



# KO'U KAIĀULU

My Community

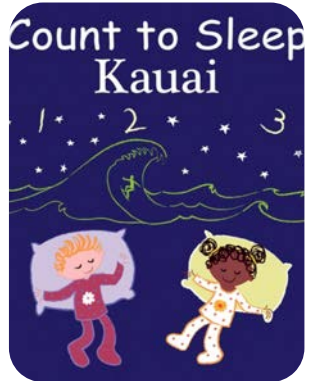


A NEWSLETTER FROM TŪTŪ & ME TRAVELING PRESCHOOL

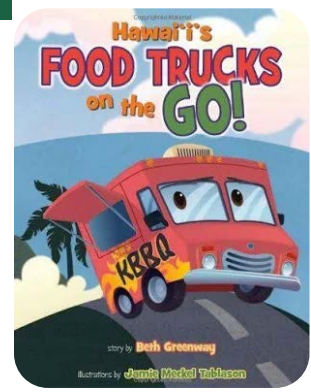
VOL.8

## Kauwela ma Hawai'i Nei

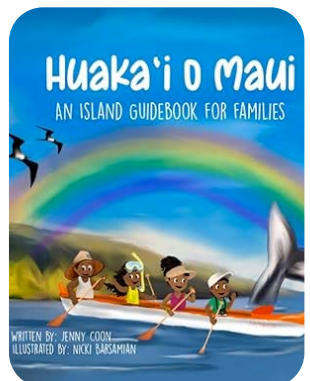
Begin planning your kauwela (summer) itinerary with fun activities for your 'ohana. You don't need to spend money on expensive trips when there is so much to explore on your mokupuni (island). Consider activities that ignite curiosity and are suitable for all ages. Expose your 'ohana to food, music, art, culture, nature, and history. Use keiki books published in Hawai'i for inspiration on place-based activities to explore. Learn the Hawaiian names of rivers and beaches and visit them with your keiki. Enjoy the kauwela days and create special memories with your 'ohana.



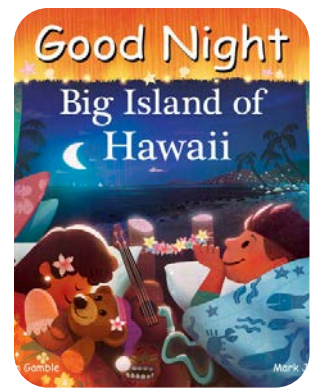
Source: State of Hawaii Public Library



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## Lili'uokalani Trust

Lili'uokalani Trust (LT) is a private operating foundation whose mission is to "provide opportunities for Native Hawaiian children to realize their greatest potential" (www.onipa'a.org, 2025). LT offers a variety of services to support keiki and 'ohana. Early childhood programs include Kamali'i



Source: Google

'Ohana Services (KOS), Social Services Groups, and Ho'okahua (O'ahu only). For more information call the Mālama Line (808) 466-8080 or visit <https://onipaa.org/>.

# “The Magic World of SPIN”

The Special Parent Information Network (SPIN) is a support group in Hawai'i for parents of keiki with intellectual, developmental, and autism spectrum disabilities. SPIN helps parents by providing information, support, and referrals. The organization also assists professionals with educational workshops. Visit <https://spinhawaii.org/> for information on family support groups, education, health services, and more. For more information on this year's annual SPIN conference in May, visit: <https://spinconference.org/2025-conference/>



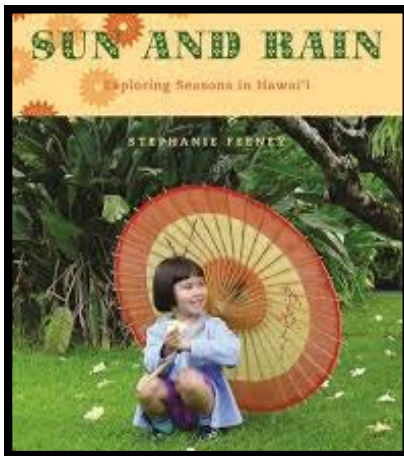
39th Annual  
SPIN Conference  
“The Magical World of SPIN”  
Saturday, May 10, 2025  
8:30 am - 3:30 pm  
Kō'olau Ballrooms in Kaneohe

visit [www.SPINconference.org](http://www.SPINconference.org)  
or call 808-586-8126 for more info

Join us for a full day of:

- In person workshops about special education, advocacy, transitions and more
- In-person Resource Fair
- SPIN Awards Luncheon
- Zoom option available
- Laughs, learning and skill building

QR code



## Lā Safety

We get to enjoy the warm lā (sun) throughout the year; however, excessive sun exposure can be harmful. Read the book, “Sun and Rain” by Stephanie Feeney with your keiki and explain why it's important to protect our skin from the lā.

Here are some lā safety tips from Hawaii Pacific Health:

- **Stay in the shade.** Spend time under a pop-up tent or large umbrella.
- **Cover up.** Wear sunglasses, hats and clothing and rashguards with UPF protection.
- **Shield up with sunscreen.** Use a broad-spectrum sunscreen with a minimum SPF of 30. Hawai'i also requires reef-safe sunscreens. Reapply sunscreen every two hours and more frequently after sweating or swimming.
- **Mind your time.** Avoid direct lā between 10 a.m. and 2 p.m.

For more information, visit:

<https://www.hawaiipacifichealth.org/healthier-hawaii/live-healthy/5-tips-to-shield-your-skin-from-the-sun/>

