



# Infant Activities

Birth-12 months

Nowemapa | November

## Social-Emotional Support: Infant and Me Self-Care Walk



Baby-wearing is a healthy way to role model ola kino maika'i (overall well-being) with your infant. As your infant gains neck and head control (usually between 4-6 months), they may enjoy a carrier that has an option for them to face outwards. Make sure their chin sits above the carrier and they are stable against your chest as you move. Take your infant out for a daily self-care walk. As you enjoy the fresh air together, gently lomi (massage) their manamana wāwae (toes) for a little extra connection.

## Cognitive Development: Evening Flashlight Play



Need an evening play activity for your infant who is not quite ready for bed? Dim the lights in your living room and show your infant the glow from a flashlight. Place small objects in front of the light and create shadows on the floor. Then slowly move the light in a calming rhythmic pattern. Your infant will use up their last bit of energy tracking the light and shadows. The dim lighting in the room will also cue your infant's brain that it is time to settle down and go to sleep.

## Playful Parenting: Rhythms of the Pahu Drum



Hula Kahiko is a dance led by the strong rhythms of the hula pahu (drum). Make a simple pahu by covering the top of an empty plastic planter with packing tape. (Crisscross the tape to cover.) Show your infant how to tap the pahu quickly with your hands or slowly with a wooden kitchen utensil. Then role model fast and slow movements that flow with the beats. Your infant will get an extra kick if you mimic their movements. The playful connection will fill you both up with the spirit of ola kino maika'i!

# Toddler Activities

12-24 months

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## Social-Emotional Support: Toddler Ho'okipa



Every toddler has their own special temperament. Some toddlers need extra time to observe a new situation before feeling comfortable. When guests come over and you want to encourage ho'okipa (hospitality), be flexible with your expectations. If your toddler is uneasy welcoming guests with honi (kisses), give them other ways to ho'okipa. Your toddler can help pick flowers for the table or put all of your slippers away to help clean up your front porch for your guests.

## Cognitive Development: Gratitude Guessing Game



Play a modified version of No'a, a quiet Makahiki game where a stone is placed under pieces of tapa (cloth) and players guess where it is hidden. Instead of a stone, put your toddler's comfort toy under the cloth. When your toddler guesses correctly and finds the toy say, "We are grateful for you, little stuffie! Mahalo for being so soft and cozy!" Play another round. Repetitive games strengthen brain connections and help your toddler learn.

## Playful Parenting: High and Low Indoor Ball Toss



Don't let the rainy season of Makahiki keep you from practicing ola kino maika'i (overall well-being). Create an indoor ball toss game with your toddler. Gather assorted-sized, empty boxes. Place them high and low in your play area. Then make balls by crumpling different recycled paper, e.g. paper bags, tissue paper, wrapping paper. Take turns throwing the balls into the different boxes. Say, "You tossed that paper bag ball in the box up high! Let's try the wrapping paper ball! Can I have a turn?" Enjoy physical movement together even on a rainy day!

## Social-Emotional Support: Omiyage for Tūtū



Omiyage is a Japanese custom in Hawai'i of taking a gift to those you visit. It is a great way to share ho'okipa (abundance) outside of your home! Next time you visit Tūtū, make an yummy pudding with your preschooler to take with you. Combine 4 c. cubed cooked kalo (taro), 4 c. cubed cooked 'uala (purple sweet potato), 1 1/2 c. coconut milk and 1/4 c. agave in a saucepan. Supervise your preschooler as you cover the pan and bring it to a boil. Simmer for 10 minutes. Yum! A healthy omiyage to take to Tūtū!

## Cognitive Development: 'Ōlelo Nane for Preschoolers



Preschoolers can begin to use their growing cognitive skills to solve simple 'ōlelo nane (riddles). 'Ōlelo nane are puzzles for the mind, creating a fun way for your preschooler to find answers to complex questions! Try this 'ōlelo nane: I'm hot and I live in the sky. I'm bright so don't look directly at me. I go away at night. What am I? Answer: The Lā (sun)! Remember to give your preschooler time to ponder and guess a few times before offering them the answer.

## Playful Parenting: 'Auamo at the Beach



Mahakihi season was a time to harvest and the 'auamo (carrying pole) helped get the harvest home. Have a modified 'auamo relay with your preschooler at the beach. Fill two small buckets up with sand, one in each hand. Pretend your arms are the 'auamo stick and hold each bucket with arms straight out. Take turns carrying the buckets across the beach and pour the sand in a pile. When the sand pile gets really big, mold it to create a cool sand castle together!