



Social and Emotional Development Activity for 6 to 12 Months

Let's Play

Simple games can be fun and help build trust between infants and adults.

Materials:

- Cloths
- Scarves

What to do:

1. Lay a clean washcloth or diaper lightly over the infant's face. Say, "Tommy, where are you?" or "Where's Sara?" Pull it off quickly and exclaim, "There you are! I see you!" so that the infant can see your smiling face. This game can help make diaper changing or face washing a more pleasant and exciting time.
2. Help the infant remove the cloth. When the infant pulls off the cloth, respond with a surprised look and say, "Peekaboo!" Your reactions will help the infant see this as a game. The infant may be very quiet at first in anticipation of you covering his face. Later, the infant will cover and uncover his face by himself and sometimes will initiate the game.

Variations:

- A. Vary the game by covering and uncovering your face. Say, "Where's Daddy?", or, "Where did Mommy go?" Quickly reappear while the infant's attention is on you and say, "Peekaboo!" Try sitting the infant close enough to you so that he can reach and pull off the cloth.
- B. Use dishcloths or hide behind a couch or door while playing peekaboo. (Sometimes a quick game can brighten the infant's spirits during dressing time. It also can be a game for older brothers and sisters to participate in.)
- C. Show the infant how to play peekaboo by covering his eyes with his hands. Model the game for the infant and then help him put his hands over his eyes. Uncover his eyes after a brief moment and say, "Peekaboo!" Use a lot of expression in your voice to build up the infant's anticipation of what will happen.

