

# Infant Activities

Birth-12 months

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## Social-Emotional Support: Air Travel with Infants



Infants can become over-stimulated by the noise and stress of traveling on an airplane. Offer your infant the bottle, breast or pacifier during your flight. Sucking will not only soothe them but will help with pressure in their ears. While you hold your infant on your lap, offer your aloha (love) hum a familiar tune. Even if your infant can't hear your voice clearly over the plane's engine, they will feel a soothing vibration from your chest.

## Cognitive Development: Pa'ahana Infant Play



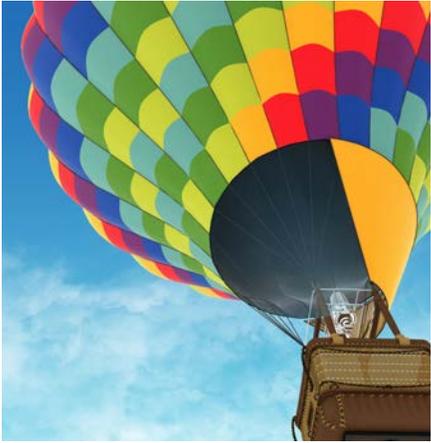
At 10 months old, infants can begin to unwrap items with their fingers. Develop your infant's growing cognitive and fine motor skills by loosely wrapping a toy in a piece of material or paper. Show the wrapped toy to your infant and ask with curiosity, "What's inside?" Then encourage them to remove the wrapping. Have your infant watch as you wrap up the toy again. Repeat this exchange until your infant grows tired of the game. Even infants are pa'ahana (hardworking) when they are offered a challenge!

## Playful Parenting: Bumping Up and Down!



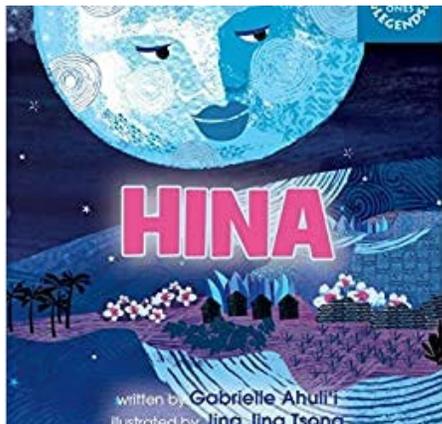
Infants will coo and babble along when you kani ka pila (play music). Sing this fun mele (song) while tapping your fingers on makeshift instruments. Tap your fingers on recycled containers for a pahu (drum) beat and use a chopstick to tap a glass and create a chime sound. Then sing, " Bumping up and down in my little yellow wagon, bumping up and down on my little blue skateboard, bumping up and down on my little green bicycle, let's ride off together! Listen to the original song by Raffi here: <https://youtu.be/IfD7iHGYugQ>

## Social-Emotional Support: Toddler Hanu



Toddlers can feel easily frustrated as they learn to do more on their own. Teach this transportation-based breathing technique to cue your toddler on calming their feelings of frustration. Put your hands on your head and interlace your fingers. As you hanu mai (inhale), raise your arms, inflating an imaginary hot air balloon. Then as you hanu aku (exhale), lower your hands back to your head for a "hot air balloon" landing. Encourage your toddler to follow you and notice when their breathing slows down.

## Cognitive Development: Travel to the Moon



Hawaiians not only relied on the stars to guide them along the kai (ocean), but also studied the mahina (moon). The full mahina, Hoku, signaled a good day to take the wa'a (canoe) out to sea for fishing. Enjoy reading this toddler friendly mo'olelo (story) about Hina, the Hawaiian goddess of the mahina. Hina longs to live on the mahina and finds a way to travel there. Head outside with your toddler after the story to find and point to the mahina.

## Playful Parenting: He'e Nalu Balancing Fun



Toddlers are developing their balance and coordination. Challenge their growing skills with an indoor he'e nalu (surfboard) game. Line up 3-4 foam pool noodles on the floor. Then lay a foam kick or bodyboard on top of the noodles. This will create a gentle ebb and flow to your toddler's balance. Start with your toddler sitting on the board and hold their hands as you gently sway side to side or back and forth. When your toddler feels comfortable, help them stand up. Hold hands together as your toddler "surfs" the big waves.



# Preschooler Activities

24-48 months  
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## Social-Emotional Support: Does Your Car Have a Name?



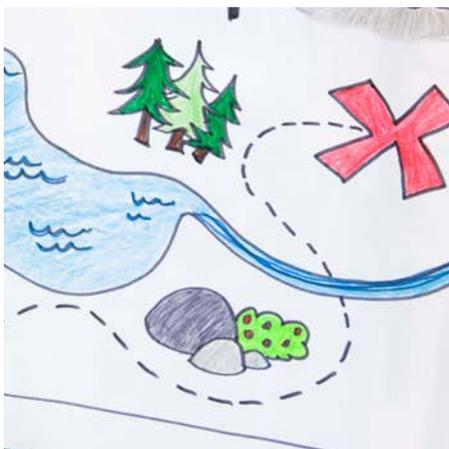
Next time you wash your car, invite your preschooler to join you. Explain how your car will last longer if you take the time to mālama it. Share with your preschooler how Hawaiians believed people lived up to the names they were given. While you are scrubbing away together, come up with a name for your trusty vehicle that gets your 'ohana safely around town. Teaching preschoolers to practice aloha (love) for the things that mālama them is a timeless Hawaiian value.

## Cognitive Development: Wa'a Experiment



Hawaiians relied on natural resources when building modes of transportation. They were pa'ahana (hardworking) and persevered to find out what worked best. Head outside with your preschooler and gather leaves, twigs, bark and other natural items to build different wa'a (canoe). Once built, test the different wa'a in a shallow container of water. See which wa'a floats best. Race the wa'a to find out which one travels the fastest. Your preschooler will connect the value of pa'ahana with fun!

## Playful Parenting: Symbols Around Town



Wayfinding is understanding how to travel from one place to another. Turn running errands into wayfinding play! Before you head out, map your route with symbols that represent each stop. Have your preschooler be your trusty crew member and hold the map as you drive. As you reach each destination, point to the symbol and say, "This symbol means we are at the market! Let's buy our food! The next symbol we are headed to looks like the place where we get tūtū's medicine!"