

Tūtū and Me At-Home Learning

Read, Listen, Play!

My Kaiāulu (Community)



Read



Let's Play!

Infant

Have an Aloha Friday Paka Day! Lay your infant on a blanket in the shade and point out elements like the soft grass, birds chirping, and the neighbor mowing. This encourages a beginning curiosity of their kaiāulu.

Toddler

It's Aloha Friday Paka Day! Invite your toddler to kilo (observe) the 'āina—trees, birds, and flowers. Naming what your toddler sees helps build vocabulary and fosters a sense of connection to their kaiāulu.

Preschooler

Plan a scavenger hunt by drawing pictures of items you might find at the paka, like a swing, slide, and trees. On Aloha Friday Paka Day, search for these items and check them off your list. This helps your preschooler understand that print has meaning and builds awareness of their kaiāulu.



Listen



Scan this QR code or [click here](#) to hear this story read by Tūtū and Me kumu.

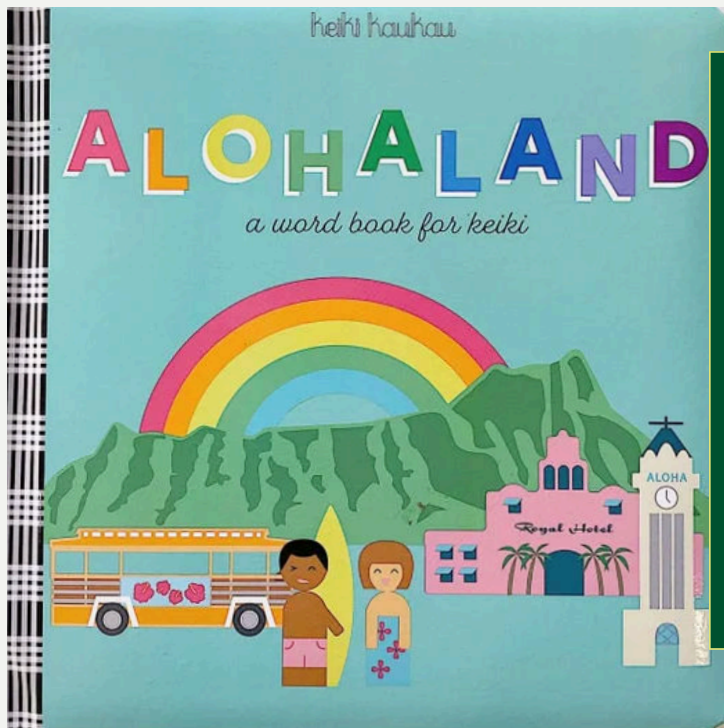


'Ōlelo Hawai'i

Paka – Park

MORE DIGITAL STORIES

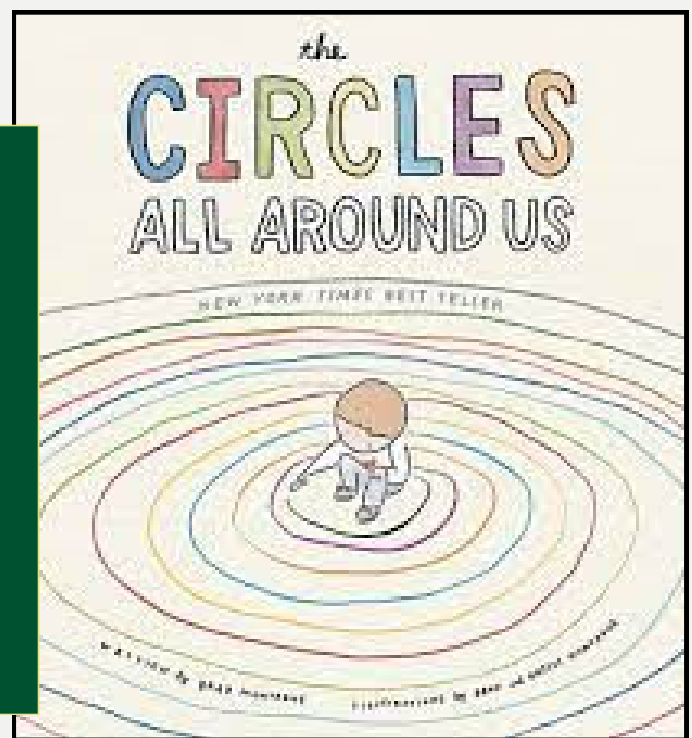
Stories promote language and literacy, strengthens listening skills and encourages beginning writing.



[Listen or watch here](#)



[Listen or watch here](#)



Borrow these books at your local library!



Tūtū and Me At-Home Learning

A real story + simple tips for caregivers



Managing Transitions

How Mahina Made Transitions Easier for Kaia (age 3)

Before:


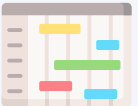

Mornings were rushed. Kaia didn't want to get dressed. Toys were everywhere. Her mom, Mahina, was stressed.

Now:

With a few small changes, Mahina made mornings calm, smooth, and even fun.



What Helped Mahina and Kaia

	Malia gave herself and Kaia 30 minutes to get ready instead of 15. No more rushing!
	In the morning, Malia pointed to a picture schedule and talked through their day.
	Kaia picked out her clothes the night before. Toys were put away using easy-to-reach baskets with picture labels.
	A song about brushing teeth made getting ready fun. Kaia's stuffed honu came for drives to signal time in the car.



Try one small change this week!

- Add more time for transitions
- Use a song or special toy to signal “go time”
- Prep outfits or a simple schedule the night before
- Add a visual chart where your keiki can see it
- Give verbal reminders about what's next



RESOURCES AND MATERIALS



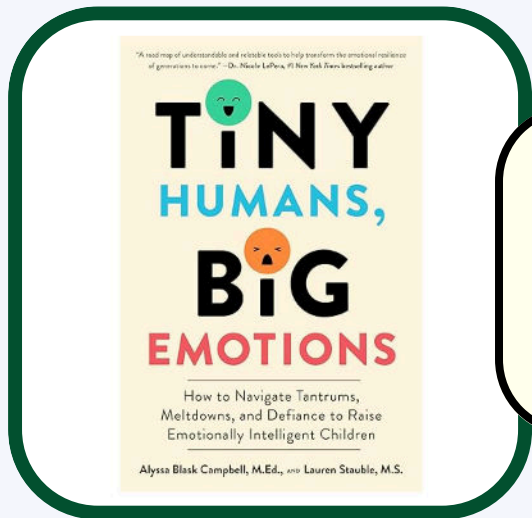
Visual Schedule Routine Chart

Routine charts help everyone feel more in control by clearly showing what's happening throughout the day.



Visual Timer

Fun visual timers for keiki are a fantastic way to spark their interest and make finishing tasks more enjoyable!



Caregiver Resource Book

Understanding your keiki's emotions empowers you to help them navigate their big feelings—including tantrums, outbursts, etc.

These resources support all keiki. If a developmental screening or assessment suggests a delay in keiki, caregivers should consult their primary care physician. Staff do not diagnose keiki, and any disclosed diagnosis from a caregiver will be kept confidential.