

# 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



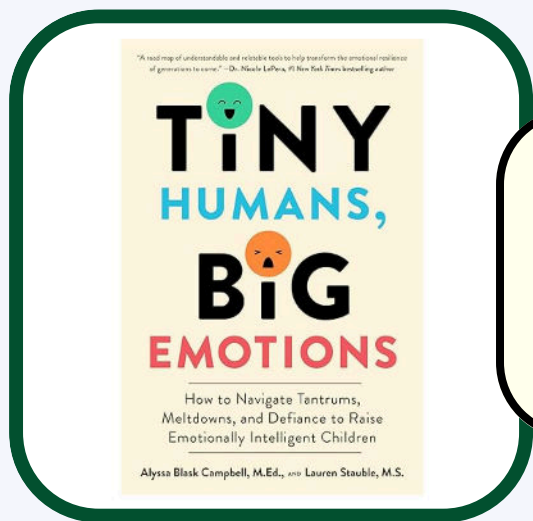
## Visual Schedule Routine Chart

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.