

# Nowemapa|November

## Healthy Living

### Infant Activities

#### Social-Emotional Support: Pehea 'Oe?



"Pehea 'oe?" ("How are you doing?") shows care and concern over the wellbeing of others. Use this 'ōlelo Hawai'i (Hawaiian language) phrase with your infant during their daily routines. When your infant wakes from a long nap say, "Pehea 'oe? You look ho'omaha (rested)." When they signal they are all pau (finished) eating, use the phrase again and say, "Pehea 'oe? You are mā'ona (full)!" You are making a connection to how your infant feels with healthy routines like sleeping and eating.

#### Cognitive Development: Mahalo me ke Aloha



Use your infant's wāwae (feet) to design a mahalo card for someone you love. Use non-toxic paint and a small paintbrush to gently cover the bottom of your infant's wāwae. The sensory experience of seeing and feeling colorful paint will intrigue your infant which supports cognitive development. Stamp wāwae prints on paper, creating the shape of a pu'uwai (heart). Send off with gratitude from the bottom of your pu'uwai to the tip of your infant's wāwae. Mahalo me ke aloha (gratitude with love)!

#### Playful Parenting: Move Your Kino!



Build your physical strength while engaging your infant in a playful way. Lie on your back and bend your knees at a 90° angle. Keep your legs parallel to the floor and rest your infant securely against your shins. Hold your infant as you lift your head, shoulders, and hips off the floor. As you move your kino (body) up and down, make silly facial expressions and sounds that bring laughter to your infant. Physical movement and playful connection are olakino maika'i (overall well-being) for you and your infant!

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### Toddler Activities

#### Social-Emotional Support: Ho'okipa Through Play



Makahiki was a season to show ho'okipa (generosity) and share in the harvest. Pretend to make poi for others with playdough as kalo. Gather teddies and dolls with your toddler and sit them down at a small table. Then find smooth pōhaku (stones) outside and show your toddler how to use the pōhaku to press pieces of playdough down flat. Say, "Let's ku'i kalo (pound poi) and give it to our friends! Teddy loves poi!" Practicing ho'okipa through play is a wonderful stepping stone to giving from the heart.

#### Cognitive Development: Constellation Placemats



The Makali'i constellation marks the start of Makahiki season (feast and harvest season). Have your toddler practice their fine motor skills by creating constellation placemats. Recycle used kitchen sponges by cutting out hōkū (star) shapes. Show your toddler how to dip the sponges in white or yellow non-toxic paint and stamp hōkū on black construction paper. After the hōkū dry, cover the paper with clear mailing tape. Enjoy a Makahiki feast together with your constellation placemats.

#### Playful Parenting: Mākaukau e Hele!



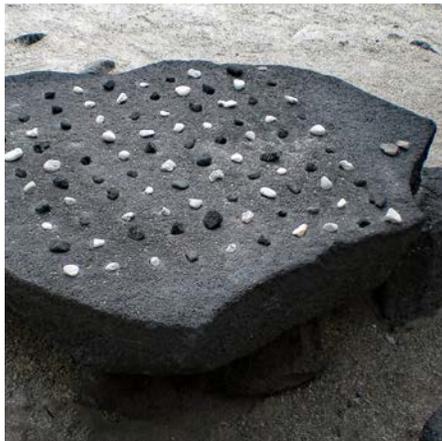
Toddlers are learning how to use their kino (body) to coordinate pushing things across the floor. Pretend to be kūkini (swift messengers) of traditional Hawaiian times and have your toddler use a laundry basket to deliver a toy from one room to another. Make it playful and say, "Mākaukau e hele!" ("Ready, set, go!") Cheer your toddler on as they gain momentum pushing their basket along the floor. Notice and say, "You are fast like a kūkini!"

## Social-Emotional Support: Mahalo Mea i Loa'a



Teaching your preschooler gratitude supports social emotional development! Create an 'ōlelo no'ēau (Hawaiian proverb) reminder of gratitude for your home. Take index cards and write out, Mahalo ka mea i loa'a (Be thankful for what you have). Have your preschooler use crayons to decorate the cards. On the back of the cards, write or draw the things that make you both feel grateful. Then use clothespins to hang the 'ōlelo no'ēau cards to a string tacked across a wall as a gratitude reminder.

## Cognitive Development: Game of Strategy



Kōnane was a game that was enjoyed during makahiki (feast and harvest season). Similar to checkers, players used strategy to jump over stones to remove them. The winner was the one with the last jump. Make your own kōnane by cutting open a brown paper bag and painting 6 rows of 6 black circles on it. While it's drying, collect stones for one player and small leaves for another. Place your pieces on the circles and take turns trying to jump over each other. Le'ale'a 'oe! (Have fun!)

## Playful Parenting: Mele in the Kitchen



Eating fresh food from the 'āina (land) is part of olakino maika'i (overall well-being). Make a healthy smoothie bowl with your preschooler. Help them pour 1c. milk into a blender. Have your preschooler add in a handful of chopped mango or banana then blend until smooth. Help your preschooler pour the mixture into a bowl then have them sprinkle granola on top of it. Turn the recipe into a mele (song) by singing the directions. Add the lyric, "Making food is messy and that's okay with me!"