

Play is the key way children learn about themselves, others and the world they live in. It is essential to their learning, development, health, and physical, mental and social well-being – and it's FUN! Play provides the building blocks to be ready for school.



## Hide & seek

**Babies love engaging others in peek-a-boo.**

### Did you know?

Peek-a-boo games help parent and baby bond with each other playfully. Playing peek-a-boo develops your baby's language, thinking, social and emotional skills. They learn that playing with people is fun.

As you appear and disappear they learn people are permanent i.e. they still exist even when you can't see them. They learn the "peek-a-boo" phrase has meaning and they learn to anticipate what comes next.

### Add language

Playing peek-a-boo builds turn-taking skills used in conversation. Use repetitive simple words and phrases that go with the game e.g. "gone... there he is...gone...boo!".

### Variations

Covering an interesting object and uncovering it again develops understanding that things still exist even if you can't see them. Start by partially covering the object. Short games where you find toys that are partially hidden by bubbles, sand or rice are great. Play peek-a-boo in the mirror. This helps develop your baby's awareness of them self.



- Playgroup WA has a treasure trove of play activities for babies, toddlers and 3-5 year olds, for home and playgroup. These play activities cover a balanced diet of play across sensory, movement, language and thinking skill areas.

You can find them at [www.playgroupwa.com.au/playideas](http://www.playgroupwa.com.au/playideas) or visit [www.facebook.com/playgroupwa](https://www.facebook.com/playgroupwa)

