



Ke Ao Lono

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

BREAKIN' IT DOWN

By Kathy Fong

It's the Fall season. In other parts of the world, the weather is becoming much cooler, the skies are grayer, and the leaves on trees are changing colors and falling to the ground. Here in Hawai'i, we don't typically see such drastic changes. They're more subtle. But if you take the time with your keiki to *kilo*, you may discover that all things have a certain sequence and rhythm.

In October you had many opportunities to *kilo*, to observe things with intention. Your keiki may have seen the reactions of things being mixed together, looked closely at flowers or their own faces, watched clouds morph into different shapes, and of course, explored the many characteristics of pumpkins.

During this month, take the time to recall those wonderful experiences. Which ones did they enjoy

the most? What did they like about them? What do they remember? Are they wondering about anything? With the help of teachers you'll be able to revisit and guide your keiki as you

“deconstruct” those experiences together. Take time to *kilo*, and learn even more about the patterns and rhythms of the things we experience in our lives.



USING WHAT WE KNOW!

By Kelsey La Cuesta

As we close out and reflect on our ho'okele theme last month, we can really see how far our keiki have come. From the beginning, they were eager and interested in learning and exploring how to navigate, sail, and guide through dangers by following concepts such as sequencing, working memory, and complex thinking.

Our toddlers were interested in moving their bodies, so we focused a lot on spatial awareness. This skill will allow keiki to locate objects and successfully navigate

through their surroundings. Our keiki performed the song “Here We Go” by Jack Hartman, which uses positional words that teach them to move their bodies in different directions.

Our keiki class focused on sequencing as they explored activities that allowed them to tell stories and plan their creations. Sequencing is an important concept for preschool children to develop as it allows keiki to recognize patterns which then makes the world more understandable and predictable.

The exploring continues as we build on the skills we learned through ho'okele and start our new theme of ho'olālā, which means to branch out or make plans.



KUMU KUKUI



By Pua Aquino
Welina mai kākou!

Many of us can recall silly nursery rhymes and lullabies from our childhood, but may not have realized these songs and rhymes were teaching us

the basics of math and literacy. Children are easily able to memorize things that are set to music, which is why music is a large part of our daily routine in preschool.

In old Hawai'i, children

were taught to memorize the phases of the moon. This was taught to the children as a means of preparing them for real life, as Hawaiians organized their lives around the movements of the environment. The Hawaiian language was kept alive through the revival of *hula* and *mele*. Hawaiian was an oral language so family members were taught *mele* (songs) and *hula* (dance) without ever writing it down. One of the most important factors in

creating *mele* or performing *hula* is the concept of *lōkahi*, or unity. The musicians who play the music for the dancer are just as important as the one who is dancing. The same idea can be applied to real life situations where we depend a lot on the performance of another. A band that plays with *lōkahi* produces beautifully blended music; a band without it creates an unorganized jumble of sounds.



Limiting Screen Time Helps Your Keiki's Development

By Jin Chang

From birth to five, our keiki learn by exploring their environment and interacting with the adults in their lives. But excessive screen time prevents keiki from things they need to learn about the world.

Studies show that keiki who spent more than 2 hrs/day on screen time scored lower on language and thinking tests, and experienced thinning of the brain's cortex.

So, how can we maximize our keiki's learning during the critical years? Limit screen time for keiki younger than 18-24 months, except when video chatting with family or attending an interactive program like Ka Pa'alana. Limit screen time for keiki ages 2 - 5 to just one hr/day of high-quality programming.

Limiting screen time during the pandemic is challenging but if you use your imagination, you'd be surprised how much there is to do with your keiki without using a screen.

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