



Teaching our Keiki to be Thankful

Aloha Tūtū and Me 'Ohana!

The holidays are almost here! Each year, **Tūtū and Me** looks at ways that we can encourage an attitude of gratitude in our keiki, and this year we found some great tips at **Parents.com**: **1)** Work gratitude into your everyday conversations. Two old-fashioned, tried-and-true ideas: Make saying what good things happened today part of the dinnertime conversation and/or make bedtime prayers part of your nightly routine. **2)** Let keiki help. Helping out teaches keiki that they have an important place in the family, and that family tasks take time and effort. **3)** Find a goodwill project. Doing something thoughtful for a neighbor or family member shows your keiki that it's important to care for others. **4)** Encourage generosity. You can allow your keiki to have a turn "treating" the family once in awhile when they receive a monetary gift. This will not only teach your keiki about generosity and sacrifice, but also about the joy of giving. **5)** Insist on Thank-you notes. Let's face it, people love getting thank you cards! Teach your keiki to make this a regular habit. **6)** Practice saying "no." Learn to say, "I'm sorry but we're not shopping for us this time." **7)** Be patient. An attitude of gratitude may grow slowly at first, but continue to nurture it and it will bear fruit for years to come.

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

Family Fun: Make A Costume with Keiki



Leggo costume made from a cardboard box

Keiki of all ages love costumes, but purchasing them can get expensive, especially when you have more than one child at home! It's possible to make great costumes for your keiki without any sewing or special skills. Use a creative eye to look at items around your house as possible costume materials. A simple cardboard box can be used to make a variety of costumes with the help of a little paint and your imagination. Sketch out your design, gather up some materials, and you'll make some memories!



This Baby Octopus costume was made using tube socks and furniture felt pads

CSEFEL Tip of the Month

Teach Keiki to Use Their Words

Sometimes our keiki have difficulty expressing themselves, then become frustrated. Not having the right words or the opportunity to practice using them can cause a lot of anxiety. While it may not come naturally to allow ourselves to "think out loud" in front of our keiki, it's important for them to understand our thought process and how thoughts and feelings can be expressed in a healthy way. Example: keiki is getting frustrated trying to dress himself. You could say, "I see you're having some trouble with that shirt. Let's try again. First, show me how to put your head in through the big hole in the middle. Ok? Great! Next, put your arms in the sleeves. Great, you did it! Shall we try again?"

Organizing 911: Weekly Menus

Day	Meal
Monday	Banana Smoothie
Tuesday	Best BBQ Burger
Wednesday	Banana-Chip Yogurt
Thursday	Baked Egg Rolls
Friday	oatmeal
Saturday	Crab Salad w/ Lemon
Sunday	Eggs on Toast
Monday	Lasagna (from freezer)
Tuesday	Magic Sweet Potato Muffins
Wednesday	dance competition

From: momscrazycooking.blogspot.com

To help make meal time easier on your family, there's nothing like a little planning to save time, money and energy! Start by making a list of your family's top 10 favorite meals. Develop a weeknight menu of simple recipes that are quick to prepare or makes use of your slow cooker. Make double batches of favorites like chili or spaghetti sauce & freeze a portion for future use. Wash and cut fruit and veggies ahead of time for healthy snacks.

Cooking with Keiki: Super-Quick Pumpkin Muffins



This great 3-Ingredient recipe will give you a tasty treat in under 30 minutes from start to finish!

Ingredients

- 1 (18.25-ounce) box spice cake mix - any brand
- 1 teaspoon pumpkin pie spice (or 1/4 tsp. cinnamon, 1/4 tsp. allspice, 1/4 tsp. ground nutmeg)
- 1 (15-ounce) can pumpkin puree.
- Small slivers of candied fruit for garnish (optional)

Instructions

Heat oven to 350 degrees. Line 12 regular-size muffin tins with paper liners. Add all ingredients to a mixing bowl and stir by hand or electric mixer. Spoon into paper-lined muffin cups. Cups will be full; don't worry, they won't overflow. Bake at 350F degrees for 18-20 minutes. Cool and frost if desired with icing, such as cream cheese.