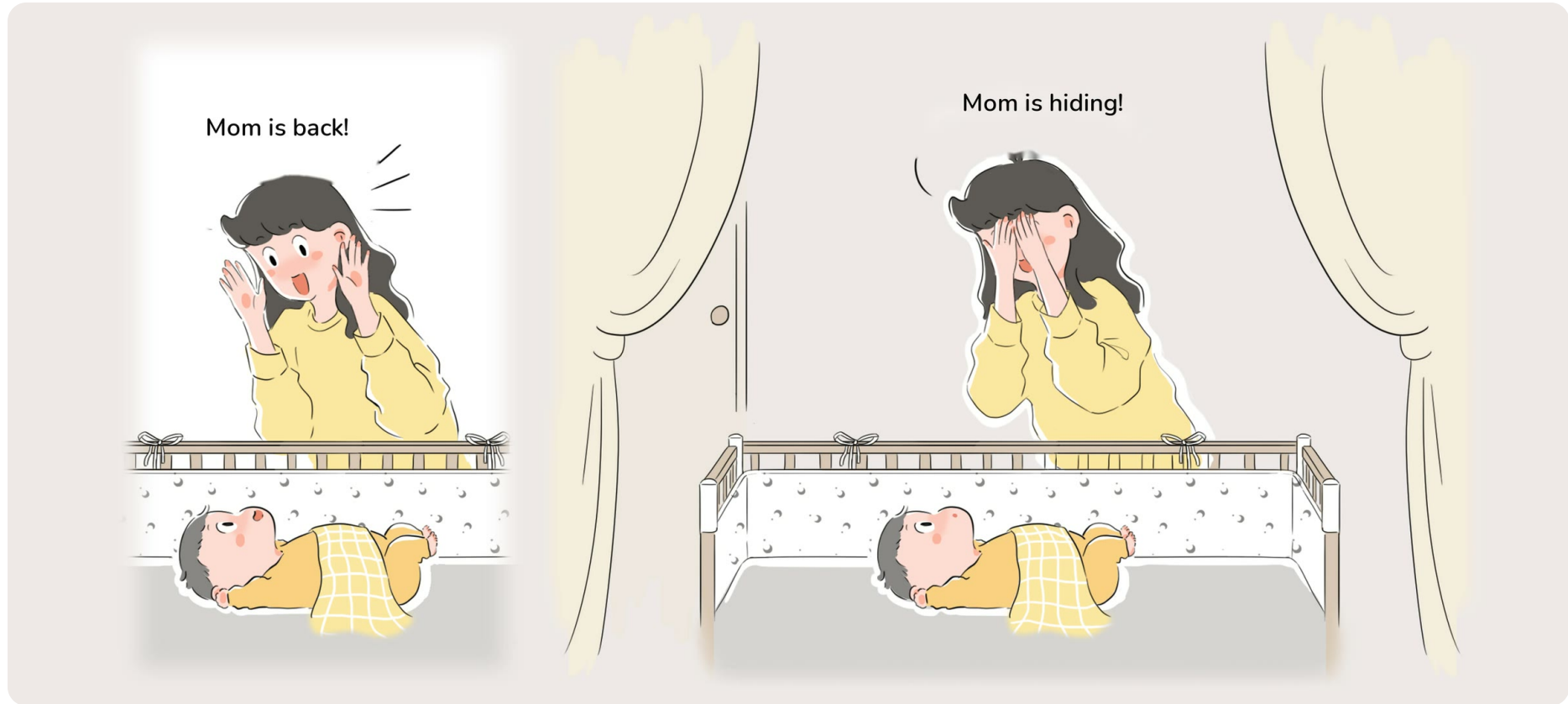
Crib



Small cloth

What You'll Need

1. A crib
2. a lightweight scarf



Build Attention

Smile to catch your baby's attention. Once you make eye contact, cover your face with your hands and reveal it again. This simple exchange can be endlessly entertaining. Watch for signs of attention, such as wide eyes, and adjust your pace to help the moment last a little longer.

Observations

- Watches closely when your face appears
- Enjoys looking at your face

Tips

- When your baby reacts to your face appearing, add a bigger expression or livelier voice to make the game more engaging.
- Use the same cue each time, such as “Mommy’s hiding!” Repetition helps your baby anticipate the back-and-forth pattern.
- If your baby looks away, pause and wait until they look back before continuing.



