



Ke Ao Lono

The monthly newsletter of Ka Pa'alana
A Program of Partners in Development Foundation

PIKO 'Ō

By: Kathy Fong

Can you believe we are already a month into the new year? How has it been for you so far? We hope you've been engaging with your keiki by using the Kōkua Kit activities, viewing ClassDojo, and attending our virtual classes. We are longing for the day when we can be with you all in person. That is our hope for the future, but right now, let's focus on the present.

As mentioned in my last article, our children live in the here and now. Today is what it's all about for them. They have a lot to teach us about loving the ones we are with, playing hard from sun up to sun down (*"Play is the work of children."* Maria Montessori), and enjoying life's simple pleasures. Today, let's try to experience life through their lens. Get down to their eye level. Show them how much you love them by playing hard with



them. Let them show and tell you what's on their mind. Today is all we have, so be

here in the present for them, and they will be ready for tomorrow.



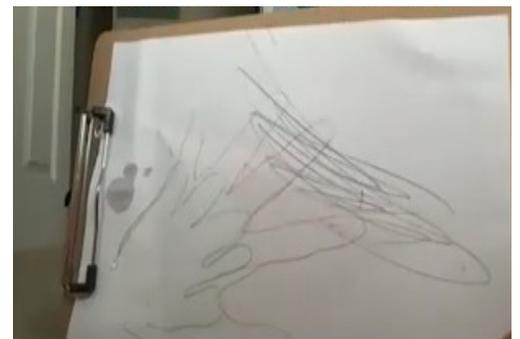
PIKO 'Ō ART!

By: Kelsey La Cuesta

Aloha mai kākou! We have been having a blast with our hands-on virtual activities through our exploration of piko 'ō by learning about present things, people, and places in our keiki's lives! One of our virtual class activities in our toddler class was "Today my hands are this big!" We explored our hands and the wonderful things we can do with them. Our keiki were able to trace their hands, with help from their caregivers. Then they decorated, colored, and finished it with their name and date on their art

work. This was a fun and creative activity that they can look at later to compare just how much their hands have grown over time.

Our keiki class has also been exploring our piko 'ō theme. During their virtual class they drew pictures of their family and shared who each person was. They will continue to explore piko 'ō as they explore self-expression and share things about themselves to the class. We look forward to engaging with our keiki in all the fun and creative ways we can explore people, places, and things that we are connected to in our present life!



K U M U K U K U I

By: Pua Aquino
Welina mai kākou!

Mālama is a Hawaiian value that means to care for, preserve, attend to, and protect. Once while the staff of Ka Pa‘alana prepared an *imu*, Uncle Aaron Mahi reminded us to keep the area surrounding the *imu* cleaner than it looked when we first arrived. He said, “It should look like no one

was here.” This is a great example of how to *mālama* what is being used.

Hawaiians have a very close relationship with the land because it is believed that if you take care of the land, it will take care of you. The same can be said of the relationship the Hawaiians had with their *ali‘i*, or chiefs, in old Hawai‘i. Chiefs protected their people and the people



took care of their chiefs by taking care of the land that produced the food for the chiefs. The ‘ōlelo no‘eau below states this very concept.

“I kanaka nō ‘oe ke mālama i ke kanaka.”
You will be well served when you care for the person who serves you.

First Five Years
By: Dolly Naeole

As parents, we make it our goal to do all we can to improve the lives of our keiki. Two areas that are very important to be aware of are a child’s physical and cognitive development. When we read books, provide social interaction, and ask lots of questions, we help promote healthy development in our children.

The first five years impact a child’s health, wellbeing, and the overall trajectory of his or her life. Fortunately, there are many things we can do to help children develop and grow. A great way to promote a child’s development is to simply create a supportive and encouraging environment. This alone can have lasting affects on a child’s wellbeing and development because it provides a safe place for that child to learn and thrive.



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