

January Infant Activities for (Birth to 18 Months)



“I’m A Little Seatbelt” Tune: “I’m a little teapot”



**Social-Emotional
Support**

When buckling your infant in his/her car seat sing this song to begin teaching the importance of buckling up when in a vehicle.



I'm a little seatbelt in the car,
Before we go driving near or far,
Time to slip your arms in there you are,
Buckle me up, now you're a star!



Singing together is a fun way to help keiki learn this important safety habit.

Here Comes the Car



**Cognitive
Development**

Cut an 12-inch length piece of string & tie one end to a small toy car. Place your infant on your lap (facing out) and while holding the string together, show your infant how to pull the string and say, “Here comes the car!” Show him/her how to retrieve the toy car by pulling on the string. Pass the string to your infant and say, “pull, pull, pull.” Once your infant sees the toy car moving towards him/her say, “Yay you did it!” Your infant is learning new ways to reach things that previously were out of reach.

Airplane Tummy Time



**Playful
Parenting**

Do you have pilot hands? Test & see by playing “Airplane Tummy Time” with your infant. Start by placing one hand under your infant’s belly and one under his/her chest so that your infant’s facedown to the ground but secured in your hands. Slowing swing your infant across the front of your body back and forth like an airplane. Try to make noises as you zoom your infant around like an airplane. You can say, “zoom, zoom.” By providing infants 3-5 min of tummy time 2-3x a day, they will strengthen their head & neck muscles.

January Toddler Activities for (18 to 36 Months)



<https://www.zerotothree.org/resources/266-potty-training-learning-to-the-use-the-toilet#chapter-200>

The Potty TRAIN “Choo Choo!”



**Social-Emotional
Support**

Potty training is a big deal for you & keiki. How emotionally ready a keiki is for learning to use the potty depends on each keiki. Many keiki show signs of being ready for potty training between the ages 18- 24 months of age. As you begin potty training, try to create a routine that works best for both you and your keiki. For fun, try to pretend you are choo choo trains each time your keiki goes to the potty. As you walk to the potty together say, “chugga, chugga, choo, choo!” Creating a fun potty training routine will set your keiki up for success in using the potty especially when you first get started.

Shapes All Around Me



**Cognitive
Development**

At this age keiki are beginning to match basic shapes, such as circles, squares & triangles. Encourage your keiki to look at the similarities & differences of shapes all around them. Take a walk with your keiki down your street. Examine all the street signs around you & match it to something else in your view. You can say, “I spy a circle shaped sign, can you find it?” or “What else has a circle shape?” Keiki are using their thinking skills to learn similarities & differences to identify shapes all around them.

Tug Boat Fun!



**Playful
Parenting**

Pretend to be a tug boat and pull your keiki to his/her harbor. Use a large laundry basket with handles to be your keiki’s ship. Place soft pillows & blankets inside of the laundry basket to help keiki sit up straight. Have keiki sit inside of the laundry basket and hold onto the sides of the basket. Tie a sturdy cord to the front of the laundry basket & pull your keiki around for some tug boat fun! Your keiki is developing a sense of balance which will help him/her learn how to distribute his/her weight while sitting up.

January Preschooler Activities for (36-60 Months)

Haul Those Toys Away



**Social-Emotional
Support**

Teaching keiki to pick up their toys helps them learn that everything has a place. Make clean up time a fun routine by using an empty box or laundry basket for your keiki to haul his/her toys away to the correct place. You can say, “Yay, you picked up your toys. Now you will know where they are the next time you want to play with them.” This encourages keiki to keep going with the clean up process and to understand that it is part of play time.

Go Car Go!



**Cognitive
Development**

Keiki love to send their toy car down ramps. Create 2 textured ramps for your keiki to explore which ramp makes his/her toy car go faster! Cut out 2 large pieces of cardboard 12” long and 3” wide. Use 2 different types of textured materials, such as sand paper & a piece of rug. Tape your textured material onto your cardboard to create your keiki’s textured ramps. Set up your keiki’s ramp in your home by using stacked blocks or books. Have your keiki place his/her toy cars on each ramp and let them go. Ask keiki, “Which ramp made your toy cars go faster?”

Let’s Dump Grass Together



**Playful
Parenting**

A fun way to get yard work done is when everyone participates including your keiki. Let your keiki use a small wheel barrow or box and pretend it’s a dump truck hauling away and dumping the cut grass. Scoop small amounts of grass and place it into the wheel barrow or box. Let your keiki steer the wheel barrow/ push the box to the designated spot and dump the grass out. Repeat until the job is done! Keiki are learning the importance of kōkua (helping) their family with getting the yardwork done while spending time together.