

Infant Activities for (Birth to 12 Months)



Social Emotional
Support

My Little Body

Infants discover new things everyday. This includes their own body. Teaching body parts through songs is a great way for your infant to become familiar with their own body such as singing "Head, Shoulders, Knees and Toes". You can also talk to your infant about his/her different body parts while bathing such as "Mommy's washing your tummy".



Cognitive
Development

Fabric Fun

Exposing infants to various sensory experiences is important. Infants learn about the world around them through their senses. Lay an array of different fabrics in front of your infant and allow exploration through touch. Be sure to describe the different textures your infant is feeling for example soft, smooth and rough.



Playful
Parenting

Floor Time Fun

Crawling is such a big milestone for infants. Before an infant can crawl he/she needs to learn how to play on his/her tummy and gain trunk strength and control. Getting down on the floor with your infant and playing together with one of your infant's favorite toy builds trunk balance and strength needed for crawling. Infants learn best through play so make it fun!

Toddler Activities for (12-24 Months)

I Can Do It!



Social Emotional
Support

Independence helps to boost your keiki's self-esteem. Allow your keiki to try and dress him/herself or pick out his/her clothing for school the next day. Have keiki practice fastening snaps and maneuvering zippers on old clothing. Encourage po'okela for your keiki through your words such as "Wow, you are trying your best to pull up that zipper. Yay! You did it."

Face Puzzle



Cognitive
Development

Puzzles are a great way to teach problem solving skills. Help your keiki create a face puzzle by using items at home. Collect pictures from magazines or newspapers. Encourage keiki to select his/her favorite face, cut it out and glue it onto a piece of cardstock or a cereal box of the same size. You can cut the picture of the face either in half or in thirds for example eyes, nose, mouth. Help keiki to put the pieces together.

Body Tracing



Playful
Parenting

Help your keiki to explore who he/she is by creating a life size drawing of his/her body. Have your keiki lay down on a big sheet of paper or the white side of old wrapping paper. Trace around keiki's entire body. Ask keiki to point to different body parts and label them for keiki. Use crayons, markers and scrap paper to decorate keiki's body tracing together for a fun time!

Preschooler Activities for (24-48 Months)

How Does It Make You Feel?



Social Emotional
Support

You can help support your keiki's social emotional development by talking about his/her emotions. Visit your site's Lending Library or your community library to borrow books about emotions such as "The Way I Feel". Look through different pictures and talk about the emotions seen in each picture. Ask your keiki, when he/she felt the same way. Reading stories is a wonderful way to explore emotions with your keiki.

Self-Portrait



Cognitive
Development

Help your keiki to learn more about his/her facial features through a simple self-portrait. Allow your keiki to use a hand mirror to study his/her face. Talk with your keiki about what he/she sees in the mirror. Have your keiki draw his/her face on the mirror to create a self-portrait. Use this opportunity to talk about other facial features such as forehead, eyebrows, cheeks, and chin. This helps to build your keiki's vocabulary.

Handprints and Footprints



Playful
Parenting

Creating handprints and footprints with your keiki is a fun way to teach math. Use paint to create your keiki's hand and footprint on a piece of paper. Then, create your hand and footprint. Compare prints by asking your keiki questions such as "Who's hand is bigger/smaller? How many fingers/toes do you have?" If paint is too messy, you can make tracings of your hands and feet.