

February Infant Activities for (Birth to 12 Months)

Baby Bookworm



**Social Emotional
Support**

It's never too early to introduce your infant to the learning and pleasure of books. Hearing new words and seeing colorful pictures will stimulate their brain. Use an empty photo album to make a book of your infant's favorite pictures. Choose pictures of things that are familiar and meaningful to your infant such as, toys he/she plays with, foods he/she eats and cups or bottles he/she uses. Try saying, "Yumm!" as you show your keiki his/her food picture. Before you know it, you will have a baby bookworm who loves books!

Bugs, Bugs, Bugs



**Cognitive
Development**

Carry your infant around outdoors and point to different bugs while saying what they are. For example "Look it's a ladybug, see it's spots", "Look it's a grasshopper jumping, jumping". Even if your infant isn't showing signs of speaking such as making sounds he/she is listening and observing as you speak. You'll be amazed one day when he/she is able to answer you!

Rolile Polile Olie....



**Playful
Parenting**

As your infant begins to learn how to roll he/she is understanding how to use his/her head, shoulder and hips. You can help your infant to roll like a "Rollie Polile" by placing one hand under his/her head to lift and gently turn it. At the same time, place your other hand on the side of your infant's upper hip to gently assist and guide him/her in the roll. With practice your infant will have some segmental or twisting movements during the roll so that his/her shoulders move at different pace than its hips.

February Toddler Activities for (12-24 Months)

You Are My Bug-A-Boo!



**Social Emotional
Support**

At least once a day remind you keiki just how important they are by using positive expressions. Positive expressions are words you say to your keiki to express your love such as, “ I Love You, “ You are my bug-a-boo” and “Honey” etc.. By expressing unconditional love using words and gestures shows your keiki their value and how you appreciate them for who they are. Continuing to use positive expressions will help you to build an ongoing positive relationship between you and your keiki.

Teach Me Please?



**Cognitive
Development**

You can help your keiki to improve his/her executive functioning skills by having your keiki teach you something. Being able to teach something involves making sense of information and mentally filing it. Pick something simple such as movements to a song like “Itsy Bitsy Spider”. If your toddler forgets some steps show him/her as practice makes improvement! The next time you see your keiki doing something, say “Teach me Please?”

Can You Move Like a Bug?



**Playful
Parenting**

Get your keiki moving his/her body by pretending to different bugs. Using a lightweight ball (beach ball) , tape or write 4 different bug movements you and your keiki can do on each side of the ball. Some ideas are, “Buzz like a Bee”, “Crawl like a Caterpillar”, “Wiggle like a Worm” and “Flap your wings like a Butterfly”. Roll or throw the ball to your keiki and which ever movement it lands on you and your keiki can act it out. Let your keiki act it out first to see their creativeness. Have fun and wiggle a way!

February Preschooler Activities

for (24-48 Months)



Ho'omau (Perseverance & Persistence)



Social Emotional Support

Ho'omau is the Hawaiian value of perseverance and persistence. Nurturing the spirit of your keiki helps to build their character. You can practice ho'omau by giving your keiki a task to complete that will ignite the spirit of ho'omau. For example, is it a challenge for your keiki to sleep in his/her own bed at night? Create a fire fly night light by using a plastic jar and inserting LED string lights or a LED candle. A night light can help to calm nighttime fears and help keiki to feel comforted while helping them ho'omau through their fears.

Where Did all the Ladybugs Go?



Cognitive Development

Keiki often describes things in relation to their own position or space. They begin to understand common positional words when asked to place or point at objects. Cut out large circles using red construction paper. Draw black dots on each red circle to mimic a ladybug. Tape them around your home at varying heights and spaces while considering positional words such as over, under, above, on and next to. Walk around your home and ask keiki "Where did all the ladybugs go"? As keiki locates each ladybug say it's position aloud such as, "The lady bug is on the table", or "The ladybug is next to your shoes". This is a fun way to learn positional words.

Catch That Fly!



Playful Parenting

Spiders spins sticky silk that are used for catching flies. Use painters tape to create a spider web on the top of your doorway. Place tape from one end to the other end of the doorway and continue on the opposite direction. Have keiki use recyclable paper and scrunch each one into a ball. Take turns with keiki in throwing your balls into the spider web to see if it would catch them just like one would catch a fly. This activity helps keiki to practice his/her movement patterns by throwing an object in the right direction, aiming at a target with reasonable accuracy.