

Back to School Tips: Help Your Keiki Get Ready for School

Aloha Tūtū and Me Ōhana! Welcome to an exciting new school year! We hope you had a wonderful summer. Our teams and staff have been hard at work preparing for school! We're very excited about the many new experiences, activities and friendships the new year will bring, and look forward to sharing this time with you! Transitioning to school can be challenging, so we'd like to share a few tips to help to you support your keiki: **1)** Express joy and enthusiasm! Keiki will pick up on our signals. Show them through your words and encouragement that school is a place of friendship, fun, and excitement. Tip: Take keiki to school ahead of time. Show keiki where their classroom is, and talk about the exciting things ahead, like new friends. **2)** Give keiki a good breakfast and pack healthy snacks. A healthful breakfast helps fuel keiki's brain and body and supports them throughout the day. **3)** Help keiki practice saying their name and age, and how to answer simple questions in a polite manner. **4)** Prepare ahead of time. It helps to have keiki's clothes, shoes, and lunch / snack prepared the night before. **5)** Teach keiki how to listen carefully, to ask questions and to follow directions. Tip: Practice by playing "school." **6)** Teach keiki about feelings, getting along with others, and how to make friends. Get to know keiki's teacher and some of the families. Schedule short play dates now and then. **7)** Have a bedtime routine. **8)** Use kind words.

Me ke aloha pumehana, The Staff of Tūtū and Me Traveling Preschool / Partners in Development Foundation

Family Fun: Enjoying Your Public Library



The Kaimuki Library

Have you visited your public library lately? You may be surprised at the services and programs available! A Few Library **FAQs:** **1)** Library card applications are available at any public library. The first card is FREE for Hawaii residents and members of the military and their dependents with a military I.D. **2)** You may use any library's public Internet computers on a walk-in basis and reserve one 60-minute session per week. **3)** Public libraries have videos and DVDs to borrow for just \$1.00 per week **4)** The Hawaii State Public Library System offers eBooks and digital audiobooks. **5)** Most libraries offer a Story Time each week for preschool children! **6)** Online Learning: You can receive up to 4 free, online learning opportunities on a variety of topics through Learn4Life. **7)** Many Libraries offer events for keiki and families throughout the year. For more information, locations and hours, go to: <http://hawaii.sdp.sirsi.net/client/default>

CSEFEL Tip of the Month

Learning Routines and What Comes Next

Does your child have trouble learning some of your regular family routines? If so, try using sequencing charts. Keiki will have less anxiety about knowing "what comes next," if they can see it clearly. Examples: A) *First we wash our hands, then we eat. Next, we take our dish to the sink.* B) *First we brush our teeth, then we have story time. After that, it's bedtime.* For free charts, ideas and more, see: <http://www.boardmakershare.com>



Organizing 911: A Home for Everything

Experienced organizers have a plan for new items that come into their home, and a home for the items they already have. Many adopt a "one in, one out" system. A mom we know sorts her mail downstairs at her apartment mailbox so the junk mail never makes it to her door! Start small with just one room, or even one drawer. Ask: Do I like it? Do I use it? Do I need it? If the item rates 3 No's, add it to the donate or throw-away pile. Create systems, grouping items that go together, like beach/sports gear or BBQ items.



School Gear System from Pinterest
<https://pinterest.com>

Cooking with Keiki: Dinner on the Grill



Foil packets on the grill is a fun way to enjoy dinner when you're barbecuing at a family outing, or grilling at home.

To Assemble: Make foil packets out of a double layer of foil, sprayed lightly with cooking spray. Select a veggie combination and add a protein. Toss with 1 Tb. of butter or oil and favorite seasonings. Seal tightly before placing on the grill. Grill for 7-10 min., then turn. Grill for an additional 5-10 min. more depending on ingredients.

Combinations to Try:

- Sausage slices, zucchini, onion, sliced potato, summer squash, with garlic, salt and pepper
- Shrimp, green onions, red bell pepper, grated ginger, salt & pepper, dash of chili flakes (optional) and oyster sauce.
- Boneless chicken, sliced onion, bell pepper, and fresh corn kernels with barbecue sauce.