



Ke Ao Lono

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

OUR TODAY IS THEIR TOMORROW

By: Kathy Fong

Today is a bit chilly outside. The sky is overcast, and the rain can't decide whether to stay or leave. By the time you read this, my "today" will be a thing of the past. Yet, I realize what I do and how I interact with people can potentially affect the future (maybe even in some small way impacting you in your "today").

As our teams prepare

to provide your family with more engaging learning experiences, we encourage you to be mindful of how these moments with your keiki are truly impacting them. Think about what and how you speak to your keiki. Remind them to be good listeners and observers—model positive behaviors and important skills. You may find yourself learning from them as well!



Take care of our future by teaching our keiki well today. Pour into them your 'ike so life can prosper.

He huewai ola ke kanaka na Kāne.
Man is Kane's living water gourd. 'Ōlelo No'eau #598

EXPLORING OUR KAIĀULU

By: Kelsey La Cuesta

Exploring the different places in our kaiāulu has been something very special to do with our keiki! We have been exploring many different places within our local community such as the post office, farms, parks, fire stations, and more. From going on nature walks to exploring the different things we can see, smell, touch, and hear in our community to exploring the different types of farms that we have, both produce and animals.

Our toddler class also did a mini project to go along with our nature

walk, a leaf rubbing activity. We supplied the keiki with a magnifying glass to use as a tool to explore their leaves. Our keiki class has been getting to know the different types of farms we have, such as animal farms and produce farms. During virtual class they worked on getting to know animals on the farm and what each animal does. They pretended to be pigs tried to do the motion of pushing the mud with their noses.

It has been a lot of fun watching the keiki explore and get to know the different parts of the community through these hands-on activities.



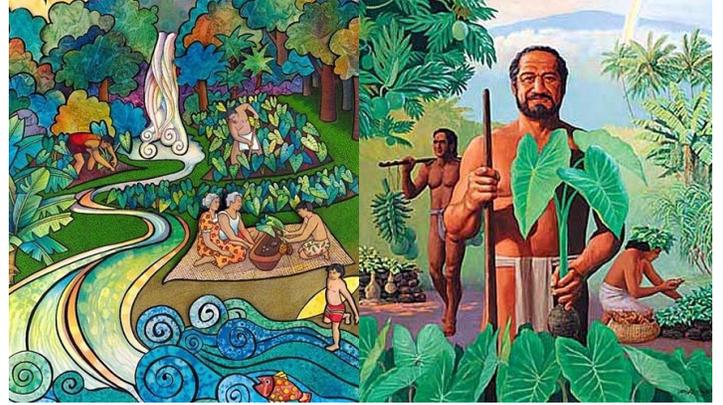
KUMU KUKUI

By: Pua Aquino
Welina mai kākou!

In old Hawai'i, Hawaiians took care of their resources and even placed *kapu* (prohibition) on hunting, fishing, and gathering to keep them from being depleted. Hawaiians showed respect for the land by only taking what they needed and sharing their resources with others

around them. Wasting food and resources was frowned upon and is still frowned upon by many to this day.

The Hawaiian proverb, or 'ōlelo no'eau, that reflects this concept is, "E 'ai i ka mea loa'a," which means "What you have, eat." Not wasting what you have is a valuable concept for children to understand from an early age.



Encourage this with your children by limiting their options during meals. Eat as a family and thank the person that prepared the meal. Hopefully, these practices will help your children be more thankful for the food they have and, in turn, more respectful toward it as well.

Me Time

By: Nida Otto

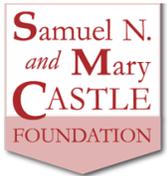
Well... it's officially been a year since our stay at home order. We all had to make adjustments to the new "normal." Hopefully we now have a new routine with our keiki and can balance all of the other kuleana we have on our plates. One thing most caregivers don't do for themselves is practice "self-care." If finding alone time is difficult, try these simple exercises with your keiki. Self-care can be as simple as walking back and forth down the grocery aisles (when you go to the store by yourself) or taking a few minutes of deep breathing exercises. Introducing self-care to your children is a healthy habit that encourages positive physical and mental health.

SELF
care
IS NOT SELFISH

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