

A Newsletter for Tūtū and Me Traveling Preschool

Welcome to School Tūtū and Me!

Aloha Tūtū and Me 'Ohana,

Welcome to a brand new school year! We hope you enjoyed a wonderful summer. If you are new to our program, welcome to our 'Ohana! If you are returning to our program, welcome back! We are excited to begin the school year together as we look ahead to all that Ke Akua has in store for us and to all the wonderful experiences we will share. **Tūtū and Me Traveling Preschool** is currently serving 24 communities throughout the State of Hawaii. We are very thankful for our families, communities, staff, and our funders. It is because of the financial support and generosity of our funders that our free program is possible. Mahalo nui loa!

Each school year, a frequently asked question is, "**What can I do at home to help my child succeed?**" Here are a few suggestions that you can do right now: 1) **Establish Routines:** Children do better at school when they have a regular schedule for eating, sleeping, reading, and doing chores. 2) **Read to your keiki daily:** Reading enhances caregiver-child interactions, improves vocabulary and reading skills, and enhances keiki's understanding of the world around them. 3) **Create a family calendar:** Calendars help keiki learn the days of the week, numbers, special occasions, a concept of the future, and first experiences with planning and schedules. Thank you for allowing us to be a special part of your life! Our wish for all of us is that we will truly enjoy the moments we have with our 'ohana, and that we would make use of every opportunity to draw closer to one another.

Me ke aloha pumehana, *The Staff of Tūtū and Me Traveling Preschool / Partners in Development Foundation*

LOVE • LISTEN • INSPIRE

Family Fun: Build a Blanket Fort



Children love to have a private place to play where they can let their imagination run free! Build a blanket fort with your keiki, and it can lead to hours of fun. The quickest fort to build can be as easy as draping a large sheet or light blanket right over the kitchen table. Using what you have is the key! At our house, we set up 4 chairs with the back sides facing in, then drape sheets on top. You could put down a small blanket or sleeping bag inside for comfort, and add pillows, toys, and a flashlight. Our forts have become The Magic Tree House, a secret hide out for pirates, nests for baby chicks, a cave to hide from dinosaurs, a place to "pout" and cool down, igloos for polar bears, and a cozy tent for living room sleepovers.

CSEFEL Tip of the Month

Center for the Social Emotional Foundations for Early Learning

Providing Opportunities for Success

Confidence is the spark your child needs to take on new challenges and is crucial to developing important social skills like making new friends, participating in groups, sharing, and getting along with others. Here are a few ways parents can help: Celebrate keiki's successes. Be generous with your encouragement for keiki's attempts as well as for their accomplishments. Establish daily & weekly routines. Have conversations: talking about things expands keiki's understanding. Provide new experiences: play a game, prepare a meal, visit a different park, take a nature walk, ride the bus, etc.

Emotional Development

From the TTM Mālama 'Ohana Caregiver Training, Session 2:



Caregivers who maintain a loving, nurturing, responsive relationship with their keiki that's built on mutual respect, will ensure healthy emotional development throughout all of keiki's emotional stages. The way we respond to our children's emotions deeply affects the way they

learn to deal with their feelings and relate to others. Children get a healthy emotional start when we teach them that emotions are an important and natural part of life. Notice your keiki's expressions and body language. What messages do you see your keiki trying to express that they might not be able to express with words?

Cooking with Keiki: 10-Minute Seafood Sandwiches

Ingredients:

- 1 lb shrimp - cooked, peeled & deveined
(or substitute with imitation crab)
- 1/4 cup mayonnaise
- 1 Tb lemon juice
- 2 Tb minced green onion
- 4 to 6 hot dog buns
- salt, pepper, & pinch of cayenne (optional)
- lettuce and tomato



Directions:

Help keiki use a plastic knife to cut the shrimp into quarters, then set aside. Let keiki help to measure the mayonnaise, lemon juice and green onion, then mix the ingredients together. Have keiki add the shrimp to the mayonnaise mixture. Add seasoning to taste, then let keiki mix again. Divide seafood between 4 to 6 hot dog buns. Top with lettuce and tomato.