

# Tūtū and Me At-Home Learning

A real story + simple tips for caregivers



## Keiki Body Safety

### Jenna Teaches Sonny about Safe Touch (age 4)

#### Before:

Sonny loved hugs and cuddles. But sometimes, he didn't want to kiss or snuggle with a relative. His mom, Jenna, wanted to help him understand that it was okay to say "no, thank you" if he felt uncomfortable or needed space.

#### Now:

By having simple conversations about body parts and safe touch, Sonny felt more comfortable using his words.



### What Helped Jenna and Maluhia

	Jenna taught Sonny the correct names for the body without shame.
	Jenna explained safe vs. unsafe touch using simple words that Sonny could understand.
	When Sonny didn't want a hug or kiss, Jenna supported him.
	Together, they named three people Sonny could go to if he ever felt unsafe.

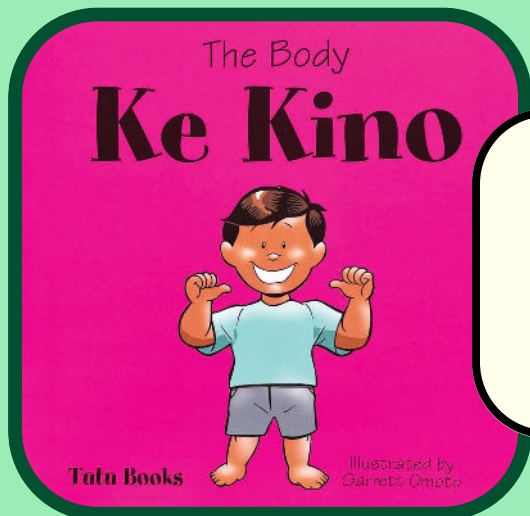


Try one small change this week! Ask yourself:

- Does my keiki know the names of their body parts?
- Do I support them when they say "no" to physical contact?
- Have I talked about what safe and unsafe touch means?
- Can my keiki name three adults they trust?
- Do I talk about bodies like it's normal, not shameful?



# RESOURCES AND MATERIALS



## Keiki Books

Use books to teach keiki the correct names for the body.



## Dolls

Dolls can help keiki learn about their body parts in a visual and interactive way.



## Caregiver Podcast

On the “Your Parenting Mojo” podcast, Jen Lumanlan M.S., M.Ed explores academic research on parenting and child development.

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.