

## Back-to-School Routines

Simple routines support healthy social-emotional development in keiki. They help keiki practice self-control through transitions. Here are some tips for creating an easy back-to-school routine.

- **Wake up with a morning routine** - Keep each step short and simple, e.g., eat breakfast, brush your teeth, and get dressed.
- **Settle down with a bedtime routine** - Follow the same order to help keiki wind down and promote a good night's sleep.
- **Make it visual** - A daily routine chart with pictures and words encourages early literacy and reminds keiki on what to expect.
- **Make it fun** - Include a transition song to your morning routine and gently sing, “Aloha Kakahiaka” when you wake keiki up for the day.



## Kaulana Mahahina

Native Hawaiians used the Kaulana Mahina (Hawaiian Lunar Calendar) to observe and measure their natural environment. The changing phases of the mahina signaled the best time for everything, e.g., fishing and farming. Teach

keiki the mahina phases with music. Click [here](#) to listen to “Mele Mahina.” Sing along and model the hand motions for keiki. Repetition is how keiki learn, so press repeat and sing again!



# Caregiver Education Program

The Tūtū and Me 'Ohana Support Caregiver Education program is available for enrolled caregivers at selected Tūtū and Me preschool sites on Hawai'i Island, O'ahu, and Maui. Caregiver Education provides tips and tools on your ola kino maika'i (overall wellness) so you can show up each day for keiki. You learn ways to deepen your pilina (relationship) with keiki and grow 'ike (knowledge) on being their first and foremost important teacher.

## Caregiver Education provides:

- Ten virtual individual or small group sessions (sign up with a friend!)
- Tips that support your parenting and ways to have fun with your keiki
- Information on your keiki's development
- Access to free community resources
- Free diapers and wipes from The Hawai'i Diaper Bank (based on eligibility)



**Tūtū and Me 'Ohana Support CAREGIVER EDUCATION PROGRAM**

Free Caregiver Support program for families enrolled with any Tūtū & Me Traveling Preschool site on Hawai'i Island, O'ahu and Maui

**TOPICS**

**10 VIRTUAL SESSIONS**

- ★ Healthy Living
- ★ Stress Management
- ★ 'Ohana Resilience
- ★ Keiki Temperament
- ★ Caregiver Styles
- ★ Challenging Behaviors
- ★ Self-Regulation
- ★ Keiki Stepping Stones
- ★ Brain Development
- ★ Hō'ike

**Enroll Here!**



**Tūtū and Me 'Ohana Support**

**PARTNERS IN DEVELOPMENT FOUNDATION**

Lani Bowen, Caregiver Educator Hawai'i | 808.433.1100  
lbowen@pidf.org  
808.433.1100  
www.pidf.org/ohana-support

If you participate at Tūtū and Me Traveling Preschool sites on Hawai'i Island, O'ahu or Maui click [here](#) and enroll today!



## Lā Kūpuna - Grandparents Day

On September 8th, we celebrate Lā Kūpuna (Grandparent's Day). Many kūpuna (grandparents) are the backbone of the community. Their 'ike (knowledge) is passed down from generation to

generation. This year, celebrate Lā Kūpuna together with keiki by offering to kōkua the kūpuna in your community. Drop off a meal, mow their lawn or play a card game of fish together.

**"I ulu no ka lālā i ke kumu; the branches grow because of the trunk."**

**Without our elders, we would not be here. 'Ōlelo No'eau 401.**