

April Infant Activities for (Birth to 18 Months)



Exploring the Outdoors



**Social-Emotional
Support**

From 9-18 months, infants are learning to crawl, scoot and walk. This brings a sense of exploration that expands their world. Have an outside adventure and watch your infant explore different textures of our earth with her hands and feet. Allow her toes in touch the grass or help her hold a soft flower petal in her fingers. Although your infant is becoming braver with exploring her world, regular “check ins” reassure her that you are there to protect her. Hug your infant when she crawls back to you or wants to show you something she found.

Leaf Play



**Cognitive
Development**

Collect various leaves from the park; ones that make large flapping movements, small ones that you can flutter up in the sky and watch float down, or dried leaves that crunch when you squeeze them. Say to your infant, “Listen to the sound this leaf makes! It goes ‘crunch, crunch’. Now you try!” Your infant will likely track sounds with his eyes and mimic your movements. He will think this is very interesting! Always remember to supervise your infant and keep him from putting outside objects in his mouth.

Tickle Toes



**Playful
Parenting**

Did you know that you are helping your newborn’s gross motor development by simply tickling her toes? Tickling your infant’s toes cause her body to move and flex important leg muscles. Every time you gently tickle your infant’s toes, she is also becoming more aware of her body. Find a soft flower in the yard and tickle her toes with it, and then to make her smile even more, tickle *your* chin and laugh along with your infant. You will both enjoy the fun and laughter shared in the outdoors from a beautiful little flower.

April Toddler Activities for (18 to 36 Months)



Learning Laulima Through Play



**Social-Emotional
Support**

Toddlers are becoming aware of peers and how to *laulima* (work together and cooperate). To help introduce your toddler to cooperative play, have your toddler play a simple “parachute” game with a friend. Show two toddlers how to make a light blanket float when they each hold a side and move their arms up and down. This gives your toddler experience working with another person in a fun and playful way. Always supervise your toddlers and keep the blanket from covering over their heads.

Let's Sing It Again!



**Cognitive
Development**

Repetitive patterns of simple songs help expand your toddler's language and memory. Borrow new music from your local library and look for finger play songs like “Planting A Tree”, or “The Parts of a Plant.” During bath and diaper changing routines, show your toddler simple finger plays that go along with the lyrics. Music is also a terrific way to get through long car drives with your toddler so turn up the volume on those same songs and see if your toddler can remember some of the finger plays on her own!

You're So Silly!



**Playful
Parenting**

Silly communication with your toddler can bring giggles and also build self confidence. Your toddler will have fun if you lead the way in silliness. Pretend you don't know what things really are. Point to a tree and ask your toddler, “Is that a dog?” Let him tell you what it really is and act surprised. Your toddler will enjoy “teaching” you the right name of things. His self confidence will also get a boost while being able to lead the way! The sillier you are, the more fun the conversation will be!

April Preschooler Activities for (36-60 Months)

Pressed Flower Cards



**Social-Emotional
Support**

Collect small and delicate flowers from your yard, neighborhood or park. Place the flowers between sheets of paper towels or newspaper, then lay them between heavy books. Give the flowers a few days to dry and flatten. Have your keiki use glue to paste the flowers to cardstock paper and make notecards. Help him create notes of aloha to people he loves. Ask keiki, “Tell me your favorite thing about Tūtū. What do you like doing with her best?” Record what your keiki says and mail off his aloha to special loved ones.

Art in the Park



**Cognitive
Development**

Keiki are learning to match objects and images based on the similarities they observe. Build on this skill while enjoying nature. Pack colored crayons, notepads and a mat in your backpack. Then head outside to gather a variety of leaves and flowers that look similar in some way. Encourage keiki to explore plants of different color, size, texture, and shape. Lay out your mat and encourage keiki to draw or make rubbings of her collection. Observe and talk about the similar or different qualities that stood out to keiki.

Teaching Rules Through Play



**Playful
Parenting**

At this age, learning to follow simple rules and limits is developmentally appropriate for keiki. One creative way to reinforce basic rules in your home is through play! Offer boys *and* girls the option to use dolls, pretend food and other household items in order to play out familiar routines in your home. Reinforce your keiki’s lead in teaching his dolls the rules. Say, “I like the way you told your dolly he must sit down while we wash in the tub! You are keeping dolly safe!”