



# Six Months to 1-Year — Develop Your Baby's Brain with Peekaboo

*by Cynthia Wilson James*

You've played the game. You put both of your hands or a light cloth over your face. Your baby attentively watches your every motion as you say "I see you." Before long you reveal your smiling face behind your hands or the cloth. Or your baby may place your hands down from your face or remove the cloth as you laugh. Without a second thought, you say the familiar "Peekaboo I see you."

Parents have probably played the "Peekaboo" game with their little ones for centuries. The majority of parents play the game without realizing, according to research, the game enhances brain development in babies.

"Playing and connecting with our babies gets their brain development going," says Roni Cohen Leiderman, Ph.D., dean of the Mailman Segal Center for Human Development at Nova Southeastern University and co-author of *Let's Play and Learn*

Together. "Our love, attention, time, and touch with our baby are the most important parts of developmental activities. Everything is underlined with parent-child interaction."

Leiderman says fine motor skill development and object permanence are learned through Peekaboo.

According to leading child experts, object permanence means that the baby begins to understand that objects continue to exist, even when they cannot directly be seen, heard, or touched. The majority of babies develop this concept between 6 months and a year old.

So the next time you play a game of Peekaboo with your baby, don't rush. Enjoy the game because you're boosting your baby's brain development! 🧩

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