



SERVE & RETURN

Raising children is hard. Learn tips on how to practice Aloha at Home to make the job easier.



SMALL ACTS OF ALOHA CAN HAVE BIG RESULTS



**YOU
GOT
THIS**

SERVE & RETURN

Think about Serve and Return as a game of catch where you take turns throwing and catching. This exchange shows your keiki that you are paying attention to their interests and needs.

SIMPLE THINGS LIKE:

- WHEN YOUR BABY SMILES AT YOU, AND YOU SMILE BACK
- WHEN YOUR CHILD SEEMS SAD, AND YOU TAKE THE TIME TO SIT AND LISTEN TO THEM
- WHEN YOU PLAY A GAME OF HIDE AND SEEK WITH YOUR KEIKI

PAUSE & ENJOY TIME TOGETHER

- As busy parents, we tend to only communicate one way to our keiki. Do your homework. Brush your teeth. Go to bed.
- Research also shows Serve and Return builds healthy relationships and strong brain development that lasts a lifetime.
- We can do Serve and Return anytime and with anyone!



5 EASY STEPS

SERVE & RETURN



Let's Learn More

1. Notice

Notice what your keiki is doing, thinking, feeling, and shift your attention to them. That's the "serve". Find those few minutes each day to notice your keiki and interact with them.

HERE'S A TIP
YOU CAN DO THIS IN THE CAR ON THE WAY TO SCHOOL OR WHEN THEY ARE GETTING READY FOR BED BY ASKING THEM HOW THEIR DAY WENT.

NOTICING HELPS

- Communicate that your keiki is loved and valued
- Acknowledge your keiki's joys, skills, and needs
- Build strong attachment between each other
- Establishes mutually enjoyable ways to be together like playing or talking with your keiki

2. Encourage

You “return” this “serve” by responding back to your keiki with encouragement and support. It could be with words or joining in the activity. In some cases, encouragement might be quiet support through your body language and presence.

ENCOURAGEMENT HELPS

- Build confidence by showing you are paying attention and interested in them
- Your keiki feel seen and heard without judgement
- Spark your keiki's creativity and allow them to feel safe to explore

HERE'S A TIP

YOU CAN SAY THINGS LIKE, "THAT LOOKS AWESOME" OR "I'M HERE FOR YOU." AND GIVE EXTRA HUGS OR HIGH-FIVES

3. Name What's Happening

Give a name to what your keiki is seeing, doing or feeling to build connections in their brain. You can even ask them to name things and help them if they get stuck. You can name anything such as feelings, people, activities, and actions.

HERE'S A TIP

YOU MIGHT SAY, "I SEE YOU JUMPING UP AND DOWN," OR "I NOTICE YOU PUTTING AWAY YOUR TOYS." YOU CAN ALSO HELP IDENTIFY FEELINGS LIKE "I SEE YOU CRYING, YOU LOOK UPSET." OR "WOW, YOU SEEM SO EXCITED."

NAMING HELPS

- Give words to what your keiki is seeing, doing and feeling so they can communicate with you
- Get on the same page as your child to ensure what you see and sense is what they are trying to share
- Your child understand their world and their place in it

4. Wait and Take Turns

When you “return” your keiki’s “serve”, wait for them to respond back to you. It may take time or be really quick. Then take turns “serving and returning” back and forth. Keep the interaction going as long as your keiki is interested.

HERE'S A TIP

IT MAY BE TEMPTING TO FILL THE SILENCE OR DO THINGS FOR YOUR KEIKI BUT ALLOW TIME FOR YOUR CHILD TO FIGURE THINGS OUT THEMSELVES. THEN YOU CAN TELL THEM, “YOU DID IT, YOU FIGURED IT OUT ALL BY YOURSELF!”

WAITING & TAKING TURNS HELPS

- Create time for keiki to think about what to say next or identify how they feel
- Give people a chance to cool off if emotions are high
- Build self-control and learning how to get along with others

5. Endings & Beginnings

When do you know when it's time to move on to something else? Your child will give you signals that they are done and ready to move on. It might look like them walking away and moving to a new activity or saying "I'm feeling better," after taking with your child. This is a good time to practice endings and beginnings with your keiki. You can move to the next activity with them or gently let them know you are both ready to move on.

HERE'S A TIP

YOU MIGHT SAY, "I SEE YOU ARE DONE PLAYING CARS. THANKS FOR PLAYING WITH ME." OR "IT SEEMS LIKE YOU WERE SAD, BUT NOW YOU LOOK LIKE YOU ARE FEELING BETTER. I'M HERE FOR YOU WHEN YOU NEED ME."

PRACTICE ENDINGS & BEGINNINGS HELPS

- Your keiki take the lead with you following their lead
- Create a transition to the next idea, activity, or topic
- Give words on how to end things and move on
- Let your keiki know you are available when they need you



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BIG RESULTS**



SERVE & RETURN 'OHANA ACTIVITIES

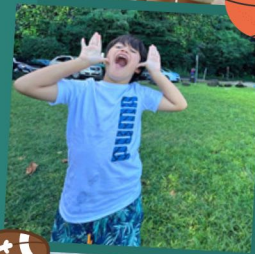
INSTRUCTIONS

PLAY A GAME TOGETHER,
ONCE A WEEK

- POST YOUR SERVE & RETURN GAME NIGHT ON FACEBOOK OR INSTAGRAM
- TAG @ALOHAATHOME TO ENTER
- UNLIMITED ENTRIES
- WIN A FAMILY PRIZE

PLAY TOGETHER

- Cotton Ball Game
- Tracing Your Body
- Mirroring Game
- Red Light, Green Light
- Hide & Seek Post-it Notes
- Hungry, Hungry Toes





Week 1

COTTON BALL GAME

Put a cotton ball on the table or floor.
The object is to blow the cotton ball to
the other person or off the table.

You can also try working together to
get the cotton ball in the center of the
table or floor between you.



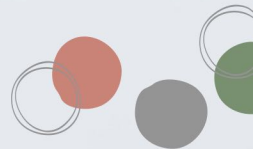
Week 2

Tracing Your Body



Get a big piece of paper and washable markers. Trace an outer part of your keiki's body like foot, hand, elbow, knee, etc. Now take turns and let your keiki trace your body. Do as many body parts as you want.

When you are done, you can color the drawing and hang it up in your house.





ALOHA
AT HOME

Week 3

Mirroring Game

Face each other. Have one of you take the lead and move, while the other person copies them. You could pretend to be an animal, type of sports or scene from a movie. See if you can guess what the leader is doing.


Now take turns being the leader and follower.



Red Light, Green Light

The leader stands on one side of the room and everyone else stands on the other side of the room. The leader calls out how to cross the room (e.g., crawl like a lizard, hop like a bunny, etc). Green light means go and red light means stop. Go until someone high fives the leader.

Choose a new leader and a new way to cross the room.



I am so
thankful you
are my
daughter

I love when
you laugh

You are a
kind brother

Week 5

Hide & Seek Post-it Notes

Write three simple messages about your child like the ones above. Have your child count to ten while you hide them around the room. Let your child find each one then read them out loud together. Give them a hug after each message.

If your keiki is having a hard time finding the notes, you can say hot when they get close or cold when they are far away.



Week 6

Hungry, Hungry Toes

Put a bag of cotton balls in the middle of the floor. Have a bowl on each person's side. Using only your toes, one at a time pick up the cotton ball and put it in your bowl. Stop when all the balls are gone.

If your keiki is little, you can work together with only one bowl.

Ready, set, go!





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