

Infant Activities (Birth-12 Months)

Social-Emotional Support: Loud Noises!

Comforting interactions with your infant may feel one sided at times. Even if you are the only one talking, your infant senses safety or danger through you. Next time a loud noise startles you both, talk to your infant in a calm tone of voice and say, “That was a loud truck! But you’re safe. Daddy is here. I got you.” Watch your infant breath deeper and soften her body when you use rhythmic tones to interact with her. No sound cancelling headphones needed!



Cognitive Development: Wa‘a (canoe) Sponge Play

Enjoy a sensory wa‘a experience in the bathtub! Create sails by taping two pieces of duct tape together with a popsicle stick in the middle. Then cut the duct tape into the shape of a sail. Cut sponges into the shape of wa‘a. Use a craft knife to cut a small slit in the center of each sponge and insert the sail. Add the wa‘a to your infant’s bath time for a fun voyage! What happens when you push the wa‘a? Do they float? What makes them sink? Experimenting with your infant builds important cognitive development and observation skills!



Playful Parenting: Tunnel Through the Pali

Re-create traveling through the Pali tunnel on the island of O‘ahu with your crawling infant. Cut the bottom of two pop up laundry hampers open. Slide one hamper into the other to create one long tunnel. Encourage your infant to crawl through the tunnel by waiting for her on the other side. Be playful and make vehicle sounds to pretend she is driving right through the Pali tunnel! “Vroom-vroom! Honk honk!”



Toddler Activities (12-24 Months)

Social-Emotional Support: Biking and Bonding

Biking together is not only healthy, it's a great bonding activity. Strap your toddler in a bicycle safety seat and go for a ride around the neighborhood. Riding on a bike together builds trust and connection. Your toddler will see you in control of your bicycle and how safe it is to ride with you. Talk stories while you ride and point out the beautiful things you notice. Watch your toddler use his pointer finger to track the things you've noticed! Remember to always wear your helmet! And make sure toddler has his on too!



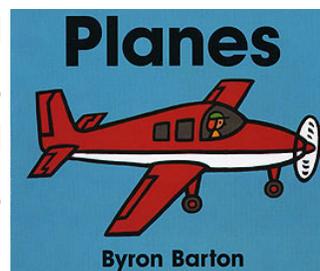
Cognitive Development: Surfboard Sorting

Put a creative spin on beginning sorting with this DIY mini surfboard activity! Cut out large and small surfboard shapes from cardstock paper. Then have your toddler use crayons or finger paints to color the boards with various solid hues. Show your toddler how to sort the boards first by color. Then say, "Can you give me all of the red boards? Now green?" Encourage your toddler to also sort the boards by size. Next time you are at the beach with your toddler, point out the different colored and sized surfboards the surfers are riding.



Playful Parenting : Taking Off!

Traveling might be on hold for now but you can still pretend to board a plane and visit 'ohana on a neighbor island. Arrange your kitchen chairs in rows. Then create pretend air tickets with seat numbers on your boarding passes. Have your toddler pack up his favorite items in a backpack, including a special snack for your "flight." It's boarding time! Find your seat and get ready to fly to the sky. Borrow the book, "Planes" by Byron Barton from your local library and read it together on your "flight."



Preschooler Activities (24-48 Months)

Social-Emotional Support: Deep Breath Drawing

As your keiki grows, he can begin to find ways to calm herself on her own. Drawing is a great way for your keiki to take a moment and regulate her emotions. Drawing has the same affect on the brain as meditation and calms the “fight or flight” stress response. So next time your keiki is at the end of her rope, take a few deep breaths together then offer her crayons to draw in a quiet area of your home. You may want to use a few crayons yourself to chill out. Drawing has the same affect on the adult brain!



Cognitive Development: Which Direction Will You Go?

Hawaiians used the sky to navigate their wa'a. The Hawaiian star compass helped guide voyagers successfully across the ocean. Put your imagination cap on with keiki and create a large compass with a blanket. Write the four guiding directions on paper- Hikina (*East*), Komohana (*West*), 'Akau (*North*) and Hema (*South*). Place each name on the corners of the blanket. Teach keiki the meaning of each word then call out each direction in English and have your keiki say it in Hawaiian while she jumps to the correct corner. High five when your keiki memorizes the four directions on her own!



Playful Parenting: Chores Made Fun!

Chores are always more fun with others! One fun chore your keiki can kōkua you with is vacuuming out the car! Your keiki will enjoy the challenge of sucking up even the tiniest crumbs, sand and little specks of dirt. Make it playful by timing her and seeing how long it takes to suck everything up. It may also bring laughter to try and sing a duet together that is louder than the noise from the vacuum! Work hard, play hard!

