



KO'U KAIĀULU

My Community

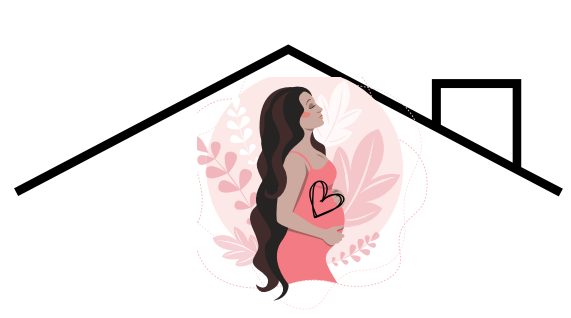
A COMMUNITY NEWSLETTER FOR TŪTŪ & ME 'OHANA



Mental Health Means Infants Too!



'Okakopa (October) is Infant and Early Childhood Mental Health Month! Did you know infants can sense worry or sadness in their makua (parents) even before birth? Your olakino maiaka'i (well-being) significantly impacts your keiki's mental health. When you experience stress, pause mentally and go outside for an 'āina (land) break. Just 10 minutes in nature can help you think clearly again. Find a quiet moment to call someone you trust. Talking helps process feelings and manage fears. Tūtū and Me values our keiki's mental health. The keiki in our program receive the "Ages and Stages: Social Emotional Questionnaire," which helps us support their developing mental health. The **Association for Infant Mental Health Hawai'i** (AIMHHI) is a useful resource. Check out "Three Reasons Good Infant Mental Health Matters." by clicking [here](#). Remember the essential role you have to mālama your keiki's mental health!



Mary Jane Hale

There can be many reasons behind someone becoming homeless and unsheltered. Not having a hale (home) can be especially worrisome for hāpai (pregnant) women. Catholic Charities Hawai'i's Mary Jane Home offers a unique housing and educational opportunity for hāpai women who need a safe and nurturing living environment. Staff provides support so hāpai women can prepare for the birth of their infant and work towards accomplishing their goals. For more information and program eligibility, click [here](#).

Lōkahi: Work & 'Ohana Life

The Hawaiian approach to wellness is maintaining lōkahi (balance). The wellness of a kanaka (person) is measured in six main areas of health: physical, mental, emotional, spiritual, relational, and work or purpose.

Many of us work tirelessly to provide for our 'ohana. If you are struggling to find lōkahi, you are not alone. Child and Family Services offers "Ten Steps Towards Balancing Work and 'Ohana." Click [here](#) to read the article, then reflect on the Lōkahi Wheel. Sometimes, just a few minor adjustments can significantly impact living a life in lōkahi.



Palekana is Everyones Kuleana!

Did you know that Kekemapa (December) is National Safe Toys and Gift Month? This holiday season be aware of palekana (safety) when purchasing or making homemade makana (gifts) for keiki. Here are some safety questions to consider when purchasing a holiday makana:



- Are the toys age-appropriate?
- Does keiki have allergies or skin sensitivities?
- Is keiki sensitive to sounds and lights?
- Can an infant or toddler choke on small parts?

The U.S Consumer Product Safety Commission (CPSC) has established standards for toy safety. Click [here](#) to review the CPSC checklist for buying safe toys this holiday season. Remember palekana is everyone's kuleana (responsibility).