

March Infant Activities for (Birth to 12 Months)

Bear Hugs



**Social Emotional
Support**

From when your infant wakes up in the morning to when he/she goes to sleep at night, give your infant bear hugs. Hugging triggers the release of oxytocin, also known as the love hormone. This feel-good hormone has many important effects on an infant's body such as growth stimulation. It is known that hugging can instantly boost the level of oxytocin which increases growth hormones helping your infant to grow healthy and feel happy.

Your Turn, My Turn...



**Cognitive
Development**

Infants ages 8– 12 months are learning how to breakdown their babble sounds into single consonant vowels combinations such as “ba”, “ma”, “da”, “ga”, & “na”. Play a fun turn-taking game of making animal sounds. Try saying, “a sheep says baa, baa” or “a goat says maa, maa” to your infant. Cheer your infant for any sounds or any attempts made. Then take another turn making the same sounds again. Keep the turn-taking game going as long as you both are interested.

Giddy-Up Horsy



**Playful
Parenting**

Infants develop balance and control with support of holding your hand or leaning against furniture as they learn to make a few stepping movements. You can also try sitting on the floor with your legs stretched out in front of you for your infant to straddle. Support your infant by holding him/her around his/her trunk to play “horsy”. Gently bounce him/her up and down on your knee a few times and then stop to let your infant bear weight on his/her feet. While bouncing try saying, “Giddy-up horsy” for some giggles.

March Toddler Activities for (12-24 Months)

Stuffed Animal Hoedown



**Social Emotional
Support**

Learning to interact with other keiki during play is important when teaching keiki how to build friendships. Friendships provide social experiences that encourage keiki to express opinions and ideas, to practice negotiations, and to learn about giving, sharing, and compromising. Arrange a stuffed animal hoedown for your keiki with a peer to role play with each other. Foster keiki's friendship by talking about their play such as "I see you both are sharing the animals for your hoedown" or "who's turn is it next?"

Animal Rescue Mission



**Cognitive
Development**

Help rescue all the animals! Collect your keiki's animal figurines and using a piece of painters tape, tape each figurine to the back of a cookie sheet. Have keiki rescue all of the animals by removing the tape using his/her finger & thumb (pincer grasp). Keiki can continue to practice using his/her pincer grasp during everyday routines such as pulling tissue out of a tissue box or picking up a small snack (Cheerios or goldfishes). With time and practice keiki will improve his/her pincer grasp.

Sheer the Sheep



**Playful
Parenting**

Baths are so much fun, especially when there is shaving cream to play with. Pretend with keiki to sheer the sheep by painting your bathtub wall with shaving cream. Keiki can sheer the sheep by moving his/her hand in an up and down motion to create vertical strokes or right to left position to create horizontal strokes. You can also try using a rubber squeegee or paint brush for more fun. Keiki is learning pre-writing skills when practicing both vertical and horizontal strokes while sheering the sheep.

March Preschooler Activities for (24-48 Months)



Animal Kōkua



**Social Emotional
Support**

Kōkua is the Hawaiian value to help willingly. Keiki who are given tasks that are challenging and achievable feel good about themselves when the tasks are accomplished. You can model kōkua by showing keiki how to care for your family's pets by simple tasks such as giving a pinch of fish food or a scoop of dog food. By at first working together and then with practice keiki will soon be able to accomplish tasks willingly with little assistance from you.

Popoki Means Cat



**Cognitive
Development**

Teaching keiki different ways to communicate increases their speech and language skills and helps keiki to effectively communicate with others. You can support your keiki by teaching simple words such as “cat” using (ASL) American Sign Language and following it with the Hawaiian word. To sign cat, use both hands pinching your thumb and index fingers together by the side of each cheek, while keeping your remaining fingers straight out mimicking the whiskers of a cat. As you and keiki sign the word cat, repeat cat in Hawaiian by saying, “popoki” a few times. As keiki learns about animals continue to teach them the names in ASL and Hawaiian.

Hungry Hungry Hippo



**Playful
Parenting**

Make clean-up time faster and more fun. Take a large laundry basket and flip it over mimicking a hippos mouth. Once you have the laundry basket over the toys say, “here comes the hungry, hungry hippo” while pushing it to an area for clean-up. As the toys are gathered under the basket, keiki can now place them in the correct spot making clean-up time fun! Make sure to give the “hungry, hungry hippo” a break by tackling clean-up in sections so keiki will not become tired or frustrated. Remember to teach keiki to be responsible by putting away their toys after they are done playing with them.