

Social-Emotional Support: I Hear You!



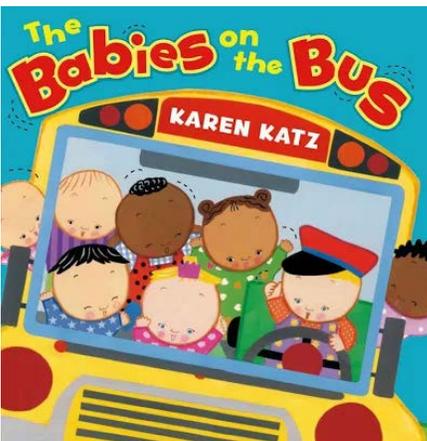
Your infant can feel disconnected from you while riding in their car seat since seeing you makes them feel safe. Although they can't see you in the car, hearing your voice can assure them that you are still close. Sing this simple mele (song) the next time you take a ride together. "Vroom-vroom, zoom-zoom little car, how I wonder where you are. Driving down the streets all day, stop, then go, you never stay. Vroom-vroom, zoom-zoom little car, How I wonder where you are." *Sung to the tune of Twinkle, Twinkle, Little Star.*

Cognitive Development: Splash Splash Wa'a



Water play encourages your infant to be pa'ahana (hardworking) as they grasp for items that float by them. Lay a tarp down outside and tape the corners up. Pour water on the tarp until there is a shallow pool. Add toy boats to the water and encourage your infant to crawl and grasp the boats. If you don't have boats, use large leaves from your yard. Say, "The wa'a (canoe) is sailing away! Can you get it?" Remember to always supervise your infant when playing in water.

Playful Parenting: WikiWiki Bus Snack



Make snacktime playful and turn simple slices of strawberries and bananas into wheels for a bus! Turn a rectangle graham cracker horizontal on your infant's high chair tray. Line 4 slices of circle shaped fruit along the bottom of the cracker. Point out to your toddler that you made a wikiwiki (fast) bus for a snack! Push the snack across your infant's tray and make wikiwiki bus sounds. While snacking, enjoy reading the book, "The Babies on the Bus" by Karen Katz.

Social-Emotional Support: Mokulele Social Story



Social stories prepare your toddler for what to expect and create a sense of safety. Before your toddler's first trip on a mokulele (airplane), write a social story for them. On each page of your book, write a sentence on what to expect i.e. "We fasten our seat belts" or "The jets are loud". As you read the story to your toddler, have them scribble on the pages so they have a role in helping to make the book. Pack it in your carry on and after you are both seated in the mokulele, read it again together.

Cognitive Development: Driving with Hōkū



Hawaiian voyagers used the hōkū (stars) to guide them across the sea. Make hōkū magnets by cutting out assorted-sized hōkū from colored paper. Cover the hōkū with clear mailing tape and seal. Finish by sticking a square of magnet tape on each one. Next time you run errands with your toddler, give them a small metal cookie sheet to hold in their lap. As you reach each destination, give your toddler a hōkū magnet to stick to the cookie sheet. Now the hōkū are part of your "voyage" around town!

Playful Parenting: Let's Run! Ō,ō, 'Oia!



Running on foot is the most basic form of transportation. In fact, Hawaiians held heihei kūkini (foot races) to see who could run on foot the fastest. Challenge your toddler with a playful heihei (race). Scatter bright scarfs or cloth napkins in the yard. Then Ō,ō, 'oia! (Ready, set, go!) Encourage your toddler to run and gather as many scarves as they can. Don't forget to play along and gather some as well. Notice your toddler being pa'ahana (hardworking) as they run as fast as they can.

Social-Emotional Support: Riding a Lio



Create a DIY lio (horse) riding toy with paper, markers and cardboard tubes leftover from holiday wrapping paper. Draw the silhouette of a lio head on paper with a marker. Have your preschooler draw in the details then help you cut it out. Glue it to the end of the cardboard tube. Before you say "Giddyap!" model using a kind tone to tell your lio you are climbing on for a ride. Teaching your preschooler to treat animals with aloha is social emotional development!

Cognitive Development: Super Roadway Fun



Create a super roadway together. Build bridges by stacking blocks or small recycled containers on each other. Have your preschooler help you cut out the sides of empty milk cartons to make different shaped tunnels. Prop cardboard on containers to make ramps. Encourage your preschooler to experiment with how high and wide their bridges, tunnels and ramps need to be for their toy cars to travel safely. When preschoolers build, they are developing their cognitive skills. Don't forget to shaka and drive with aloha!

Playful Parenting: Heihei Hōlua at the Park



Hawaiians had fun racing their hōlua (sleds) down steep mountain hills. Create two hōlua using an empty egg carton. Cut the carton in half for you and keiki to share. Decorate each hōlua with washable paint. While drying, find small toy figures in your home to use as hōlua riders. Place them in each carton. Take your hōlua to a local park that has a slide for a heihei hōlua (sled race). Have your preschooler sit down securely at the top of the slide with both hōlua and see which one glides down the fastest. Chee-hoo!