

Mahalo, USDOE!

Aloha e Tūtū and Me ‘Ohana,

We are grateful and happy to share that Partners in Development Foundation has been awarded funding from the Federal Department of Education (USDOE) that will enable us to continue the **Tūtū and Me Traveling Preschool Program**. Our new grant, ***Ka Pelika O Nā ‘Ohana***, means “committed to our children and families.” We are committed to continue offering you, our Tūtū and Me ‘Ohana, a caring and comprehensive, quality educational program that will support you as your keiki’s first and most influential teacher and provide keiki with a positive first learning experience. We give thanks to ke Akua for blessing us with this opportunity to continue to serve you! We wish you and your ‘ohana joy and blessings this holiday season, and look forward to sharing many wonderful new experiences with you in the New Year!

Me ke aloha pumehana,

The Staff of Tūtū and Me Traveling Preschool / Partners in Development Foundation

Social-Emotional Development: Encouraging Competence Builds Keiki’s Self-confidence

As keiki gain competence in their skills and abilities, it builds their self-confidence. Helping keiki develop a sense of competence is one of the best gifts that we can give them. Here are a few ways to help support your keiki:

- Give keiki opportunities to learn and practice new skills such as setting the table.
- Allow keiki to perform tasks according to *their* abilities, not by adult standards.
- Learn to “let go” a little and resist the urge to take over a task or re-do the work.
- Smile and praise keiki’s efforts.

Remember, your keiki is still learning, and your words of acknowledgement and encouragement make these learning experiences positive and fun!

Family Fun: Create a Thankful Tree



Materials: 1 piece construction paper, 1 paper grocery bag, 2 coffee filters, watercolors, glue, black marker, a list of 6-8 things keiki is thankful for.

Directions: Trace keiki’s hand and part of their upper arm on the unmarked side of a grocery bag, then cut it out. 2) Let keiki gently crumple the hand shape, then sprinkle it with water and dry it in the sun. 3) Use watercolors to paint the coffee filters & let dry. 4) Use a marker to draw 6-8 leaf shapes on the coffee filters & cut them out. 5) Write the things keiki is thankful for on the leaves. 6) Glue the hand shape on the construction paper, then glue on the leaves.

Holiday Gift Idea: Hand-Printed Ornaments

This easy recipe does not require baking! Use it to create special ornaments to preserve keiki's precious hand or foot prints. 1 recipe makes 2-3 ornaments, depending on size. Other decorating ideas: paw prints, photos, etc.

Baking Soda Clay Recipe: 1 1/4 cups of baking soda, 3/4 cup of cornstarch, 3/4 cup water. **Supplies:** Wax paper or parchment paper, glue, glitter, ribbon.

Directions: 1) Place ingredients in a pan on medium heat. Stir constantly until mixture resembles mashed potatoes. Remove from heat & place in a bowl to cool, 10-15 min. Keep covered to prevent dough from drying out. 2) Place dough between 2 sheets of parchment or waxed paper. Roll out dough to 1/4 inch thickness. 3) Cut out shape with a cup or cookie cutter. Press keiki's hand onto the shape to make a hand print. 4) Make holes for the ribbon & let dry 24 hrs. 5) Spread glue around hand print and sprinkle with glitter. 6) Let dry & add ribbon.



Hand-Made
With Aloha

Caregiver Tip: Teach Keiki How to Kōkua

The Hawaiian value of **Kōkua** (to help willingly), is best taught when we model these attitudes and behaviors in our daily life. Create a family motto like *"We always help each other in our family."* Share this message with your keiki often, especially at the times they can see helpful behavior occurring. Bringing a meal to a sick relative, giving a friend a ride to the airport, or helping your spouse with chores are good examples. Let keiki know that we are happy to help others because it's a way to show that we care about them. Teach keiki how to do simple household tasks that are appropriate to their age, such as wiping the table and chairs. Smile and say, *"Thank you so much for your help, this job helps our family."*

Cooking with Keiki: Red Beans and Rice (serves 4-6)



Ingredients:

- 3 cans kidney beans, rinsed & drained
- 1 14.5 oz. can of diced tomatoes
- 1 cup diced onion
- 1 cup diced celery
- 1 cup diced green pepper
- 3 cloves minced garlic & 3 bay leaves
- 2 Tb cooking oil
- 1 tsp (or more) smoked paprika
- Salt, pepper & hot sauce to taste
- Cooked brown or white rice

Directions:

- Help keiki wash the rice & add the right amount of water. Adult: Cook rice, then set aside.
- Adult: Heat oil in a deep pan. Saute onions, celery, green pepper and garlic until tender, about 10 min.
- Allow keiki to help rinse and drain 1 can of beans. Place beans in a medium sized bowl. Show keiki how to use a fork or the back of a spoon to mash the beans. Mash until beans are slightly chunky, then set aside.
- Adult: Add the diced tomatoes, the 2 remaining cans of beans, paprika, and bay leaves to the pot. Simmer until flavors come together, about 30 min.
- Adult: Add mashed beans and season to taste. Add a little water if mixture seems too dry. Simmer for 15 min., stirring often.
- Show keiki how to set the table and how to count out bowls & spoons for each family member.
- Taste and adjust seasonings. Serve with rice.