



TŪTŪ TIMES

A NEWSLETTER FOR TŪTŪ AND ME TRAVELING PRESCHOOL

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‘Ekolu Piko



Tūtū Mana‘o

Try this with your ‘ohana

Scan the QR code above and use the ‘ekolu piko template to complete these activities with your keiki.

Infant

Cut out the ‘ekolu piko. Lay your infant down and twist the ‘ekolu piko over them. Say, "I am your mama and I love you." You are your infant's piko waena!

Toddler

Create the shape of the ‘ekolu piko using playdough. Talk with your toddler about who represents the piko po‘o in your ‘ohana.

Preschooler

Go outside and gather items from nature to form the shape of the ‘ekolu piko. Spending time together helps to build a healthy piko ma‘i for your ‘ohana and future generations to come.

TŪTŪ MANA‘O

Tips on Being Your Keiki's First Teacher

Many of us who live in Hawai‘i use the word piko to describe our belly button. However, Native Hawaiians believe there are ‘ekolu piko (three centers of connection) on the kino (body). Your ‘ekolu piko can be found in the following areas;

- ☉ The piko po‘o (head) is the relationship to your past traditions and values.
- ☉ The piko waena (belly button) is the relationship to your present knowledge and emotions.
- ☉ The piko ma‘i (reproductive area) is the relationship you have to your future.

At Tūtū and Me Traveling Preschool, we begin our school year with the theme "Learning About Me." We believe the ‘ekolu piko is a wonderful way to teach your keiki more about who they are and where they come from. Here are ways you can deepen your keiki's connection to their ‘ekolu piko.

LE‘ALE‘A

Home Play Activity that Promotes Learning



Teach your infant the sounds to their inoa (name) by repeating one syllable at a time. For example, "Ka, Ka" for Kahale. You can also sing your infant's inoa in a mele (song). The rhythm and repetition of mele builds memory skills!

Ask your toddler or preschooler the question, "O wai ko‘u inoa?" (What is your name?)" Teach them the response, "O Kahale ko‘u inoa." ("My name is Kahale.") Your toddler or preschooler will learn through repetition so ask their inoa in ‘ōlelo Hawai‘i (Hawaiian language) at different times during the day. Notice their progress as they master sharing "O _____ ko‘u inoa" with loved ones.

KE OLAKINO MAIKA'I

Ways to Keep Your 'Ohana Healthy

Over the years, we have learned more about safe sleep for infants. The American Academy of Pediatrics (<https://www.aap.org>) offers these sleep safety guidelines to help your infant get the safest sleep possible.

Baby Sleeps Best with the ABC's:

- A** Alone- Keep the crib or playpen empty (no toys, bumpers, pillows, or blankets).
- B** On their Backs - Always place infants on their backs and on a firm surface to sleep.
- C** In a Crib - Move infants that have fallen asleep in swings, strollers, or car seats into a crib or playpen.



Scan the QR code for info on free safe sleep workshops by The Parent Line and a copy of the "Baby Sleeps Best ABC" guidelines.



KO'U KAIĀULU

Community Resources for Your 'Ohana

The traditional Native Hawaiian community was made up of akua (gods), ali'i (chiefs) and maka'āinana (commoners). Some of the maka'āinana had kuleana (responsibility) as lawai'a (fishermen), mahi'ai (farmers) and kahu pipi (ranchers).

These maka'āinana nurtured the 'āina and fed the people. Support your piko po'o by spending time with kūpuna in your 'ohana or those in your community who can pass on their special kuleana to you and your keiki. You can also help your community by sharing their resources with friends and neighbors.

MANAWA 'AI MĀMĀ

A Snack for the Entire 'Ohana

Directions:

- Line baking sheet with parchment paper.
- Use a spatula and spread the Greek yogurt into a thin, even layer on the parchment paper.
- Sprinkle granola onto the thin layer of Greek yogurt.
- Slice up the fruit and sprinkle it across the Greek yogurt.
- Place in the freezer for 60-90 minutes.
- Remove and cut into bite sized pieces or large bars.

Don't forget to check out your local farmers market for fresh fruit from our 'āina.



FROZEN YOGURT BARK



Ingredients:

- 2 cups low-fat plain Greek yogurt
- Granola of your choice
- 1 cup local fruit

DID YOU KNOW?

Greek yogurt is filled with protein and probiotics. It helps to build a healthy immune system for you and your keiki.

