



Family Literacy Week

# Let's Connect! Care • Play • Listen

Babies (up to 1 year old)

## Peek-a-Boo!

A simple game of peek-a-boo creates HUGE connections!

Copycat games support brain development by building gross motor skills, strengthening visual tracking and encouraging social development. They make babies smile, giggle and feel loved!

### How to play:

1. Sit facing baby. Cover your face with your hands, a blanket or a stuffed animal. Dramatically open your hands or remove the item covering your face. Say "peek-a-boo!"
2. Cover baby's face with your hands or a blanket. Do the same thing!
3. Encourage baby to hold their hands over their face and play.



### Other games to try:

- **Pat-a-Cake:** Clap your hands while singing the pat-a-cake song.
- **This Little Piggy:** Touch or tickle baby's fingers or toes while singing.
- **Where is it?:** Show baby an item. Then hide it under a blanket or behind your back. Ask "Where is it?"
- **1, 2, 3 Up!:** Count 1, 2, 3 Up, then lift baby up over your head.

Playing games like these regularly builds confidence and trust. And, it is fun!

**"Kids are hard wired to seek out meaningful connections."**

– [Molly Wright: How every child can thrive by five | TED - YouTube](#)