



Ke Ao Lono

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

BRANCHING OUT

By Kathy Fong

Your keiki had some wonderful opportunities to grow their life skills over the last few months. Let's continue encouraging that growth as we begin our new theme: Ho'olālā.

Ho'olālā has several meanings, such as branching out or laying a foundation for future action. So, during this month, we want you and

your keiki to engage in some experiences together. What kinds of experiences? Your teachers are preparing experiences for you and your keiki that will spark curiosity and wonder and encourage minds to branch out and grow. Get ready to *kilo* (observe) the environment, each other, and the things that are naturally occurring around you. Be prepared to ask open-ended ques-

tions and to listen and respond to your keiki's answers.

Enjoy the moments during PACT time that will

strengthen your *pilina* (connections) to each other and help your keiki grow to love learning.



CHERISH REFLECTIONS

By Naomi Patterson

Our Ho'okele theme has come to an end. Let's reflect on all the amazing things our keiki did and learned throughout the theme. The goal of our navigation theme was to give our keiki tools to help them understand how to navigate through life. Finding patterns in our everyday lives and learning a new language and vocabulary help us learn how to position ourselves or give directions.

Keiki learned about the concept of prediction, by guessing what would happen if they mixed certain colors and how would it change. Or what would happen if they added something like salt to their painting. We learned about sequence, the sequence of a story, and how that concept applies to everyday life, like our daily schedules. Another concept is working memory, being able to recognize and recall an item or series of

events.

Finally, we ended our theme with a Family Story Book Project. Taking all the skills you and your keiki learned and turning it into

a unique and beautiful story made just by your 'ohana! Illustrations and stories full of imagination and creativity to be cherished and re-read for years to come.



KUMU KUKUI



By Pua Aquino

In old Hawai'i, communities would come together to complete a large task, such as building a fishpond or harvesting kalo in a *lo'i*, or taro patch. This

practice of coming together to work toward one goal can be captured with one word, *lōkahi*. The Hawaiian value, *lōkahi*, translates to “unity, harmony, and agreement.” When soldiers march, hula dancers dance, or an orchestra plays, they are all moving with *lōkahi*. In order to do this, there needs to be a lot of communication and one goal in mind.

How can we carry this type of mindset into our own lives? What are some ways we can contribute to our family and work together with *lōkahi*? Here is a Hawaiian proverb, or *‘ōlelo no‘eau*, to expand on this Hawaiian value.

“A’ohe hana nui ke ‘alu ‘ia.”

“No task is too big when done together by all.”

Germs and What They Can Do!

By Dolly Naeole

Hand, foot, and mouth disease is a viral illness that affects infants, children, and sometimes adults. It is spread by touching open sores in the mouth. Early symptoms include fever and a sore throat. Young children might also have a decreased appetite. Painful



ful blisters, similar to cold sores, can show up on the inside of your child's mouth, usually in the back portion of

the mouth or tongue. There is no treatment or vaccine for the disease. However, Hand, foot, and mouth disease should go away on its own after seven to ten days. You can ease your child's symptoms with over-the-counter pain relievers like ibuprofen (Advil), acetaminophen (Tylenol), or numbing mouth sprays. Don't use aspirin for pain as it can cause serious illness in children. Cold treats like popsicles, yogurt, or smoothies can also soothe a sore throat. Continue keeping your keiki comfortable and limit contact with others until symptoms go away completely.

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