

November Infant Activities for

(Birth to 12 Months)

Love Your Vegetables!



Social Emotional
Support

Infants enjoy foods that their moms ate while breastfeeding them over new foods that they were never exposed to. If you are breastfeeding start your infant's love for veggies by adding more to your plate. You can also introduce your infant to pureed veggies such as spinach, carrots and peas. Try combining a veggie with a sweeter-tasting fruit for a more pleasurable taste. Eating the rainbow for good nutrition begins now.

Pom-Pom Whisk



Cognitive
Development

Fill the inside of a whisk with large pom-poms. Encourage your infant to use their fine motor skills to try and get the pom-poms out. Model other possible ways such as shaking the whisk, or tapping it against another object. This activity is great for developing your infant's fine motor skills (small muscles) that are needed for manipulating objects, scribbling with crayons and using a spoon to feed themselves.

I Am Independent!



Playful
Parenting

Self-feeding skills helps your infant to build his/her independence. By allowing your infant to be an active participant during mealtimes, he/she is able to determine how much food he/she eats. During mealtimes, provide your infant with soft fruits and veggies to self-feed him/herself. Learning to self-feed and to stop when you're full is a life long skill for health and wellness!

November Toddler Activities for (12-24 Months)

Ho'omaika'i (Thankful) Rocks



Social Emotional
Support

Ho'omaika'i rocks are a visual reminder to keiki to be thankful for what they have. Have keiki gather different sized rocks and decorate their rock by painting it different colors. Once keiki's rock dries, they can place it inside or outside around their home, or give it to someone special to pass on the meaning of ho'omaika'i (thankful). Talk with keiki about reasons to be "thankful".

Hide the Fruits & Veggies



Cognitive
Development

Play Hide and Seek using your keiki's toy fruits and veggies. Select five fruits or veggies and hide them behind chairs, tables, doors etc., leaving some parts of the fruits and veggies visible. Have keiki describe what they see such as the color, shape, or texture etc.. Try saying, "What color is the apple?" or "How does the corn feel?" This activity is an excellent way to have keiki begin to describe items that they see and feel.

Herb & Spice Playdough



Playful
Parenting

Herb and spice playdough creates a great sensory experience with items that we already have at home. Ingredients: 1 cup flour, 1/2 cup warm water, 1/4 cup of salt & 2 Tbsp herbs or spices (turmeric, cinnamon, rosemary). Have keiki help by mixing the flour, salt, herbs or spices together in a mixing bowl. Slowly pour warm water into the flour mixture, stirring as you pour. Stir or knead with your hands until combined. If dough is sticky add more flour until desired consistency.

November Preschooler Activities

for (24-48 Months)



Ola Kino Maika'i



Social Emotional Support

Improving your keiki's physical health begins at home with your family making healthy choices. Practice Ola kino maika'i daily by teaching your keiki to make healthier choices such as walking together to school, adding more fruits & veggies to your plate, parking farther away from stores, or trying new fruits or veggies for the 1st time. By making these healthy choices together, you are teaching your keiki that his/her physical health is important!

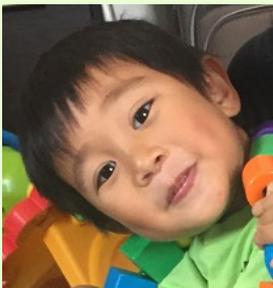
Fall Leaf Sun Catchers



Cognitive Development

Cut two pieces of wax paper the same size. Sharpen different color crayons with a pencil sharpener. Place one piece of wax paper (shiny side up) on top of a protective surface such as cardboard. Sprinkle crayon shavings on top. Place second sheet of wax paper (shiny side down) on top of crayon shavings. Use a blow dryer to melt the crayons. After it's cooled, help keiki cut leaf shapes. Use a hole puncher to make a hole on the end of each leaf. Tie leaves across a chopstick using different lengths of string. Hang keiki's sun catcher in a window for a beautiful display.

Mini Pumpkin Pies



Playful Parenting

Bake mini pumpkin pies with your keiki for a fun tasty treat! Preheat oven to 400 degrees. Grease 12 count cupcake pan. Cut premade pie crust into 12 pieces and press into each cupcake cavity. Use a 15 oz. can Libby's Easy Pumpkin Pie Mix and add additional ingredients as directed on can. Fill each cupcake cavity with equal amounts of pumpkin pie mix. Bake for 18-22 minutes or until the tops of the mini pumpkin pies look set. Remove, cool and enjoy your mini pumpkin pies together.