

Infant Activities (Birth-12 Months)

Social-Emotional Support: My Lullaby



Singing lullabies can help your infant fall fast asleep or calm down when she is fussy. When you sing lullabies from your childhood, you are sharing your 'ohana's culture with your infant. You can also make up your own 'ohana lullabies by adding your infant's name or other family member's name in your culture's language, such as "tūtū loves her mo'opuna (grandchild)" or "obaasan (grandmother) loves you." The connection your infant has with her own culture shapes her identity and helps to build her self-esteem.

Cognitive Development: Happy Reunion Ritual

It's normal for your infant to cry when you are out of sight. Around 8 months of age, your infant is beginning to learn the concept of object permanence (things and people still exist even when he can't see them anymore). When separating from your infant, whether it is for a minute or a few hours, plan a happy reunion ritual to do when you return. You can hug him and spend a couple of extra minutes looking into his eyes and being truly present. This reminds your infant that no matter how sad he may feel when you leave, you will always return.



Playful Parenting: My 'Ohana Block



You may begin to notice your infant making "pre-crawling" moves, like getting on her hands and knees and rocking back and forth. You can motivate your infant to crawl by giving her something to reach for. Use a recycled cube shaped tissue box to create an 'ohana block. Tape a family member's picture to each side of the block using packing tape. Have floor time fun together by placing the 'ohana block slightly out of reach from your infant. As she becomes interested, rocking forward and reaching for the 'ohana block, point to and label the picture she is looking at for example, "You see nana." This is a playful way to provide opportunity for your infant to practice crawling.

Toddler Activities (12-24 Months)

Social-Emotional Support: Checking in!



As keiki gains independence by learning to walk, he can sometimes find himself in an unfamiliar place. When your keiki has ventured off too far and encounters something scary, like the sound of a loud lawnmower next door, calmly reassure him that you are still there and he is safe. As he looks at you for reassurance, wave and say, “dada is right here.” Keiki will begin to “check in with caregivers” by keeping them in sight. By being within sight for keiki and offering verbal re-assurance, caregivers are helping keiki develop trust and building their independence while exploring outdoors.

Cognitive Development: ‘Ohana Puppets

Gather empty paper towel rolls and cut them in half. Tape a picture of each member of your ‘ohana on a paper towel roll to create your ‘ohana puppets. Have a puppet show with keiki and re-tell your favorite story about someone in your ‘ohana. Keiki can place her hand inside of the paper towel roll puppet to act out a story. This is also a great way for keiki to become familiar with others in your ‘ohana. Playing with puppets to re-tell stories helps keiki improve their memory skills and sparks their imagination while having fun at home.



Playful Parenting : Pointing Power



Take a walk outside with keiki and point to objects you see. Ask keiki, “What is this?” Then name the object by saying, “It’s a flower.” Try adding details when naming an object, such as “it’s a yellow flower.” Even if keiki may not be able to speak or repeat your words, it is important for you to name the objects you are pointing to. As your keiki begins to point to objects for you to name, use your pointing powers to communicate with him. The more exposure to language keiki have, the more they will be able to connect words to objects.

Preschooler Activities (24-48 Months)

Social-Emotional Support: Lead The Way



Allow keiki to take the lead in exploring her interests. If she wants to have a picnic for the day, allow her to plan it. If she has a love for animals, teach her how to care for a family pet. When keiki begin to show interest in certain things, you can encourage and nurture those interests by allowing her to lead the way. Helping your keiki to build on the skills she already has will foster a lifelong love of learning and boost her self-confidence.

Cognitive Development: My Role In this 'Ohana

At this age, you can teach your keiki to help with 'ohana chores. The best way to introduce a chore to your keiki is to do the chore with him. You may need to assist him several times before he is able to complete the chore alone. When keiki have a clear idea of the expectations, they will become more successful in completing chores assigned. Here are some preschool chores that can help your keiki feel proud of his role in your 'ohana: set the table for meals; wipe down the table after meals; put toys in a designated area; pick up objects from the floor & sweep. When you include your keiki with completing chores, it teaches him how to function in a household where everyone contributes.



Playful Parenting: Our 'Ohana Diorama



Recycle an empty box such as a shoe box or soda box to make an 'ohana diorama with your keiki. Assist your keiki with painting a background on the inside of the box. Talk with your keiki about the fun activities that your 'ohana enjoys doing together. This could be going to the beach, or playing at the park. Using coloring pages or cut outs from a magazine, help your keiki create her 'ohana diorama. Allow your keiki to be creative and explore a variety of art tools. When your keiki is done, encourage her to tell you about her diorama and your fun 'ohana day. Doing activities together helps to strengthen your bond with your keiki while having fun!