

# Infant Activities

## Birth-12 months

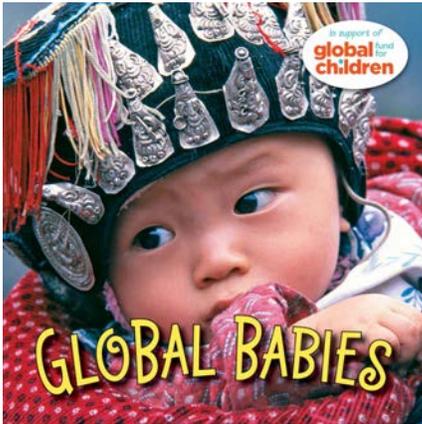
### Kepakemapa | September

## Social-Emotional Support: The Power of Inoa



Hawaiians believed there was great mana (strength) behind the inoa (name) they gave to their infants. The meaning behind the inoa could shape the future of an infant. As your infant's personality unfolds, be mindful of the names you use to describe them. Consider words that have an intent of aloha. Instead of saying "Baby is hard head" say, "Baby is determined." The way you describe your infant is filled with mana and helps you build a loving foundation together.

## Cognitive Development: Global Babies



At 6 months, infants gain interest in looking at bright images and clear faces in books. Reading out loud with your infant promotes cognitive growth and early learning! Explore the diversity of our world with the infant board book, "Global Babies" by the Global Fund for Children. After you read about other infants in the world, point out unique and colorful items in your home that represent the culture of your 'ohana.

## Playful Parenting: Ānueue 'Ohana Crawl



Learning to crawl is hard work for infants! Your infant may be hesitant to crawl if they experienced a boo-boo in the process! Make a game out of this motor skill and have your 'ohana role model how fun crawling can be! Tie assorted ribbons to a large cord and pin across it a doorway to create a ānueue (rainbow) tunnel. Challenge everyone in your 'ohana to crawl through the tunnel and encourage your infant to follow. Remember, always supervise your infant when playing with cord as this is a possible choking hazard.

# Toddler Activities

## 12-24 months

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## Social-Emotional Support: Pā'ina for Kūpuna



Toddlers feel secure when they feel a sense of belonging. Have the kūpuna (elders) in your 'ohana send you their favorite recipe. Your toddler can observe and help you prepare a pā'ina (meal). Make extra food and then deliver it to kūpuna. Share the mo'olelo (story) of why the meal was significant. Your toddler will not only learn the kuleana (responsibility) of caring for kūpuna but also gain a sense of belonging from the mo'olelo behind the special dish.

## Cognitive Development: DIY 'Ohana Building Blocks



Toddlers are developing an understanding of cause and effect, where action causes a response. Each time your toddler stacks and pushes over blocks, their cognitive skills grow! Tape photos of 'ohana on blocks and as you help your toddler stack them up say, "Let's make the bottom strong with mommy and daddy blocks and then you go on top of us! Uh-oh! Push! We all fall down! Let's stack up our 'ohana back again! Who goes on the bottom this time?"

## Playful Parenting: Push-Pull Rough and Tumble Play



By 18 months, toddlers begin to look forward to the fun of rough and tumble play. Change up the roles in your 'ohana and takes turns with caregiver kuleana (responsibility) so you can be playful too! Test your toddler's push-pull skills and lay down on your stomach. Challenge your toddler to "push or pull" you over to your back. Play along to make yourself heavy then quickly flip over with another tug by your toddler. Remember, roughhousing is safest when mākua (adults) are leading the way.

# Preschooler Activities

## 24-48 months

### Kepakemapa | September

## Social-Emotional Support: "We Not Me" Pono Reminder



Preschoolers are beginning to develop the ability to consider the needs of those around them. Write a catchy phrase like, "We Not Me" and post it up in your home. Explain how thinking of others is pono (right). When it's time to clean up dinner, say the catchy phrase to signal that it's time to be pono and think of helping others! Notice your preschooler's efforts when they demonstrate "We Not Me" behavior. This helps motivate more acts of being pono.

## Cognitive Development: Finger Puppet Kuleana



When preschoolers use dramatic play to explore different roles people play, they are boosting cognitive development! Create finger puppets by gluing pom-poms and googly eyes to the ends of pipe cleaners. Decorate and wrap the pipe cleaners around each finger. Have your preschooler assign the names of your 'ohana to each puppet then present a problem for your finger puppet 'ohana to solve. Have your preschooler come up with kuleana (responsibility) for each finger puppet and creative ways for help solve the problem as an 'ohana.

## Playful Parenting: Le'ale'a Competition



Hawaiians competed through le'ale'a (play) with racing games like kuwalo po'o (racing by turning somersaults). Play a modified version of this race and find a grassy hill to roll down. Have your 'ohana take turns racing each other to see who can roll down the fastest. Ask your preschooler thought provoking questions like, "What can you do with your arms to go faster next time?" Cheer each person on as your 'ohana bonds through le'ale'a and healthy competition.