

March Infant Activities for (Birth to 18 Months)



Follow the Animal



**Social-Emotional
Support**

The development of eye– hand coordination begins soon after your infant is born. Infants start tracking objects with their eyes then begin to reach out their hands as if they want to hold the object. Practice tracking with your infant by laying him down and slowly moving a stuffed animal toy (e.g. a rabbit) over his head from left to right. Say, “Where’s the rabbit going?” Then place the rabbit in your infant’s hand so he can explore it’s fuzzy texture and connect his eyes and hands together. Say, “Here’s the rabbit. He’s soft.”

Stop and Start



**Cognitive
Development**

From 9-12 months, infants are learning that the actions of play objects occur independently. Older infants are learning that they need to take action in order to make an object move. This is called “cause and effect” and it is an important cognitive skill. Show your infant how different actions work on toys by gently guiding her hand to move the toy through its actions. Say, “Press the button, and the cow says ‘Moo’!” Repeat the action a few times and then encourage your infant to try by herself.

Silly Like Me



**Playful
Parenting**

Infants look to you in order to determine their own feelings. Try a silly face game with your infant to bring joy and fun into your relationship. Sit down and lean your infant back on your legs. Make an “oh” face by slowly sticking out your tongue and see if your infant begins to play with his own tongue and mimic you. Smile and laugh with gentle expressions that are playful. When your infant begins to turn his head or look away from you, it’s a sign that he is ready to move on from this game.

March Toddler Activities for (18 to 36 Months)

“I Am Brave!”



**Social-Emotional
Support**

Is your toddler suddenly showing signs of fear when a familiar dog or cat comes up to sniff and say “Hi”? Sudden fears can crop up anytime while toddlers are becoming more independent from you. Reintroduce your toddler to a feared object by exposing them to the object while feeling safe. When you see a dog being walked on a leash, stay at a close distance and get down at your toddler’s eye level. Say in a calm voice, “See the dog walking nicely? The leash keeps him close to his owner. Want to wave hi from here?”

Can You Find it?



**Cognitive
Development**

Finding small details in a picture helps your toddler learn to see the “parts” as well as the “whole” idea. Open a large picture book that your toddler enjoys. As you read it, take breaks to ask your toddler to find the small details. Have him point to the beak on a chicken or egg in a nest. Or find a book that uses the same character on each page and ask your toddler to find the character as you flip through each page. Explore books written by Richard Scarry at your local library for fun stories with repetitive characters.

Whoa and Giddy Up!



**Playful
Parenting**

Your toddler’s muscles and physical coordination gets stronger each day. Play a fun game by bouncing your toddler on your knees while facing you. Pretend she is riding a horse and when she says “Giddy Up!” bounce her lightly while keeping your hands securely on her. When she says “Whoa!” stop bouncing and wait until she bounces or asks for more. Then say, “More? Do you want to ride this horse again?” Your toddler will likely enjoy a few rounds of horseplay with you. Giddy Up!

March Preschooler Activities for (36-60 Months)

“Visit to the Zoo” Puppet Show



**Social-Emotional
Support**

Are rainy days keeping you from visiting your local zoo? Create a zoo in the comfort of your own home! Puppets are a wonderful way to stretch your keiki’s imagination and creativity. Make simple stick puppets together by flipping through old magazines and cutting out various animals. Paste the images on thin cardboard (a cereal box is perfect) then use keiki safe scissors and cut out the images. Paste the animals to wooden chopsticks or recycled popsicle sticks. You have your animals and are now ready to play Zoo!

What’s in the Bag?



**Cognitive
Development**

Keiki are beginning to use their sense of “touch” to help identify and remember objects. Play a mystery animal bag game with keiki and gather various animal toys of different textures, such as a fuzzy bunny stuffed animal, a bumpy toy lizard, and a smooth rubber snake. Place them in a pillow case and have keiki put his hand in the sack and ask him to describe the texture of each animal. Then have keiki guess the animals you placed in the bag. Does he like the bumpy or furry one best?

Move like a Animal



**Playful
Parenting**

Your keiki needs a lot of practice coordinating their bodies in different positions. Take the puppets you created from your “Visit to the Zoo” activity and head outside when the sun comes out. Place the puppets in the pillow case from your “What’s in the Bag” activity. Take turns acting out each animal you pull from the bag. Fly like a bird, jump like a kangaroo and tip toe like a giraffe. Have fun stretching and moving in your backyard. Don’t forget to make animal sounds with your bigger than life movements!