

A Newsletter for Tūtū and Me Traveling Preschool Happy Holidays Tūtū and Me 'Ohana!

Aloha e Tūtū and Me 'Ohana,

As the holidays approach, think about your family's traditions and special memories such as the scent of freshly cut Douglas fir trees and baked holiday cookies, or time spent snuggling together and reading a favorite holiday story. Remember how it made you feel and how it played an important role in your life. Family traditions are important in building strong family relationships between generations. Caregivers who show a stable commitment of family traditions over a five-year period have preschoolers who score higher on tests of academic achievement, have better emotional skills and a greater sense of identity (www.babble.com). We encourage you to continue to create new family traditions and memories with your 'ohana during the holiday season. Thank you for being part of our 'ohana at Tūtū and Me!

Hau'oli Lanui,

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

Supplies:

- Plastic Jar
- Brown paper bag
- Mod Podge
- Paint brush
- Paper

Ho'omaika'i (Thankful/Grateful) Jars

Directions: Cut hearts from the brown paper bag. Attach hearts to jar with Mod Podge. Cut small strips of paper 1"x3". Talk with your keiki about things they are thankful/grateful for and help keiki write what they say on the paper strips. Place paper strips in Ho'omaika'i jar. Continue this family tradition throughout the holiday season.



Cooking with keiki : Pumpkin Pie Crescents



PUMPKIN PIE CRESCENTS



Ingredients:

- 8 crescent rolls
- 3/4 cup pumpkin puree
- Pinch of pumpkin spice

Glaze:

- 1/2 cup powdered sugar
- 1 tbsp. water
- 1/2 tsp cinnamon

Directions: (Help keiki with following the below directions)

- Preheat oven or toaster oven to 375 degrees.
- Unroll crescent rolls from tube & lay out all eight triangles.
- Mix puree and pumpkin spice in a bowl.
- Place 1 tbsp. of pumpkin mixture into the center of each crescent, roll and pinch edges.
- Bake for 11-13 minutes until top turns golden brown.
- Mix glaze ingredients together & drizzle over each crescent. For a healthier choice sprinkle cinnamon.

Benefits of Keiki Lomilomi

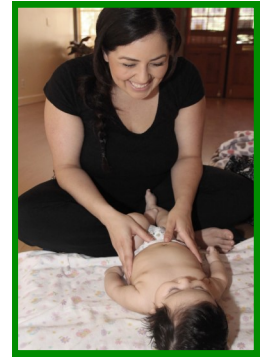
Did you know that massaging your keiki every night for 15-20 min has great benefits?

Touch stimulates the body in positive ways such as:

- Increasing alertness for cognitive development
- Increasing gross (large) and fine (small) muscle movement for motor development
- Reducing stress hormone associated with asthma, anxiety and depression
- Increasing the body's immune system
- Increasing overall muscle relaxation for better sleep
- Releasing growth hormone which helps with weight gain and development of vital organs including the brain for premature babies.

<https://alternativebodyworks.com.au/2015/07/benefits-massage-children/>

Lomilomi for Colic Relief:



- Place keiki on their back.
- Start by gently massaging keiki's belly.
- Then bend keiki's knees up to his/her tummy and hold for 30 seconds before releasing.
- Repeat a few times.
- Then place the edge of one hand on your keiki's belly, gliding from the belly button down in a rhythmic pattern, to help release pent-up gas.
- Repeat if needed.

<https://www.essentialparent.com>

How to teach your keiki lokomaika'i

Lokomaika'i: To Always Act With Generosity and Kindness Toward Others



- Hold the door open for someone.
- Return someone's wagon cart to the store.
- Leave a letter in a library book.
- Donate a book at the pediatrician office.
- Check on an elderly neighbor.
- Let someone go ahead of you in line.
- Give a high-five to a friend.
- Tell someone how much you love them.
- Set up a lemonade stand and donate your profits.
- Make home made playdough for a preschool class.
- Take treats to your local fire station or police station.
- Make a home made gift for someone.

Keiki Firework Safety Tips



Never touch fireworks.

Never go near a firework after it has been lit.

Only one sparkler at a time.

Wear heat resistant gloves when holding a sparkler.



Firework Painting

Supplies:

- Colored paint
- Small plates
- Paper
- Cardboard paper rolls



Directions:

Using leftover cardboard rolls create different length firework fans for printing with paint. The fan pattern created by the recycled cardboard roll mimics fireworks.