Build Memory

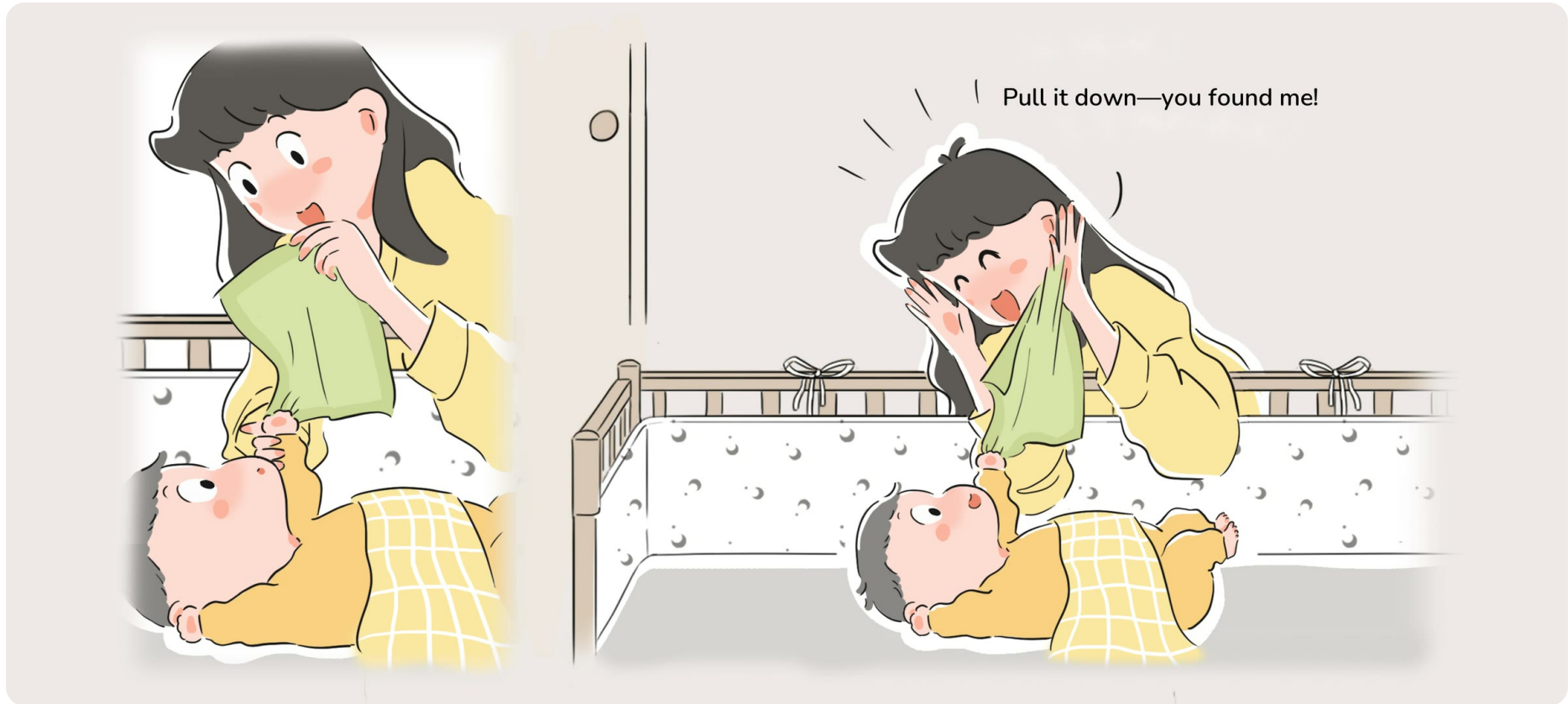
Cover your face with the scarf and first peek out from the same side so your baby begins to expect where you will appear. After several turns, switch sides. If your baby looks toward the original side, they may be trying to remember where you appeared before.

Observations

- Looks surprised when your face appears from the other side
- Moves their arms to ask you to keep playing

Tips

- When you switch sides, move slowly. If your baby misses you, wiggle the scarf or use your voice to guide their attention.
- Once the game is familiar, alternate sides to help your baby notice direction.
- Keep your cue and tone consistent each time you appear. The familiar pattern helps your baby learn that you have not disappeared.
- Notice your baby's surprised expression when you appear from the other side. It can show that they predicted where you would be and that their #C-Mem is developing.



Build Problem-Solving

Once the pattern is familiar, cover your face with the scarf and wait to see how your baby tries to find you. Notice even a small attempt, such as waving an arm. Place the scarf within their grasp or into their hand so they can pull it away and succeed.

Observations

- Tries to grasp the scarf as if searching for you
- Looks at you and smiles when you celebrate being found

Tips

- As your baby gains experience, gradually reduce your hints and assistance so they have more room to try solving the problem.
- If the scarf is hard to reach, move it closer and gently encourage another attempt.
- If frustration leads to crying, respond softly: “You want to see Mommy.” Slowly lift the scarf and greet your baby with a reassuring smile.