

# Infant Activities (Birth-12 Months)

## Social-Emotional Support: Pu'uwai Solution

A quick solution to soothe a fussy, over-stimulated infant is skin-to-skin, pu'uwai (*heart*) contact. Find a quiet spot with dim lighting and lay your infant on your chest. Your heartbeat and warm skin are instant soothers for your infant. No quiet place to snuggle? Throw an extra t-shirt of yours in your bag as you head out and let your infant snuggle it while doing errands. Your familiar scent on the t-shirt will soothe your infant through the hustle and bustle of the season.



## Cognitive Development: Special Memory Tour Guide

Although face to face contact with 'ohana may be limited this holiday season, your infant can still build healthy brain connections from the world around him. Head outside and give him a walking "tour." Tell the story of the 'ulu tree you planted when he was born or the special spot in your neighborhood where he took his first steps. Describe the smell of wild tuberose drifting on the trade wind. Even one-sided conversations with your infant are making millions of neuron connections in his akamai (*smart*), growing brain!



## Playful Parenting: Makahiki Hukihuki

December is makahiki season! Play a modified version of hukihuki (*tug of war*) with your infant. Prop pillows behind her for safety and use a small blanket for both of you to grasp. Gently pull the blanket back and forth with your infant. Work as a team to create a slow rhythm of push and pull between you. Although there is no winner in this game, your infant is already gaining experience working as a team with you to tug away!



# Toddler Activities (12-24 Months)

## Social-Emotional Support: Holiday Tradition Mo'olelo

Mo'olelo (*story*) is a monumental piece of Hawaiian tradition and has bonded 'ohana through generations. Passing on holiday mo'olelo connects your keiki to traditions, even if she cannot experience them as usual. Have extended 'ohana write mo'olelo about traditions that are memorable and mail them to you. Hold keiki on your lap, read and share these 'ohana mo'olelo with her. You will connect keiki to her kūpuna and create lasting memories. Bind the mo'olelo for a keepsake for your keiki when she is older.



## Cognitive Development: Get It In The Puka!

Hawaiians loved to compete and took time to practice and prepare before makahiki. They developed sharp strategies from repetition. Have your toddler develop a problem solving strategy with a simple plastic ball and cardboard box. Cut a puka (*hole*) in the bottom of a box; one big enough for the ball to easily fit through. Then show keiki how to coordinate his moves to get the ball to fall through the puka. Practice, practice and you will see your toddler's cognitive abilities sharpen right before



## Playful Parenting : Colored Soap Splashes

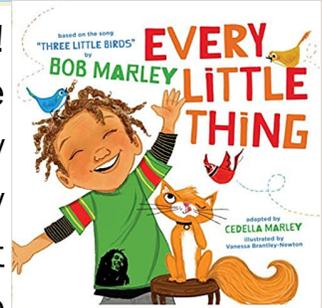
Have an old bar of soap in your bathroom cabinet? Shred the bar with a cheese grater to create soap flakes. Dump the flakes into a large, shallow plastic container then fill it with warm water. Use kitchen tools like whisks and large spoons to create soapy fun! Add a few drops of washable paint food coloring to the bin and talk to your toddler about the colors being seen. Don't forget to splash and shake hands under the water to see how much soap suds you can make together!



# Preschooler Activities (24-48 Months)

## Social-Emotional Support: Immune Booster Lomilomi

Physical touch is the only sense we can not live without! Lomilomi massage boosts the immunity and settles the nervous system which may be the perfect remedy for a busy holiday season! Borrow the book, “Every Little Thing” by Cedella Marley from your local library. Then invite keiki to sit on your lap and read/ sing the book together. While you are reading, gently rub your keiki’s manamanawawae (*toes*), lima (*hands*) then po’o (*head*). Now “Every Little Thing” will be feeling alright!



## Cognitive Development: Threading Activity

Activating brain power! Take a paper plate, markers and a hole puncher to create this pattern. Have keiki lace yellow ribbon through the puka (*holes*). (Make sure to wrap tape around the end of the ribbon to create a threading needle). Create other designs by varying where you punch puka. This cognitive and fine motor activity is a great one to pack in a small bag and take with you to places where keiki may have to sit for a bit. It keeps their hands busy and minds focused which helps minimize unnecessary contact with germly surfaces in public places.



## Playful Parenting: Let’s Play Thanksgiving!

Traditions hold people you love together year after year. Recreate your keiki’s favorite tradition through play! Find different toy figures in the home that remind you of your loved ones and play with keiki in recalling the details of your ‘ohana traditions. Who will dig the imu (*underground oven*)? Is it teddy bear Uncle Aaron? Who will make the laulau? Is it lego figure Tūtū Wendy? Let keiki take the lead and play out those special ‘ohana traditions in a fun and playful way.

