

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

Happy New Year Tūtū and Me 'Ohana,

We hope the start of 2020 has brought your 'ohana a sense of appreciation for each other and for beautiful Hawai'i. This year, as an 'ohana, take time to slow down and enjoy the beauty of our island. Aloha 'āina (a love for the land) may come natural to us but offering opportunities for keiki to mālama i ka 'āina (care for the land) puts action to our aloha. One area we can mālama our island is by *recycling and reducing* the consumption and waste in our home. Here are some easy low cost ways to reduce, reuse and recycle in your home:

Arrange a household swap- Coordinate a quarterly play date with friends who have keiki the same age. Ask them to bring items from home (clothing, household supplies, extra produce from yard) they would like to pass on. While keiki play, caregivers can swap food and items instead of buying these from the store.

Outside dishwashing- Pack up a dishpan and sponge along with your cooler next time you head to the beach to potluck. Instead of throwing away plastic goods after your meal, fill up your dishpan with water and mix in 1Tbsp of white vinegar and 1Tbsp of baking soda. Have keiki wash those potluck dishes at the beach and reuse them the next time you enjoy being outside together.

Buy in bulk and save on trash- Clean and save small glass jars and plastic containers that you buy your food in at the grocery store. Then begin buying in bulk. Instead of buying small snack sized bags of goldfish crackers, buy a large container and have keiki help fill your small recycled food containers with crackers. You can work together to create the perfect serving sizes for each family member while reusing containers you have saved. Stock them in your pantry to grab on the go! You can also do the same with household items like soaps and shampoos by buying a large bulk refill of the soap or shampoo and refilling your current containers to eliminate unnecessary waste.



E Malama 'oe I ka 'Āina, e Malama ka 'Āina ia 'oe

"Take care of the land and the land will take care of you."



If we lessen the amount of materials we purchase and reuse and recycle instead, we can help keep our 'āina healthy and clean. Reducing our spending and utilizing more of our island's natural resources also helps promote sustainable living. Mālama i ka 'āina!

Me ke aloha pumehana,

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

Did you ever buy a toy and find keiki more content playing with the box it came in? Go on a "recycle shape hunt" and collect small items that you can recycle and reuse such as bottle tops and lids, round yogurt containers, square and rectangle boxes, and plastic straws. Cut out shapes from a recycled box then have keiki fit the items through the holes. Don't forget to recycle the box when keiki is done playing! And always supervise keiki with items that could present a choking hazard.

Photo from: <http://www.acraftyliving.com/cardboard-box-learning-activities/>

Recycled Box Shape Sorter



Tangerine Sweet Potato Bake

Harvesting produce from our 'āina helps promote sustainable living. You can often find overflowing trees of tangerine in our backyards at this time of year. This is a great recipe for keiki to kōkua and make with you. They can help chop and slice with a keiki friendly knife and squeeze tangerines to make juice. Enjoy fruit from our 'āina!

Ingredients:

4 c. peeled and cubed purple potatoes
1 lemon, sliced
1/4 c. squeezed juice from tangerines
1/3 c. brown sugar
2 Tbsp. butter, melted



Directions:

Preheat oven to 400 degrees.
Combine tangerine juice, brown sugar and melted butter in a large mixing bowl. Add cubed potatoes to bowl and toss mixture to cover potatoes. Spread potatoes evenly in baking pan that has been evenly coated with cooking spray. Place lemon slices over potatoes. Cover pan with foil and bake for 25 minutes. Uncover and bake for 10 more minutes.

Recipe adapted from www.food.com

The Power Of Listening

When we hear the word “literacy,” we often think about the ability to read. But did you know that listening, speaking and writing are also main aspects of literacy? Listening is the beginning of gaining knowledge and connection with people and the world around us. Keiki are always listening to our voices, sounds of nature, and certain sounds that signal safety or distress. When you listen closely to your keiki, you are building your knowledge and connection about who they are. You are also modeling this skill for keiki! In today’s busy world, truly listening to your keiki can be a challenge. Here are some fun activities to practice listening:



Photo: TTM Traveling Preschool Waialua, O'ahu

- After you read a book to keiki, ask keiki to read it back to you. They don't need to know how to read words to listen intently and “read” it back to you in their own words.
- Sign a familiar song together then ask keiki to sing a duet with you. Sing a lyric of the song and let keiki fill in the last word or phrase. Enjoy listening to your own personal duet!
- Silence the reminders, text alerts and voicemails and offer to take keiki on a piggy back ride in nature. Enjoy listening to keiki's voice in your ear while they name the sounds they hear.

Remember to silence your phone and truly be present to listen to your keiki.

Recycling Updates in Hawaii

There have been some recent changes in what kinds of things we can recycle. You can no longer recycle paper but you can still recycle brown paper bags. You can no longer recycle newspaper and magazines but you can still recycle cardboard. Want more information on what you can and can not recycle? Check out www.recyclehawaii.org for more details.