

Kepakemapa| September

My 'Ohana

Infant Activities

Social-Emotional Support: A Hui Hou! I'll Be Back!



It can feel confusing when your infant clings to you after someone familiar like tūtū reaches out to carry them. However, it's common for infants to show signs of separation anxiety at about 8 months old. They may even cry and crawl after you when you walk to another room in your home. Being mālie (calm) when they cry will give them a message of security. Assure them by using a melodic tone to say, "A hui hou (until we meet again)! You're safe. Mama loves you. I'll be back."

Cognitive Development: Crawling to My 'Ohana



Infants are learning how to coordinate their kino (body) to creep and crawl. Motivate your infant to keep working at it with this fun 'ohana photo crawling activity. Draw or print 'ohana members on printer paper. Spread the images out on your carport or smooth floor. Use clear tape and secure the images down. Encourage your infant to creep and crawl to each photo. When they reach an 'ohana member, put a name to the image. Say, "You crawled to Kanoi! That's your sissy!"

Playful Parenting: Manamana Lima Play



Next time you notice your infant getting fussy while you wait in line at the store, turn your manamana lima (fingers) into a engaging fingerplay. Take a ballpoint pen from your bag and draw little faces on the frontside of your manamana lima. Wiggle them while you softly sing, "You are my pēpē (infant), my little pēpē. You make me happy, when I am sad. I want to tell you, I really love you. When I'm with you, I am so glad." (Sung to the song, "You are My Sunshine.") These playful exchanges are bonding and make waiting easier.

My 'Ohana

Toddler Activities

Social-Emotional Support: Just Like Me!



It's easy to think that your toddler can sense who their extended 'ohana is but that is not always the case. If your toddler is hesitant to warm up to an extended 'ohana member, notice similarities they both share. Say, "Look! Uncle Bo has brown maka (eyes) just like you! He has curly hair too! Uncle Bo is your 'ohana!" Pointing out common traits creates a sense of trust and belonging. Your toddler will also appreciate the extra time getting comfortable with those who have aloha for them.

Cognitive Development: The Pu'uwai of My 'Ohana



When toddlers use their hands to dig and explore, they are developing cognitive skills. Make a digging container using photos or drawings of your 'ohana. Cut out small pu'uwai (hearts) out of thick paper. Glue photos of your 'ohana to the pu'uwai. Tear scratch paper into small pieces to fill a shallow plastic bin. Bury the pu'uwai cutouts in the bin. Then show your toddler how to use their hands to dig in the paper and find the pu'uwai cut outs. When they grasp one, notice and say, "You found Papa!"

Playful Parenting: Time to Make Ma'ema'e!



Part of being an 'ohana is working together to keep your home ma'ema'e (clean). Give your toddler a fun way to kōkua. Hand them a grocery bag and walk around the house together to load up toys and other small items from the floor. After the items are picked up, walk with your toddler and "deliver" the items back to each room e.g. teddy goes back on the bed, hairbrush goes back in the bathroom. High five! You're teaching your toddler that keeping the home ma'ema'e together is fun!

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Preschooler Activities

Social-Emotional Support: Keiki O Ka 'Āina



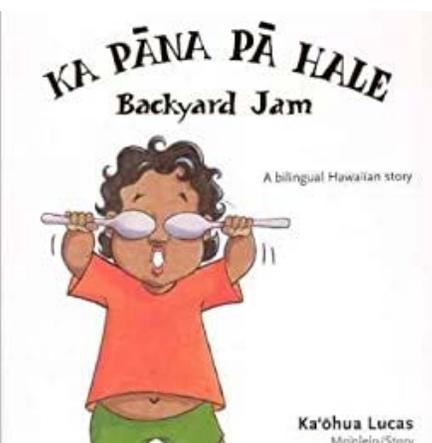
Kalo is more than a plant to our kūpuna. Kalo represents an 'ohana connection to Hāloa, the first Hawaiian. Teach your preschooler how to plant kalo with pono (good) intentions. As you plant, encourage your preschooler to be gentle and kind, just like they would treat someone they love. Say, "When we care for kalo, it's like caring for our 'ohana! Let's give aloha to this kalo so it grows strong." Treating kalo like 'ohana is helping to raise keiki o ka 'āina (children of the land.)

Cognitive Development: Sharing Food with 'Ohana



Potlucks are common in Hawai'i and allows 'ohana to share their favorite dishes with another. Potlucks also give your preschooler a chance to develop their senses by smelling, tasting and touching new foods. After a bite of mochiko chicken, connect words to what they might be sensing and ask, "Was that salty or sweet? Crunchy or soft?" Then make a deeper connection between 'ohana and food and say, "Tūtū brought that! She used to make mochiko chicken for me when I was your age!"

Playful Parenting: Kani Ka Pila with My 'Ohana



Kani ka pila (playing music) brings life to an 'ohana. Keiki are celebrated when they get up to dance to a mele (song). Read the story, "Ka Pāna Pā Hale," using the tune, "Who Stole the Cookie from the Cookie Jar?" When you are pau (finished) reading, create your own ka pāna pā hale (backyard jam). Collect items in your home that make rhythmic sounds together like wooden spoons and tin cans. Then head outside and kani ka pila together with your DIY instruments!