



Scan the QR code to read digitally

## Social-Emotional Support: Mālama Clean-up Crew



The Sand Sifting Starfish is a member of the mālama kai (ocean) clean-up crew! It sifts through sand to find food which helps keep the kai clean. Encourage your infant to be a member of your mālama clean-up crew at home. Use clear bins to sort toys and store in the closet. This allows your infant to see that each toy has its place. Have your infant help you load up the bins when it's clean up time. Say, "It's mālama clean-up time! Help mama put the toys away." Empowering your infant with a role during clean-up develops confidence which is an important part of social-emotional development.

## Cognitive Development: The Growing Ulua



Did you know that ulua fish have different names as they grow? They are pāpio (young), pā'ū'ū (intermediate), and ulua (adult). Around 8 months, infants learn the names of words and between 12-18 months, they become aware of sizes. Cut out small, medium, and large-sized fish from paper. Show your infant two different-sized fish. Describe the size they reach for or look at. Say, "That's a 'big' ulua or 'small' pāpio." Hana hou (Repeat). Your infant is growing in cognitive math skills as they are exposed to the names of ulua sizes.

## Playful Parenting: Follow the Nai'a



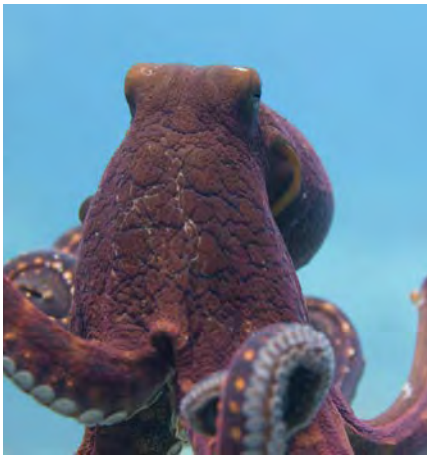
Nai'a (Dolphins) are playful acrobats of the moana (open sea). Play "Follow the Nai'a" with your infant. Get your infant's attention by making a nai'a clicking sound with your tongue. Make a nai'a tail slap by patting your hands together. Encourage your infant to try and mimic your hand movements. Repeat with other nai'a motions, e.g., bounce up and down, twist your arms back and forth, your head up and down, etc. If your infant does not mimic you, help them make the movements or try again later. Learning to mimic movements with playful games promotes social development.

## Social-Emotional Support: Mahalo Kahakai



Playing at the kahakai (beach) is a fun outing for toddlers, and packing up to leave can be a tough transition. Prepare your toddler for leaving the kahakai with a "Mahalo Kahakai" countdown. Say, "In five minutes, it will be time to mahalo the kahakai and say bye-bye." Countdown each minute using a calm, matter-of-fact tone. At the one-minute mark, say, "One more minute! Finish up digging." If calling out minutes confuse your toddler, use a timer on your phone. When the timer goes off, say, "Mahalo kahakai for our fun-filled day!" Model waving bye-bye to the beautiful kahakai.

## Cognitive Development: Popping He'e Maui



The He'e Maui (Day Octopus) is spotted in Hawai'i waters during daylight hours. Their eight arms with suction cups help them cling to the reef. Create a popping He'e Maui to practice one-to-one correspondence with your toddler. Cut out a large circle from paper to make the he'e body. Slice eight strips of large bubble wrap and tape them to the circle to make he'e arms. Count each suction with your toddler as you pop the corresponding bubble wrap. Your toddler will have fun practicing one-to-one correspondence the He'e Maui way!

## Playful Parenting: Ko'anako'a at Home



The ko'anako'a (maro reef) is the largest linear-shaped coral reef located Northwestern of the Hawaiian Islands. Have fun creating a ko'anoko'a at home with your toddler. Turn a recycled egg carton into the ko'anoko'a. Encourage your toddler to be creative and scrunch colored tissue paper into balls of different sizes to make coral. Bend pipe cleaners to form algae and ocean reef animals. Toddlers learn and develop their ideas through creative activities. Set a time each day for creative play and watch your toddler's imagination grow.

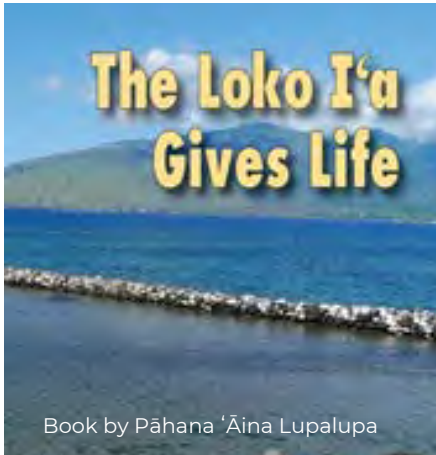
# Mei/Iune|May/June

# Ocean Life

## Preschooler Activities



### Social-Emotional Support: Ho'omau Loko I'a



Foster ho'omau (perseverance) in your preschooler. Read the book, "The Loko I'a Gives Life." Explain how native Hawaiians made a loko i'a (fish pond) by stacking stones. Point out how the mākāhā (sluice gate) allowed small fish to swim in from the kai (ocean) and kept large fish from swimming out. Challenge your preschooler to build a loko i'a of their own using sand, stones, sticks, and water. If the mākāhā falls or water spills, say, "Ho'omau! Try another way to build the mākāhā." Noticing your preschooler's efforts enhances their drive to ho'omau.

### Cognitive Development: Kai Safety Symbols



Teach your preschooler the kuleana (responsibility) to identify kai (ocean) safety symbols that are posted at Hawai'i's shoreline. Review the symbols together at this website: <https://oceansafety.hawaii.gov/>. Explain what it means to be safe and mālama i ke kai (care for the ocean), e.g., avoid stepping on coral and wana (urchins), never turn your back to the kai, etc. Have your preschooler draw the safety symbols in a journal. This is a hands-on way for your preschooler to learn kai safety while developing the literacy skill to identify symbols.

### Playful Parenting: Honu Li'i Dance Party



Have a Honu Li'i (Little Turtle) dance party with your preschooler. Make honu shells using large foil pans. Punch holes in the corners of each pan then string ribbon through the holes to make shoulder straps. Remember to make one for yourself! Dress in green together and wear the honu shells on your backs. Dance to the tune of "Baby Shark" and sing "Honu li'i doo-doo, doo-doo" while swimming like a honu. Dancing is a great way for your preschooler to express themselves. It's also a fun opportunity to be playful yourself!