

# Peek-a-Boo Mirror

*Peek-a-boo!*



Encourage your baby to remove a cloth from a mirror to see what is there.

Your baby will discover that he can make things happen, like causing his own reflection to appear.

*Look at you!*



## Why this is important

Encouraging your baby to play in front of a mirror helps him practice finding his reflection. When you first pull the cloth away from the mirror, your baby may be surprised to see his image. At first he may touch the image and talk to the baby in the mirror, not recognizing his reflection. Over time he will begin to understand that he is the baby in the mirror. This helps him establish an understanding of himself.

## What you do

- Attach a cloth to the top of a sturdy, unbreakable mirror. Hold your baby on your lap in front of the uncovered mirror.
- Point to the image and talk about the baby: *See the baby? That's you, Juan. Look at your smile!*
- Cover the mirror as you ask, *Where is Juan?* Wait to see what he will do. If he lifts the cloth or pulls at it, respond positively. *Peek-a-boo! You moved the cloth; look at you!* If he needs help, lift the cloth a little so he can see part of his face. Show surprise and pleasure as he sees himself. *I see something under there. It's you, Juan!*

## Another idea

Sit with your baby on the floor with the unbreakable mirror in front of him. Play the game with him a few times before moving back and encouraging him to play by himself. Let him see you in the background through the mirror.

### Let's read together!

*The Big Book of Beautiful Babies*  
by David Ellwand