

# Infant Activities (Birth-12 Months)

## Social-Emotional Support: “Attention Please!”

Reinforcing good behavior and discouraging unwanted behavior can start from infancy. Your infant may pull on your hair or slap your face to get your attention. When she displays unwanted behavior, try distracting her. For example, as your 6 month old discovers how to yank on your hair, gently take her hand and give it a honi (kiss). Next, you can re-direct her hand to an appropriate option such as stroking your cheek and saying, “Do you want mama’s attention? Mama loves you.” By redirecting your infant’s unwanted behavior you are teaching her how to get your attention in a positive way.



## Cognitive Development: Tower of Lids



Have you wondered why your mobile infant (crawling or walking) loves to knock things over? She is learning the relationship of cause and effect through everyday interactions. Build your infant a “tower of lids” using large, recycled plastic lids from beverage containers. Stack each lid on top of one another. When you are done, call your infant over and encourage her to see your “tower of lids.” Watch your infant’s excitement as she knocks it over. Your infant will enjoy doing this simple activity over and over again as she builds an understanding of cause and effect relationships.

## Playful Parenting: Light Switch Fun

Infants are born with a natural curiosity to figure out how things work. They are very interested in watching what you are doing. Pick up your infant and carry her to a room in your home. Show her how the lights go on when you flip the light switch up and how the lights go off when you flip the switch down. Encourage your infant to explore the light switch with you. Get excited and say “Yay, you did it!” as she flips the light switch on or off. By nurturing your infant’s curiosity, you are helping her to become a life long learner while having fun together. This is also another way you can teach your infant cause and effect.



# Toddler Activities (12-24 Months)

## Social-Emotional Support: Sealed with a Honi (Kiss)



As we teach our keiki to practice social distancing, they may begin to feel sad and disconnected to their 'ohana and friends. You can help your keiki to re-connect with loved ones by sending them an “I miss you” drawing. Give your keiki a piece of black construction paper and colored chalk to create his “I miss you” drawing. Help your keiki fold his drawing and place it in an envelope. Have him seal it with a honi (kiss). Then, take your keiki to the post office to mail his drawing. Showing keiki other ways of staying connected to loved ones supports their social emotional development.

## Cognitive Development: What's Cooking?

Keiki can pretend to be a chef and cook up the alphabets using magnet or puzzle letter pieces to practice letter recognition. Place a cooking pot in front of your keiki and let him toss in his letters. Give him cooking utensils, such as a ladle or a wooden spoon for stirring. Encourage your keiki to serve his 'ohana a cup of alphabet soup for a literacy luncheon. Have fun together finding and naming the letters in your cup of soup. Don't forget to thank the chef for your ono soup!



## Playful Parenting : Piping Fun 'Ohana Day!



Here is a way to reuse your summer pool noodles for a “piping fun 'ohana day!” Find an area outside to create your wall of pipes. Make sure you are able to fasten your pool noodles to the wall. Plan and problem solve with keiki how you will bend each pool noodle to resemble a pipe. Use zip ties or string to secure the pool noodles in place. Place buckets underneath each end of the pool noodles for keiki to have fun collecting water. Keiki can pretend to be a plumber and flush each pipe by pouring water into the top of the pool noodle.

# Preschooler Activities (24-48 Months)

## Social-Emotional Support: 'Ohana Doctor



Establishing a morning health check routine is one of the many ways you can keep your 'ohana healthy. Teaching your keiki how to be a part of this routine can be reassuring to him. Show your keiki how to use a digital thermometer by taking his temperature first. After recording his temperature, say "Ola kino maika'i (Good health)!" Let your keiki pretend to be his 'ohana's doctor and check everyone's temperature. Encourage keiki to say "Ola kino maika'i" to his patients.

Involving keiki in daily routines is not only comforting by empowering.

## Cognitive Development: Painting Stories

Read a story together about your keiki's favorite community helper. Encourage keiki to paint a picture of her favorite community helper. If you don't have an easel and paper you can use your glass door or window. Mix together 3 tbsp. of dishwashing liquid with 1 cup non-toxic paint. Your keiki can use her hands or a paint brush to create her painting. Ask your keiki to tell you about her painting. Once the paint dries she can dip a sponge into a bucket of water to wash the door or window. When keiki purposefully draw images, they have mastered symbolic thinking which is an important milestone in cognitive development. Every picture tells a story!



## Playful Parenting: My Stuffed Animals Are In Trouble!



Quick! Fire Fighter *keiki's name*, your stuffed animals are in trouble and need saving! Your keiki is beginning to use his imagination more than ever. Gather your keiki's stuffed animals and place them around your home in areas to be rescued, such as on top of a chair or buried in a toy box. Encourage keiki to use his imagination to find items around your home to gear up for the job, such as a plastic bowl for a helmet and a rain coat for a fire fighter's jacket. Watch keiki save the day and become his stuffed animal's superhero! Engaging in pretend play together provides great opportunities to learn and laugh.