

My first hide and seek

Age: 8–18 months

Resources: Blankets, boxes, containers, teddies, balls, musical toys

Tips:

It's important that your child understands that when an item is not in sight, or can't be felt or heard, it hasn't simply disappeared. Your child may think the item is no longer part of their world, that's only natural. The concept of object permanence will motivate your child to explore and search their world as they develop.

Remember if vision is reduced, smaller objects further away may not be visible to your child. Start with activities close and use bright coloured objects that are easily visible when uncovered.

Activity:

- There are many games you can play with your child:
- Peek-a-boo
- Putting a blanket over a toy
- Hiding a toy or ball under a cup, container or box
- Hiding a toy or object in a saucepan by using a lid
- Posting objects into a cardboard post box and letting your child discover they are inside.
- Playing simple hide and seek in one room

At first, start by **partially hiding something**, such as part of a teddy under a blanket. Encourage your child to remove the blanket or do this together. Reinforce the behaviour with positive surprise and fun sounds when toys are found or uncovered. Use phrases like, 'Where's teddy gone?', 'Can you feel where teddy is?', or 'Can you see where teddy is?', to gain your child's attention and develop the idea of them searching for something.

If your child has very limited or no vision, attaching toys to their highchair with a short length of string will help them develop this concept. If the toy falls over the side, they can use the string to bring the toy back up. You could also hide toys that make a noise under a blanket or in a box.



Notes:

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 2 of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email children@guidedogs.org.uk