

A Newsletter for Tūtū and Me Traveling Preschool

Happy 2018 Tūtū and Me 'Ohana!

Aloha e Tūtū and Me 'Ohana,

Happy New Year! Your keiki have learned so much in these last few months. We want to thank you for your support of our school and teachers, and congratulate you for your time and effort to bring keiki to school and be supportive first teachers! We know that your keiki will benefit from this opportunity to learn with you for years to come. Please try to pause for a moment each week to reflect with your keiki on all they've learned during the week and compliment them how much they've grown in just a short time. These conversations support keiki's emotional development, supports language skills, strengthens your relationship, and provides an opportunity to talk about their interests and ideas.

Me ke aloha pumehana,

The Staff of Tūtū and Me Traveling Preschool / Partners in Development Foundation

Support Keiki's Social Skills Development At Playtime

Did you know that when parents play with their keiki "just for fun," it improves their social skills and ability to get along with others? To encourage healthy social skills development, try this:

1. During play with keiki, allow them to have a turn selecting the activity and leading the play. Be enthusiastic and responsive to their ideas. Place your phone in your purse or pocket. Allow keiki to enjoy your full attention.
2. Smile and laugh with keiki. Avoid correcting or criticizing. Be a kind and playful friend.
3. Give keiki play time with other children. Developing play skills at an early age helps keiki develop skills that encourage healthy relationships.
4. Teach words of friendship: Can I play too? Let's share. We can take turns. I'm sorry. Let's try again.

Family Fun: Recycled Art Spring Chicks



Supplies:

1 empty egg carton, scissors, glue, acrylic paint, paint brush, construction paper, black marking pen.

Directions:

1. Cut apart 2 egg carton sections. Fit sections together and trim pieces to fit.
2. Glue pieces together and let dry.
3. Paint with acrylic paint and let dry.
4. For the beak: cut paper in a diamond shape, then fold in half & attach with glue.
5. For the feather: cut paper in a leaf shape. Poke a tiny hole on the top of the head and insert paper feather, folding end to fit.

Caregiver Resources: Disaster Preparedness



Are you prepared for an emergency?

Family Emergency Plan:

- **Make an Emergency Kit.** Keep 14-day supply of food, water, & emergency items.
- **Communication:** Know how you will contact family members. Choose an out-of-state contact to notify when safe.
- **Meeting Spot:** Choose a location to meet if communication is down.
- **Plan escape routes:** Map out escape routes for every room of the house.

On January 13th, Hawai'i residents got a serious wake up call when we realized that our emergency supplies were scattered around the house, in short supply, or even non-existent. The Hawaii Emergency Management Agency (HIEMA) recommends a **14-day supply of water** (1 gallon per person per day), **non-perishable foods** like canned pasta, chili & crackers, **medications**, a **battery or solar powered radio**, **flashlights**, **spare batteries**, a **crank-type can opener**, **blankets**, **tarps**, **matches**, a **first aid kit**, **toilet paper and trash bags for sanitation**, **soap & other personal hygiene items**, **eyeglasses**, **important documents** sealed in plastic bags, & other **necessary supplies**. Families with young keiki should include infant formula, diapers, baby food, other essentials, & a few toys and activities. Pets will need water, food & training pads.

For more information, visit the HIEMA website at: dod.hawaii.gov/hiema

Kako'o i Nā Kupa 'Āina : Eat Local

Hungry? Stop by your local Farmer's Market to support our local farmers and enjoy farm-fresh, locally grown fruits, vegetables, and local treats!

Kako'o i Nā Kupa 'Āina means to support those who have worked the land for a long time. Let's honor our local heroes who help to feed our families and care for our 'āina. Here are some great farmer's markets to try:



**Nature's candy
at your local
Farmer's Market**

- **Hilo Farmer's Market** at Mamo St. & Kamehameha, Mon-Sat, 7 to 4.
- **KCC Farmer's Market** at Kapi'olani Comm. College, Sat, 7:30 to 12.
- **Kaua'i Community Market** at Kaua'i Comm. College, Sat, 9:30 to 12.
- **Upcountry Farmer's Market** at Kulamalu Town Cntr, Sat, 7 to 11.
- **Moloka'i Farmer's Market** at Ala Malama St., Kaunakakai, Sat, 7 to 12.

Cooking with Keiki: Greek Yogurt Ranch Dip



**Healthy and Delicious
Ranch Dip**

Ingredients:

- 1 1/2 cups plain Greek yogurt
- 1/2 teaspoon dried chives
- 3/4 teaspoon dried parsley
- 1/4 teaspoon dried dill weed
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

1. Give keiki a large plastic mixing bowl. Name the ingredients for keiki as you help them measure each item. Allow keiki to add the ingredients to the bowl.
2. Give keiki a mixing spoon and let them mix the dip until smooth.
3. Refrigerate 2 hrs. before serving.