

February Infant Activities for (Birth to 18 Months)



Wiggle Worm



**Social-Emotional
Support**

Infants are slowly gaining control over their muscles and may move their arms & legs to show interest in the world around them. If you notice your infant raising his arms when you are nearby, he may be saying “I want to be held” or “I need you.” When you pick your infant up, you are showing him that his gestures are an effective way to communicate with you. You may notice that your infant lifts his arms for certain people over others. This is another way infants communicate that they feel attached and safe.

Butterfly Hands Prints



**Cognitive
Development**

Between 12-18 months, infants begin to enjoy messy play. Messy play encourages brain development by activating an infant’s sensory system. Create a fun sensory experience for your infant by spreading unscented shaving cream on a baking sheet. Open your infant’s hands and slowly place them into the shaving cream. Be mindful that some infants can be sensitive to new textures so follow your infant’s comfort level. Show your infant how to use her hands to create butterfly hand prints. Watch your infant closely to ensure that she keep the shaving cream out of her mouth and eyes.

Buzz Like A Bumblebee



**Playful
Parenting**

Frolic play is a carefree way to bond with infants. Pretend to be a *bumblebee* and say, “buzz, buzz, buzz” while nuzzling your infant’s tummy. You can also roll your infant gently in a blanket like a *silk worm* and then unroll for some giggles. Be mindful to keep the blanket from covering over your infant’s face. Observe your infant’s reactions to the playful movements of frolic play. If he appears overstimulated, your infant may be signaling to you that he is ready to transition to a calmer activity, such as reading or a walk outdoors.

February Toddler Activities for (18 to 36 Months)

What's Bugging Me!



**Social-Emotional
Support**

Frustration is a major cause of temper tantrums. It is common for frustration to build when activities are too difficult. Let your keiki know it is okay for something to not work out. You can say, "You seem frustrated with the blocks not connecting. Need a break?" or "Want some help? Let me know." Helping keiki work through their frustrations gives them the tools to work through other challenging things that "bug" them in the future.

Balancing Web



**Cognitive
Development**

Learning how to balance while walking with one foot in front the other helps keiki build spatial awareness. Create a balancing web for keiki to practice her balancing skills. Use masking tape to make an outline of a big spider web on the floor. Show keiki how to walk with one foot in front of the other on her balancing web. Remain near to keiki and provide encouragement by saying, "You are balancing on the web! Keep going!" Good spatial awareness allows keiki to use their cognitive ability and be aware of the space around them.

Jump Like A Grasshopper



**Playful
Parenting**

At 22 months old, keiki are learning how to jump with both feet off the ground at the same time. Your keiki will first learn how to jump up and down in place. Do the "grasshopper jump" and encourage your keiki to jump forward, backward & side to side following your lead. For more jumping practice, shine a flashlight on the floor and ask keiki to jump into the light. Shine the light in front of him to jump forward & repeat for keiki to jump backward. Practicing jumping can improve keiki's balance and coordination skill and it's fun too!

February Preschooler Activities for (36-60 Months)

Let's Talk Bugs



Social-Emotional Support

Executive Functioning is brain development that helps expand keiki's attention span, memory and self control. Sitting down together for snacks and meals is a great way to develop your keiki's attention span and ability to focus. At this age, most keiki are capable to sit and attend for approximately 10 minutes. Ask your keiki open ended questions during your meal time such as, "Why do you think geckos like to live near the ceilings?" or "I wonder how a spider spins her web...do you have an idea?" Enjoy listening to their personal thoughts and ideas.

Where Does This Insect Belong?



Cognitive Development

Sorting and grouping objects by their similarities is a math skill that helps keiki learn about quantity. Help keiki draw various types of insects they have noticed in their environment. Cut them out and ask keiki to sort them by size. Ask keiki, "Is this bug small, medium or large?" After keiki sorts them, ask which group has the most bugs or the least. You can also color the insects and sort them by color. Help keiki sort and count the insects as needed and acknowledge keiki's effort along the way.

Friendly Spiders



Playful Parenting

Being playful can be a very fun way to share aloha with your keiki. Sit in a circle with family or friends in a spacious area. Use a ball of yarn and take turns gently tossing the ball across the circle of players. The person tossing the ball of yarn will share one thing they love about the person who catches it. You can add other topics to the game like sharing your favorite thing to do outside or your favorite insect. Keep tossing until you create a dynamic spider web! After your web is completed, see if keiki can roll the yarn back up in a ball again.