

January Infant Activities for (Birth to 12 Months)

Bumpy Road Ahead



**Social Emotional
Support**

Riding on bumpy roads is a fun way for your infant to become aware of his/her sensory system through touch, hearing, and sight. Tape a large square piece of bubble wrap to your floor or rug. Place your infant in a sitting position on the bubble wrap mat. Help your infant explore the bubble wrap mat by taking his/her finger and popping a bubble while saying, "pop". Help your infant scoot and move from one end of the bubble wrap mat to the other side to feel the bumpy road ahead.

Airplane Landing



**Cognitive
Development**

Play the game "Airplane Landing" while spoon feeding your infant. Take a spoon of food and slowly start landing it in the direction of your infant's mouth like an airplane. While landing the spoon in your infant's mouth, make sounds such as "Whoosh, Whoosh, Whoosh". Once your infant takes in the food, say "Airplane Landed!" Your infant is learning how to follow the direction of moving objects while spoon feeding.

Through the Clouds



**Playful
Parenting**

Gather a few cushions or pillows from around your home and set them in front of your infant. Stand behind your infant placing your hands under his/her arms for a balanced walking position. Pretend you both are in a hot air balloon as you walk through the clouds. Your infant can practice walking by stepping on to the cushions or pillows. You can say "You are going higher & higher". Stack two or more together for more fun! The more practice your infant has, the more he/she will be comfortable with taking those first few steps.

January Toddler Activities for (12-24 Months)

That's My Bus!



**Social Emotional
Support**

Taking a bus ride to another town on your island provides keiki the exposure to how public transportation works. Before you and keiki take a ride on the bus, explain to keiki what will occur. Setting up a mock bus with chairs can be helpful for keiki to learn bus safety behaviors such as waiting until the bus comes to a full stop before getting on, sitting while the bus is moving, and moving quickly out of the way before the bus drives off. Riding a bus will increase keiki's confidence and is a readiness skill for attending school.

Tracks, Tracks & More Tracks



**Cognitive
Development**

There are car tracks, truck tracks and tractor tracks. Some patterns are the same and some patterns are different. Help keiki create his/her own tracks by making a pattern. Cut craft sticker foam pieces into small strips. Using a lint roller, place the foam pieces on to the roller to create a track pattern. Once keiki has his/her track pattern created keiki can roll the tracks in paint and then roll the tracks on a sheet of paper. Talk to keiki about the unique track patterns that he/she created.

Seatbelt Check



**Playful
Parenting**

When it comes to car safety, it's important to make sure your keiki is always buckled in properly. Buckling up is an important habit to instill in keiki from a young age. Practice by using a stuffed animal and modeling for keiki how to buckle up properly in your vehicle. The next time you and your keiki enter your vehicle call out "seatbelt check" and if keiki is buckled in properly have keiki shout back "check". Make sure to also buckle up, you need to lead by example and reinforce the message to make sure it sticks.

January Preschooler Activities for (24-48 Months)



Name your Neighbor



**Social Emotional
Support**

Riding bike together through your neighborhood is a great way for keiki to become familiar of where they live in their neighborhood. Make sure to use the sidewalk for a safe riding area, and have keiki wear a proper child-sized helmet. As you are riding through your neighborhood, name your neighbors. You can say, “Look that is aunty ____ . She likes to plant flowers”, “There is uncle ____ . He drives a big truck and hauls gravel”. Keiki will begin to understand the concept of location of people and where they live.

How Does Your Boat Float?



**Cognitive
Development**

A sink and float experiment with boats is always a fun way to teach your keiki about making observations. During bath time have keiki include his/her toy boats. As keiki begins to play point to one boat and say, “look this boat floats”. Place objects such as bath toys or wet sponges on the second boat. As it begins to sink say, “look this boat is sinking”. Next have keiki begin to predict what will happen when placing different objects on the boat. Ask keiki questions such as, “I noticed you placed the dry sponge on your boat. Do you think it will sink or still float?”

Kokua (help) Car Wash



**Playful
Parenting**

Kokua (help) is a Hawaiian value that means to help one another without expecting anything in return. Teach keiki the meaning of kokua (help) by allowing them to help you when washing your car. Keiki can kokua by using the sponge and washing reachable areas, or using a scrubber to scrub your car mats. While washing the car together you can say, “Thank you for your kokua (help)”.