



Mele Kalikimaka Tūtū and Me 'Ohana!

Aloha Tūtū and Me 'Ohana! Mele Kalikimaka and Hau'oli Makahiki Hou!

We hope that you're enjoying a wonderful holiday season! Have you noticed that in our economy, we parents and caregivers are having to find ways to be more creative in our gift giving? It doesn't take material things to make people feel special at this time of the year, as gifts from the heart are often cherished so much more! Here are some ideas from folks we know:

- Bring an elderly or homebound friend a home cooked meal.
- Exchange childcare with family and friends before the "big day" to give parents precious free time.
- Make Gift Tags: paint keiki's hand with washable paint, print on cardstock, let dry and cut out.
- Bake a treat or decorate cookies with keiki & neighbors.
- Bring your ukulele or guitar to your gathering and play after dinner.
- Trade recipes and pool photos with siblings to create a calendar for the grandparents.
- Take a grandparent out to lunch, just the two of you.
- When exchanging gifts, agree to do one gift for the whole family, or exchange gifts just for the keiki.
- Trade certificates among family members for help with chores, car washes, manicures, date nights, and more.

We wish you and your family a holiday season filled with blessings! You are a precious gift in the lives of our keiki!

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



Family Fun: Peppermint Hot Chocolate Gift in a Jar

Adapted From: www.myrecipes.com



For a simple and delicious gift, layer the following ingredients in a 1 quart jar. Decorate with ribbon & a tag with instructions. (You can substitute mini marshmallows for the peppermint candy)

Layer ingredients in the following order:

1 cup powdered milk, 1 cup unsweetened cocoa powder, 1 cup granulated sugar, 1/2 teaspoon salt, 1/2 cup mini chocolate chips, 1/2 cup crushed peppermint candy

Gift Tag Instructions:

(Write or print & attach to your gift)

Mix contents of the jar in a large bowl, then return blended contents to the jar. To make 1 serving, place 1/3 cup of the blended cocoa mix in a mug & stir in 1 cup of boiling water. Makes 12 servings.

CSEFEL Tip of the Month

Help Keiki Relax and De-stress

During the busy holiday season, keiki can easily become over-stimulated, stressed or tired. Here are a few things to try to help keiki relax and feel more at ease:

1. Schedule time for a nap or rest.
2. Prepare keiki by talking about the next day's activities.
3. Snuggle and read together, even for a few minutes.
4. Massage keiki's feet for a bit when you tuck them in.

Organizing 911: Tips for Holiday Baking

Here are some great tips adapted from HomeYourWay.net

1. Check supplies to make sure you have everything you need.
2. Use parchment paper to line baking sheets if making multiple batches. Make space ahead of time for baked items to cool.
3. If the dough needs to be refrigerated, you can make it ahead of time and have multiple batches ready to use on baking day.
4. Wear an apron, clean as you go, and keep dish cloths handy.
5. Have your gift list, labels, packaging and bows ready to use.

Cooking With Keiki: Broccoli Chowder with Corn and Bacon

From: www.marthastewart.com



Comfort for a busy day

Ingredients:

- * 4 slices of bacon, cut into 1-inch pieces
- * 1 medium onion, chopped
- * 1/4 cup all-purpose flour
- * 2 cans reduced-sodium chicken broth
- * 1 large baking potato, peeled and diced
- * 1 head broccoli (about 1 pound), cut into bite-size florets, stalks peeled and thinly sliced
- * 1 package (10 ounces) frozen corn kernels
- * 1/2 teaspoon dried thyme
- * 1 cup whole milk
- * Coarse salt and ground pepper

Directions:

Cook bacon in a large pot over medium-low heat, stirring occasionally until crisp, 8 to 10 minutes. Using a slotted spoon, transfer to a paper towel lined plate. Increase heat to medium. Cook onion until it begins to soften, 6-8 minutes. Add flour; stirring constantly for about 30 seconds. Add broth and potatoes & bring to a boil. Reduce heat & cook until potatoes are tender, about 10 minutes. Add broccoli, corn, thyme, and milk. Cook until broccoli is crisp-tender, 8-10 minutes. Season with salt and pepper. Top with chopped bacon if desired. Serves 4.