

Infant Activities

Birth-12 months

Kēkēmapa | December

Social-Emotional Support: Infant Mālie Toy



Holiday pā'ina (festivity) can be over-stimulating for infants. Make a DIY mālie (calm) toy before heading to your next gathering. Loosely fill a empty plastic water bottle with assorted colored pipe cleaners. Securely seal the lid with glue or heavy duty tape. If your infant appears over-stimulated after being held by family and friends, find an area away from the crowd. Lay your infant down on a blanket to gaze and explore their mālie toy while you sit nearby and enjoy the company of others.

Cognitive Development: Peek-a-Boo Wā 'Au'au



Makahiki season brings peace and relaxation! Boost your infant's cognitive development while enjoying the relaxing effect of wā 'au'au (bath time). Create bubbles in the tub by adding 1 tbsp. of liquid baby-safe soap to running water. Show your infant 2-3 bright bath toys and then hide them under the bubbles. Encourage your infant to splash away the bubbles and find where the toys are hiding. Take in the relaxing sensation of the water yourself and soak your feet while you play.

Playful Parenting: Gross Motor Po'okela



Encourage gross motor po'okela (excellence) with a simple ball and container game. Offer your infant a soft ball to grasp and show them how to drop it in a shallow container while seated. Move the container a little higher out of reach. Offer your hand to help your infant stand with assistance to reach and drop the ball. Then put the container up on a counter and playfully lift and swing your infant up high to drop the ball in from the safety of your embrace.

Toddler Activities

12-24 months

Kēkēmapa|December

Social-Emotional Support: Sharing Ola with 'Ohana



Toddlers enjoy being the center of attention with people who are familiar to them. Put your favorite holiday tunes on repeat and make up simple movements your toddler can mimic. Encourage your toddler to show tūtū, aunties and uncles their special moves at your next holiday gathering. Play the familiar songs and watch your toddler express their inner joy and ola (life) with others. Your toddler will have a sense of po'okela (excellence) as extended 'ohana join them!

Cognitive Development: Ho'omaika'i with Scribbles



Toddlers begin scribbling in circular motions at about 20 months old. Use emerging scribbling skills to create holiday notecards. Cut out shapes and lines from painters tape and press on white cardstock paper to create a design. Have your toddler use crayons to scribble on the paper and over the tape. After your toddler is pau (finished), gently peel off the tape to reveal the scribble art design. Write a note of ho'omaika'i (gratitude) to someone you care about and send it off with aloha.

Playful Parenting: The Rising of Makali'i



The rising of the star constellation, Makali'i, marked Makahiki season and the start of a new year. Create your own starry constellations with your toddler! Get a large cardboard box that your toddler can crawl in. Use a pen to punch puka (holes) throughout the surface. Get a strand of small holiday lights and push one light through each puka. Plug in the lights, then crawl in the box with your toddler. Enjoy gazing at the "constellations" together! Hau'oli Makahiki Hou! (Happy New Year!)

Social-Emotional Support: Wā Hiamoe Box



The holidays can be exciting for preschoolers! Help your preschooler decompress after an energy filled evening with a wā hiamoe (bedtime) box. Find a shoebox and decorate the outside together. Have your preschooler help you put calming items in the box e.g. board books with soothing images, a flashlight, small plush toys, or even a large feather to blow and practice deep breathing. Cuddle your preschooler before bed and model deep calming breaths while settling down with the wā hiamoe box.

Cognitive Development: Counting Kālā At The Store



Preschoolers can recognize the number one on a dollar bill. Head to the store with your preschooler and shop for a small gift for someone you love. Before you get to the register, count the kālā you need to purchase the gift. Say, "This item is \$4.00. Let's count out four \$1.00 bills to pay for our gift." Learning the connection between kālā and its value when shopping for others creates brain connections in math as well as thoughtfulness.

Playful Parenting: He'e Hōlua with Ti Leaves



Keep active with your preschooler during the holidays with this fun makahaki based activity. Take your preschooler he'e hōlua (sledding) with ti leaves! Hold 1-2 large ti leaves by the stalk and sit down evenly on them. Show your preschooler how to push off with your feet and slide down a grassy hill. Then encourage your preschooler to he'e hōlua! Once your preschooler feels confident, challenge them to a race! Running up the hill and sliding down again is a playful way to stay active during the holiday season.