

Social-Emotional Support: Lavender Insect Repellent



Lavender oil can soothe your fussy infant and it can also help to prevent insect bites. Dilute 1-2 drops of lavender oil into 1-2 Tbsp. coconut oil. Rub a few drops in your hands then lightly pat your infant's clothing and skin before heading outside. As you connect to the 'āina, place your attention on your breath. Take several hanu mai, hanu aku (deep breaths in and out). The lavender scent you both inhale will protect you from bites and give you a sense of mālie (stillness) .

Cognitive Development: Infant Footprint Pinao



At three months, your infant begins to play with their wāwae (feet). Introduce your infant to the sensory experience of paint! Use washable paint to gently cover the bottom of their wāwae. Notice how your infant's toes wiggle when they feel the brush against their skin. Press your infant's painted wāwae on a blank notecard. Draw dragonfly wings off the narrow end of the footprint to create a Pinao (Giant Hawaiian Dragonfly). Send the card with aloha to someone who loves your infant.

Playful Parenting: The Playful 'Ūhini Nēnē Pele



You can find the 'Ūhini Nēnē Pele (Dark Lava Cricket) in lava tubes on Hawai'i Island. Collect large cardboard boxes and tape them together to design a "lava tube" that you can both fit in. Grab a flashlight and encourage your infant to crawl in the tube with you. Say to your infant, "Where is the 'Ūhini Nēnē Pele? Can we find him?" Point the flashlight at different spots to encourage your infant to track the light with their eyes. Have fun pretending to spot the 'Ūhini Nēnē Pele together!

Social-Emotional Support: Nananana Makaki'i Feeling



The Nananana Makaki'i (Happy Face Spider) naturally exudes a positive feeling by the markings on its back. However, these smiley markings keep the spider safe from predators. Show a picture of the Nananana Makaki'i to your toddler and see if they can find the smiley face. Then have your toddler bring you 3 items that make them feel happy. It may be a soft blanket, a special toy or a familiar t-shirt! Keep these items handy the next time your toddler needs a positive distraction.

Cognitive Development: 'Elima Little Leafhoppers



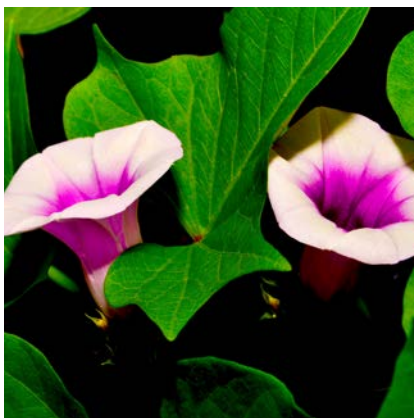
Have fun teaching the numbers in Hawaiian to your toddler with a insect fingerplay called 'Elima (Five) Little Leafhoppers. Say, "'Elima little Leafhoppers (wiggle all five fingers), sitting on a branch (rest your fingers on your arm). Along came makani (wind) as quiet as can be. And blew (blow on a finger) off a Leafhopper so he was free." Start the rhyme from 'elima and move down to eha (four), ekolu (three), elua (two), ekahi (one) and 'ole (zero). Ho'omaika'i (honor) toddler for following along!

Playful Parenting: Catching Insects With My Hands!



Toddlers are strengthening the fine motor muscles in their hands that help grasp small items with precision. Offer a playful way for your toddler to practice this skill! Put small toy insects in the bottom of a shallow plastic container. Wrap a strand of yarn around the bin in different directions to create a "web" on top. Model how to "catch" an insect from under the yarn web. When your toddler "catches" an insect on their own, notice and say, "Ho'omaika'i (Good)! You caught one!"

Social-Emotional Support: Kuleana Over the Nalo Meli



The Nalo Meli (Honey Bee) can make your preschooler feel afraid of getting stung. Remember, what you focus on you get more of! Shift your preschooler's focus from fear to a sense of kuleana (responsibility) over the Nalo Meli. Explain that the Nalo Meli helps pollinate flowers which helps more fruit to grow. Next time the Nalo Meli comes buzzing by, you can hold hands, breathe, and calmly guide the Nalo Meli back to the flowers to do their job.

Cognitive Development: Pulelehua Spotted Wings



Preschoolers can categorize by color. Draw outlines of several Pulelehua (Kamehameha Butterfly) with crayons and paper and have your preschooler kōkua (help) you color them in. Tell your preschooler that wāhine (female) Pulelehua have ke'oke'o (white) spots on their wings and kāne (male) have 'alani (orange) spots. Then give your preschooler a handful of ke'oke'o and 'alani pom-poms and encourage them to decide which Pulelehua will be wāhine and which will be kāne by placing the pom-poms on the wings of each Pulelehua.

Playful Parenting: Playful Pollination



Teach your preschooler about pollination in a playful way! Draw various pua (flowers) on pieces of paper. Fill in the middle of each pua with assorted colored chalk. Place the pua all over the room then give your preschooler a cotton ball to hold. Buzz about the room together and rub the cotton ball over the chalk of each pua. Point out the different colored chalk "pollen" that your cotton balls pick up. Keep collecting pollen together, "buzzing" from pua to pua!