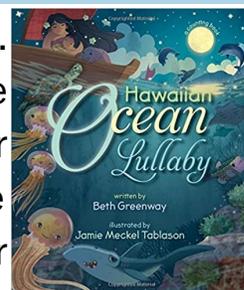


Infant Activities (Birth-12 Months)

Social-Emotional Support: The Soothing Ocean

Infants regulate their feelings with support from their caregivers. Create a sense of safety when introducing your infant to the ocean by dunking your own head below the water while your infant watches you. She will enjoy playing ocean peek-a-boo while you smile each time your head pops up from the water. Your infant will learn that when she is close by your side, the ocean is a safe place. When you return home to rest, soothe your infant with the story, “Hawaiian Ocean Lullaby” by Beth Greenway.



Cognitive Development: Huakaʻi to the Ocean

The ocean is a rich sensory experience for your infant to explore. Head out on a sensory huakaʻi (*trip*) to the beach and observe your infant’s curiosity. Don’t be surprised when you hand your infant a rock to hold and she puts it in her mouth. Mouthing objects are just another way your infant learns. Does your infant’s legs curl up when her toes touch the ocean? Do the sounds of waves bring a look of concern or excitement? Does your infant reach out or lean in when someone shows her a floppy fish they caught? Your infant’s brain is firing off connections with each sensory experience! Pa’ahana! (*Hard work!*)



Playful Parenting: DIY Mini Backyard Ocean

Create a mini ocean right in your backyard! Fold an old plastic shower curtain in half. Seal the edges of the curtain shut with duct tape. Leave a small opening and use a hose to fill up the sealed curtain with water, then cover the opening with duct tape. Gently introduce your infant to your mini backyard ocean! Cheer her on while she wiggles and crawls along the water mat. Pat the mat to different rhythms and notice the change in ripples. Remember to always supervise your infant when near water.



Toddler Activities (12-24 Months)

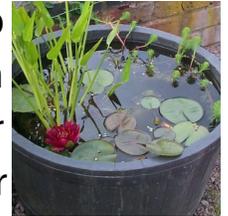
Social-Emotional Support: My Safe Shell

Show your toddler how an unauna (*hermit crab*) is an ocean animal that will wander along your hand if shown respect and aloha. Invite your toddler to let an unauna explore his palm, going at his comfort level. Teach your toddler that the shell of an unauna is a special, safe place and when an unauna tucks away in the shell, it is a sign that it is all pau (*finished*) exploring. Say, “A hui hou!” (*Until next time!*) as you place the unauna gently back in the ocean. Then give your toddler a warm hug and say, “I am your shell and I am keeping you safe”.



Cognitive Development: Backyard Pa‘ahana

Hawaiians built loko i‘a (*fishponds*) near the ocean to help maintain food supply. Loko i‘a required pa‘ahana (*hard work*) in order for the i‘a (*fish*) to multiply. Create a pretend loko i‘a for your toddler to practice pa‘ahana. Fill up an old flower pot with water and have your toddler collect leaves, stones, and other natural items to build his loko i‘a. Then “mālama loko i‘a” and have your toddler use a small net or cup to scoop and dump out debris. When done, pretend your fingers are i‘a, swishing and splashing in the clean water of the loko i‘a.



Playful Parenting: The Life of a Honu

Here’s a fun transition to bath time. Explore the life cycle of a honu (*turtle*) in a playful way. Cut out oval-shaped honu shells from cardboard and design shell patterns with paint. Staple two pieces of elastic or ribbon to the shells that will loop around your arms. Put your shells on, curl up together under a light bed sheet and start your journey as hatchlings! Stand and stretch so the sheet falls off, then crawl like a honu to find the ocean. As you tire, guide your toddler to the bath and say, “You found it! Time for honu to bathe in the ocean”.



Preschooler Activities (24-48 Months)

Social-Emotional Support: Kilo the Ocean

Sit in a shallow tide pool with your keiki and deepen her na'au (*intuition*) to the ocean. Move your hands fast in the water to create a sensation of current and explain why holding hands with you in strong currents keeps her safe. Teach keiki to kilo (*observe*) the ocean and its movement before running in. Remind her to mai



huli 'oe i kou kua o ke kai (*never turn your back on the ocean*). These conversations expand your keiki's 'ike (*knowledge*) so she can navigate the world with growing confidence and independence.

Cognitive Development: Where Do They Belong?

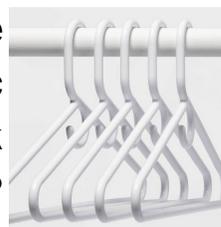
Collect natural items from the beach like shells, sticks and seaweed. Then head to the sandy shore and draw a wavy line in the sand with a stick. Ask your keiki to tell you where the ocean items belong. Do they float at the top of wavy ocean line or sink down below the line? Have your keiki use the stick and draw



where she thinks i'a (*fish*), pololia (*jellyfish*), and wana (*sea urchin*) belong. Do they sink or float in the ocean? Your keiki is learning to categorize objects based on individual traits!

Playful Parenting: Fishing Hook Challenge

Hawaiians had many different techniques to catch fish. One method was a hook and line. Certain hooks caught specific things. Turn a plastic clothes hanger upside down and ask your keiki what she thinks she could catch with the hook?



Then go "fishing" together around your home! What things does your hook pick up with ease? What things are harder to snag? Observe your keiki's creative approach to using a hook to catch all sorts of things. Watch out! She might even decide to catch you! Cheer your fellow lawai'a (*fisherman*) on! Go keiki!