

# Malaki|March

## Animals

### Infant Activities

#### Social-Emotional Support: Lokomaika'i 'Ōpe'ape'a Wrap



Hugs support your infant's social-emotional health. A gentle touch and hug from a loved after bath time helps soothe your infant. Model lokomaika'i (kindness) with a 'ōpe'ape'a (bat) wrap hug. As you wrap your infant in a warm towel, give them a comforting lokomaika'i hug from behind, just like a mama 'ōpe'ape'a wrapping their wings safely around their little one. The physical touch of a safe hug promotes security, attachment, and connection with your infant. It also helps with a good night's sleep.

#### Cognitive Development: 'I'iwi Watching



'I'iwi birds are bright red and will catch your eye in the forest. Create an i'iwi bird to give your infant practice using their eyes to track a moving object. Trace and cut out your infant's handprint on red paper or felt. Add a long curved beak, red feathers and eyes. Attach a string. Lay your infant down and hold the 'i'iwi about 10 inches from their face. Slowly flutter the 'i'iwi back and forth and watch your infant follow it with their eyes. Say, "You did it! You found the 'i'iwi!" Happy bird watching!

#### Playful Parenting: Hau'oli Pua'a, Hau'oli Kao



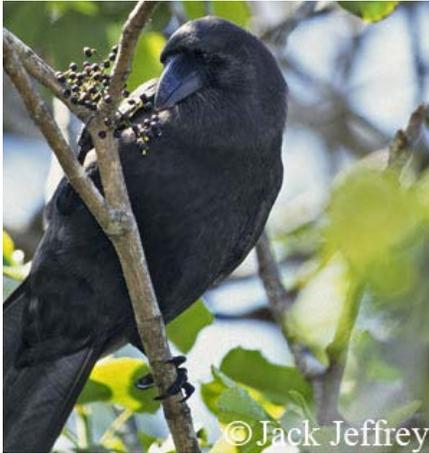
Changing the lyrics of a familiar song is a le'ale'a (fun) way to nurture close connections. Hold your infant and sing, "If You're Happy and You Know It" with these animal-themed lyrics. "If you're hau'oli like a pua'a (pig), roll on the ground (gently rock your infant back and forth). If you're hau'oli like a kao (goat), jump up and down (gently bounce your infant up and down). If you're hau'oli and you know it, then make an animal sound and show it, "Oink, oink," "Maa, maa!" If your infant seems hau'oli while listening, hana hou (repeat) the song with other animals.

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### Toddler Activities

#### Social-Emotional Support: Safe in the Pūnana



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The 'Alalā (Hawaiian crow) builds a pūnana (nest) in the nook of a tree to keep its chicks safe. Create a pūnana for your toddler to safely play in while you get your chores done. Make a pūnana of pillows behind your toddler's safety gate or in a safe area in your home. Fill up a bin with toddler friendly toys that only come out when your they play in the pūnana. Check in after each chore and spend a few minutes playing in the pūnana together. Check-ins help your toddler feel safe and is a concrete reminder that you are always close.

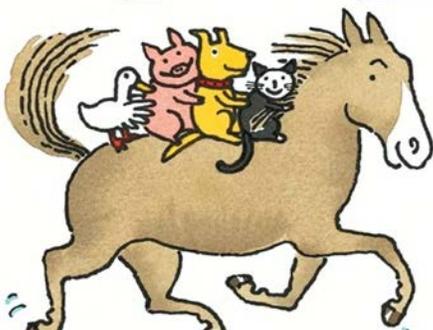
#### Cognitive Development: Recycled Treat 'Eke



Turn an empty pet food 'eke (bag) into a cute treat 'eke. Cut off the top of a pet food 'eke then cut the piece into narrower strips. Have your toddler help you tape each strip to the top of the 'eke to make handles. Practice counting with your toddler as you place pet treats into your new 'eke. Say, "Ekahi (one) treat, elua (two) treats for our pet!" Connecting numbers to objects introduces the important math skill of counting with one-to-one correspondence. Remember to count again as you give your pet ekahi or elua treats!

#### Playful Parenting: Le'ale'a Lio Roll

### Clip-Clop!



Rolling on the ground helps a lio (horse) relieve tension. You'll often notice a lio rolling on its back after a long day at a rodeo. Turn this fun fact into a playful way to decompress with your toddler. After you get home from a day of errands, read the book, "Clip Clop" by Nicola Smee. After reading, be like a lio and model how stretching and rolling is relaxing after a morning of riding around. Make it extra playful by making the sounds of a lio as you roll and relax.

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### Preschooler Activities

#### Social-Emotional Support: Stand Like a Tree



Encountering an unfamiliar 'īlio (dog) can be a fearful situation. Teach your preschooler what to do if an unfamiliar 'īlio approaches them. Show your preschooler how to "Stand Like a Tree" with your hands hidden under your folded arms. Show your preschooler how to look away from the 'īlio and find a tree or cloud to look at instead. Practice this technique together using a stuffed animal. Say, "You seem scared of the 'īlio. Show me how to stand like a tree. Maka'i! (Good!)" Your preschooler will gain confidence knowing what to do if they feel afraid of a 'īlio.

#### Cognitive Development: Whoooo Got Pueo Facts?



Preschoolers ask questions to learn about their interests and the world around them. Sometimes preschoolers ask questions that adults don't have the answer to, e.g., "Can pueo (owls) spin their heads all the way around?" or "Why does a pueo puke?" These and other questions can be answered with keiki friendly non-fiction resources, e.g., National Geographic® Kids Magazine. The next time you visit the library, stop by the non-fiction section and learn facts about pueo. During bath or bedtime, ask keiki to recall a few pueo facts to encourage reading comprehension.

#### Playful Parenting: 'Apapane Hide and Seek



The feathers of the 'apapane were very special in Hawaiian culture and used to make feather cloaks. Native Hawaiians would place sap on a tree branch to catch the 'apapane. They would pluck off a few feathers then set the bird free. Play a fun game of 'apapane hide and seek with your preschooler. Draw or print an 'apapane on a piece of paper and cut it out. Place sap (tape) to the back of the cutout. Take turns sticking the 'apapane on low branches in the yard while the other seeks to find it. When you find it, set the 'apapane free and remove the sap!