



TŪTŪ TIMES

A NEWSLETTER FOR TŪTŪ AND ME TRAVELING PRESCHOOL

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TŪTŪ MANA'Ō

Tips on being your keiki's first teacher

Ocean life is a large part of Hawai'i's laha 'ole (unique) aquatic ecosystem. The uhu (parrotfish) helps keep the reef clean. The manō (shark) eats sick fish, which keeps disease from spreading. Keiki are also laha 'ole and bring special gifts to your 'ohana. Taking time to notice keiki's laha 'ole qualities develops healthy self-esteem. Notice in detail what keiki master as they work and play. Instead of saying, "Good job," say, "I noticed you used your hands to scoop the sand. That was no'ono'o hana (creative)!" When you notice keiki's laha 'ole ways, they will grow confident of their greater role in the deep sea of life.

LE'ALE'A

Home play activity that promotes learning

NO'ONO'O HANA MOANA KIT OCEAN CREATIVITY KIT

Creative play is an important part of keiki's development. Creativity cultivates critical thinking and communication skills. Creative play also allows keiki to use their imagination and freely explore.

Create a No'ono'o Hana Moana kit for keiki. Fill a recycled tackle box with keiki-friendly items, e.g., playdough, shells, beads, shredded paper, pom-poms, fish cutouts, etc. Always supervise keiki with small objects as they can present a choking hazard.



DIVE IN AND HAVE FUN!

Encourage keiki to explore their No'ono'o Hana Moana kit and notice the creative ways they use the materials. Update the kit with other materials often to keep keiki curious. Take the kit on the go with you this summer. Keiki will have fun tackling their no'ono'o hana while visiting friends and 'ohana.



LAHA 'OLE FISH



Tūtū Mana'ō

Try this with your 'ohana

NO'ONO'O ACTIVITIES

to build self-esteem

INFANT

Tummy Time Chat

Get on your tummies, face each other and make sounds. Pretend you are a Hawaiian monk seal and flap away.

TODDLER

Ocean Rhythm

Give your toddler pots, pans and a wooden spoon to beat the rhythm of the ocean. Sing "Honu Li'i Li'i" from the May/June Tūtū and Me 'Ohana Activities.

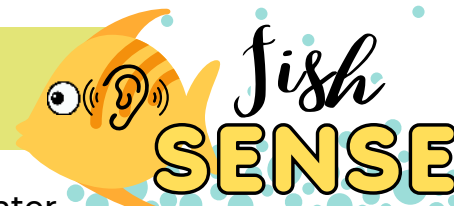
PRESCHOOLER

Playdough Inventions

Encourage freestyle playdough creations by adding various craft items to the playdough fun.

KE OLAKINO MAIKA'I

Ways to keep your 'ohana healthy



Did you know that fish have five senses, just like us? They use their inner ear to sense vibrations in the water which helps them find food and avoid predators. Keiki rely on their hearing to speak, communicate, and sense vibrations. Hearing loss can impact keiki's speech and language development. Regular hearing screenings ensure that keiki can use their sense of hearing well. The Newborn Hearing Screening Program (NHSP) ensures that all infants in Hawai'i have access to hearing screenings. Scan the QR Code for more information from NHSP. The sooner hearing loss is detected, the sooner early intervention services can kōkua (help) keiki. Speak with your Tūtū and Me kumu if you have concerns regarding keiki's hearing. They can also support you with community resources in your area.

NHSP Pamphlet



Check out

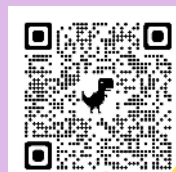
Native Hawaiians had a lōkahi (harmonious) connection to the moana (sea). The moana was a resourceful place for kanaka (people). Hawaiians practiced ways to mālama i ke kai (preserve the ocean) by taking only what they needed and leaving it better than how they found it. Neglect in this kuleana (responsibility) has led to declining 'opihi and other resources from the moana.

KO'U KAIĀULU

Community resources for your 'ohana

KEIKI COLORING BOOK

MĀLAMA I KE KAI



Check out

'A'ohē hana nui ka alu 'ia (No task is too big when done together). As a kaiāulu (community), it is your responsibility to preserve the moana for future generations, just as our ancestors did. When you enjoy the moana in a boat, paddleboard, or canoe and notice trash, take time to retrieve it. Remember, "Mālama i ke kai, a mālama ke kai iā 'oe" (If you take care of the ocean, the ocean will take care of you).

MANAWA 'AI MĀMĀ

Snack recipe for the entire 'ohana

The traditional Hawaiian diet included fish, poi and limu. There are a variety of limu (seaweed) found in Hawai'i's tide pools. Dried limu (purchased from the grocery store) or fresh limu (harvested from the ocean) is a delicious snack with many health benefits. Organic limu is a great addition to keiki's diet when kept in small quantities of 130 mcg/day. Once your infant is ready to start solids, sprinkle crushed, unsalted, dried limu over their solid food. For keiki 18 months and older, you can offer crispy limu sheets for a fun snack. Prevent a choking hazard by breaking up the sheets into bite sized pieces. Scan the QR code to view recipes that add limu to your diet.

Tide to Table



LIMU RECIPES

