

April Infant Activities for

(Birth to 12 Months)

Poi Perfect



**Social Emotional
Support**

Introducing solid foods to your infant is an exciting milestone. Your infant is showing signs that he/she is ready to try solids if he/she sits upright with control of his/her head, shows curiosity with what you are eating, and seems hungry after getting a full day's amount of formula/breast milk. Consider introducing poi thinned with formula/breastmilk as a new solid for your infant to try. Poi is an excellent source of fiber & offers a variety of potential health benefits. Remember, never force your infant to eat a new solid. Offer poi again at different times & keep it a positive poi experience.

That's Me!



**Cognitive
Development**

As you begin to take your infant outdoors, introduce him/her to the warmth of the sun or coldness of the rain. This helps your infant to become aware of the environment that he/she lives in. After a rainy day, take your infant outdoors and show him/her how a puddle's reflection acts like a mirror. Infants are beginning to learn the concept of a mirror as they realize the image that they see is them. For fun, try also showing your infant his/her dirty face in a mirror and let him/her watch while you wipe it clean. Soon he/she will recognize his/her reflection and say "That's Me!".

Grassy Toes



**Playful
Parenting**

Wet toes, dry toes, cold toes, warm toes and don't forget grassy toes. Who would of thought that a backyard could bring so much sensory experiences for infants to feel different textures between their little toes. Take your infant outside and let him/her feel the textures of the grass while sitting or walking through it. If your infant does not like the texture of the grass, try laying a light blanket or sheet over the grass, allowing your infant to feel the texture through it. You can bring some toys from home to make it playful! Don't forget to bring a hat or some sunscreen to prevent sunburns.

April Toddler Activities for (12-24 Months)

Bookmarked Memories



**Social Emotional
Support**

Going on a nature walk with keiki is a healthy way to bond & build positive memories. Together pick pretty leaves and flowers. Place the leaves and flowers between wax paper & press them inside a book. Arrange the pressed leaves & flowers on a piece of card stock or manila folder and cover with clear contact paper. Cut into book-marks as a memory of the special time that you spent together. This will make story time extra special too.

Keiki Terrarium



**Cognitive
Development**

Teach keiki how to care for living plants by making their own keiki terrarium. Allow keiki to use his/her recyclable toys as decorations to make their terrarium extra special. Fill the bottom of a mason jar or spaghetti sauce jar with small pebbles or rocks for proper drainage. Next add potting soil about 3/4 of the way up. Pick 1-2 small indoor plants and place them in the terrarium. Leave a small section for keiki to decorate with his/her toys. Place your terrarium in a sunny indoor spot and water when soil becomes dry.

Planting A Tree



**Playful
Parenting**

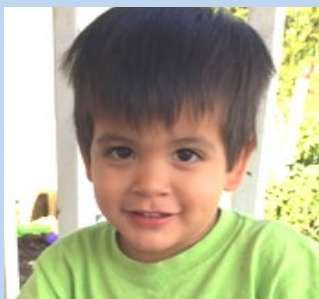
Here's a fun finger play song that you & keiki can do together to learn about planting a tree. Create hand motions together to follow along for some playful fun!

“First we take the seed & we plant it in the ground, the ground, the ground. We plant it in the ground. Then we take the water and we pour it all around, around, around. We pour it all around. Then we give it air, sunshine and time. The tree starts to grow. Ain't that fine.”

April Preschooler Activities for (24-48 Months)



Color Me Beautiful



**Social Emotional
Support**

Early Hawaiians extracted dyes from plants using their roots, leaves, bark, flowers & fruit to create color for clothing. Hawaiians believed that clothing absorbed the mana (spiritual power) of the wearer. Help keiki to create a dyed shirt using plants or flowers around your home. Ask keiki to choose which plants or flowers that he/she would like to use. Try using bristles from a ohia lehua for a red dye or petals from a yellow hibiscus for a yellow dye. Place plant parts in hot water to soak for 2 hrs, then place keiki's shirt in the dye for an hour more. Your keiki is learning patience as he/she waits for the dye to set in.

Rain Boot Planter



**Cognitive
Development**

One way to re-purpose your keiki's worn-out rubber rain boots is to turn them into planters. Poke holes through the bottom of your keiki's rain boots for drainage. Have keiki fill the bottom layer of his/her boots with rocks to keep them from tipping over. Then have keiki add newspaper for the next layer. Let keiki dump soil in for the third layer as you plant the flowers on top. Place keiki's rain boot planter outdoors on your porch or near your front door entrance for a cute decoration. By providing keiki with a little prompting & encouragement, you are helping him/her to stay with a task until completed.

Earth Day Seed Balls



**Playful
Parenting**

Teach keiki about Earth Day by creating seed balls that will make planting fun! You can use recyclable paper bags cut into small pieces and place in a bowl. Pour water over your paper bits until the paper is covered. Let your paper soak for 15-20 min. Add the mixture to a blender. Place a coffee filter over a cup and secure it with a rubber band. Pour half of your mixture pulp into the cheese cloth to begin draining. Sprinkle flower seeds on to the pulp and pour the remainder of your mixture on top and squeeze. Roll the pulp in your hand until it is nice and round. Once dried, plant your Earth Day seed balls in some soil and let nature take its course.