



Ke Ao Lono

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

HO'OKELE—NAVIGATING THROUGH LIFE

By Kathy Fong

Thinking back on this past year and some, we've all had to really be strong and put our best selves forward to make the abnormal seem somewhat normal for our keiki. We have had to get creative with doing preschool, and you, as parents and caregivers, have had to make great sacrifices of your time and energy to keep our keiki afloat, keeping the learning going and

the good times rolling.

So here we are. For some of us, we're actually meeting in person again and having preschool *fo' real!* It's been a long time coming, and we are so glad to have made it this far. With that said, we find ourselves at the start of a new (and very fitting) theme: *Ho'okele*, to steer a ship or canoe, a guide through dangers or difficulties.

As we explore this theme, think about the qualities and

skills a steersman must have to navigate through the ocean. Then, think about the qualities and skills you would want your child to develop to navigate through life's big

ocean successfully. How can we help our keiki be strong, creative, good, smart, and kind people? Come, grab a *hoe*, and let's paddle through this theme together.



WELCOME BACK TO SCHOOL!

By: Naomi Patterson

Welina mai kākou!

Back to school! After being in school virtually this past year, we are finally able to join each other in person. Things may look a little different than we remember, but the health and safety of our keiki and families are our top priorities. Whether you have decided to join us in-

person or virtually, we are happy you chose to continue your keiki's education with our program. If you have any questions or concerns, please don't ever hesitate to let us know.

We need to continue to work together as one Ka Pa'alana 'ohana to stay healthy and safe while at school. Here are some ways we can help our keiki with this new

“normal.” Be a role model for your child. They learn from our examples; when they see us following safety procedures, keiki will understand it is the right thing. Explain social distancing, establish routines, and focus on the positive. If we all work together to keep each other safe and healthy, things will only get better!



KUMU KUKUI

By: Pua Aquino

Welina mai kākou!

“Ike ‘ia nō ka loea i ke kuahu.”

An expert is recognized by the altar he builds.

It is what one does and how well he does it that shows whether he is an expert.

This month’s ‘ōlelo no‘eau demonstrates how we might determine

if a person is an expert at something. People who claim to be experts will be judged by their ability to do what they said they could do. We need to remember however, that every expert was once an amateur. Everyone needs to start at the beginning, and with time and dedication, they can reach the level of an expert. Our children are also amateurs striving to



be experts at things. As caregivers, one of the most valuable things we can give our children is time: time to practice, time to fail, and time to become experts at what they enjoy most.

Transitions

By: Nida Otto

Does your keiki have trouble transitioning from one activity to another? Here are some tips you can try for a smoother transition.

Give them advance warning. As a caregiver, you know the day’s schedule so it is your responsibility to keep an eye on the clock and give them time to prepare. You can say, “Three more minutes until...” or, “After we clean up your toys, then we can grab a snack.”

Have a routine/ritual. Create a simple routine or ritual that you and your child can do together. After cleaning up after mealtime, sneak in a special handshake/kisses on the cheek then move along to the next thing on your schedule.

Offer choices, but not too many. “Yesterday we did waterplay, would you like to make playdough today?” Or you can give them two choices, “Do you want to wear slippers or shoes?”

Consistent practice with transitions now will help prepare your child for kindergarten and other separation times later.

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