



KO'U KAIĀULU

My Community

A NEWSLETTER FROM TŪTŪ & ME TRAVELING PRESCHOOL



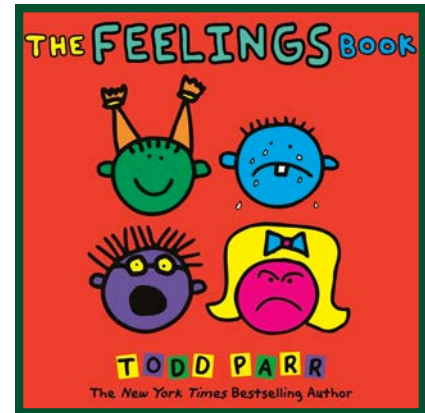
JAN-MARCH 2025

VOL.7

Kūono 'Olu'olu

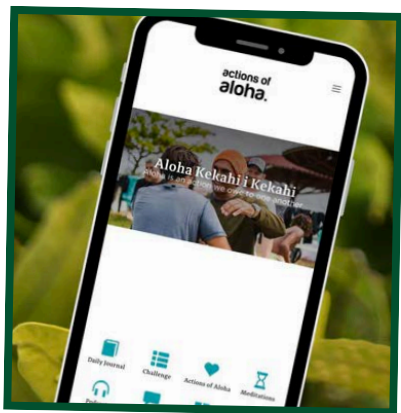
Start the New Year off by creating a “Kūono 'Olu'olu (Cozy Corner) for keiki. This is a quiet place in your home for keiki to self-soothe and feel calm. It's also a safe place for keiki to sort through big emotions. Keep the Kūono 'Olu'olu simple, as too many items and colors can be overstimulating.

- **Make it comfy** - Start off with soft pillows, a cozy blanket, and a favorite stuffed animal.
- **Books** - Include stories about emotions like, “The Feelings Book” by Todd Parr.
- **Sensory items** - Add things that little hands can quietly explore such as chunky puzzles, squishies, and textured blocks.
- **Visual supports** - Display a photo of your 'ohana on the wall. Research shows that photos of loved ones can be soothing. Add an emotions chart to the corner to put words to how we feel.



Source: New Horizons Academy

Actions of Aloha



Source: Actions of Aloha

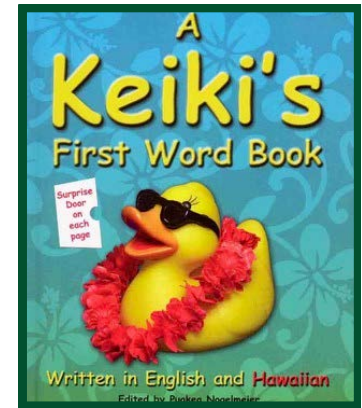
Start your day with aloha! Download the “Actions of Aloha App”. This free app includes aloha challenges, guided meditations, uplifting quotes, thought-provoking podcasts, and more. Actions of Aloha is a charitable business founded by DTL Hawai'i and was created to amplify aloha, elevate community and positively shift mindsets. To learn more, visit www.actionsofaloah.com/

Mahina 'Ōlelo Hawai'i

Mahina 'Ōlelo Hawai'i (Hawaiian Language Month) happens every Pepeluali (February) and celebrates the Hawaiian language. Learning 'ōlelo Hawai'i enhances cultural awareness and communication skills. Join the movement to keep 'ōlelo Hawai'i alive by using common words and phrases with your 'ohana.



- Keep updated on Mahina 'Ōlelo Hawai'i events during the month of Pepeluali here: www.mahinaolelohawaii.org/
- Visit your local library to borrow 'ōlelo Hawai'i vocabulary books like "A Keiki's First Word Book" by Puakea Nogelmeier.



Safe Sleep for Infants

Keep your infant safe while they sleep. Safe Sleep Hawai'i prevents infant sleep-related deaths by educating parents and caregivers on safe sleep practices. Remember the ABC's of safe sleep: have infants sleep **A**lone, be on their **B**ack and in a **C**rib.

The Parent Line also offers free workshops on safe sleep. Scan the QR code on their flyer for more details. You can also call The Parent Line at: (808) 526-1222.

