



Ke Ao Lono

The monthly newsletter of Ka Pa'alana
A Program of Partners in Development Foundation

THIRSTY FOR WAI

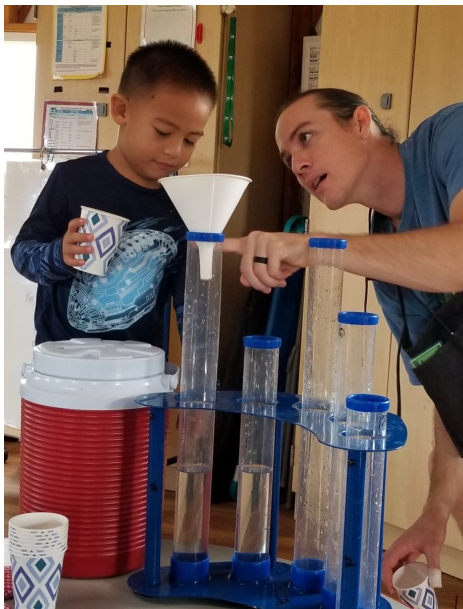
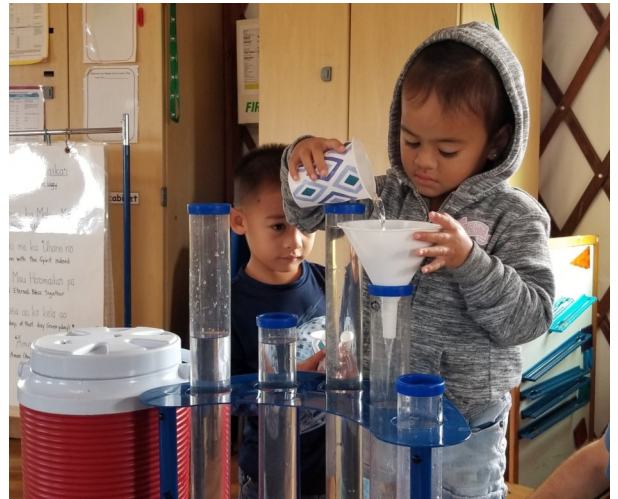
By: Kathy Fong

Wai is water, other than sea water. Sounds like a simple enough theme for young children to explore; but when thinking about it, the possibilities for exploration are seemingly endless! What is *wai*? What forms can it take? How is it used? Where can *wai* be found? What lives in it? How should we care for it? There's a lot to learn about water.

It's fascinating to watch children in "exploration mode." You can almost see the neurons in their brains sparking and connecting as they play with water using various tools and

toys, so focused and immersed. Eavesdropping on conversations between caregivers and children as they read books and look at pictures of *wai*, or step outdoors to find signs of water, I hear curiosity and see how attuned our *keiki* can be to small details.

There is a lot to learn about water; but our *keiki* are being equipped for the challenge, and having lots of fun in the meantime. By the end of the month I believe they'll be able to answer many of those questions about *wai* because of the time, space, and guidance given to these very thirsty learners.



THE FAMILIES OF KA PA'ALANA

By: Kelsey La Cuesta

Napua, who was once a former employee of Ka Pa'alana, is now a participant with her five-month-old daughter, Milianapuaalamaikalani (Milia). She has been attending Ka Pa'alana since January, 2020. Napua and her husband, Makaio, were born and raised in Kalihi. They are both new parents and excited to be attending preschool with their own keiki. As a family, they enjoy taking walks along the beach in Wai'anae.

Milia has grown since attending Ka Pa'alana by watching her peers model daily scheduled routines, as well as through play. She is starting to scoot forward, talk and babble, and loves to be around her family. Napua is excited to be a part of the parent/adult education class and learn new parenting skills alongside her parent peers. The Hope staff and families are so happy to have Napua back and excited to watch her and Milia grow!



KUMU KUKUI

By Pua Aquino

Our eyes, hands, stomach, skin all have important jobs in our body, but one of the most important parts of the body is the brain. Eating healthy foods, drinking lots of water, getting enough rest, and attending school all help our brains grow strong. Our brain helps us make sense of the world around us, solve problems, and also helps us speak. So in some ways, it could be said that our brain has a lot of *kuleana*. Likewise, the way we take care of our brain will also affect the rest of our body.

One *‘ōlelo no‘eau* that conveys this idea is *“He hale ke kino o ka mana‘o”* which translates to “The



body is a house for the thoughts.” If we compare our body to a house, it really does make sense. If the structure is not strong, it cannot serve as a good home. Likewise, the food

and care we put into our body will affect the things our body is able to do. By caring for our body and our mind, we can build a strong hale.

P A R E N T I N G T I P

By: Ronnee Stewart

According to the Department of Health, head lice, or 'ukus, are small, tan to grayish-white colored insects that live and reproduce in human hair. They feed on blood and usually survive less than two days when not on a person. There are three forms: egg (nit), nymph (stage that hatches from a nit and develops into an adult), and adult. 'Ukus can also be found on eyebrows and eyelashes.

A tickling feeling of something moving may indicate a sign of 'ukus. Bites cause itching and scratching and if it breaks the skin, can cause an infection. Head-to-head contact with someone infested is the most

common way to get 'ukus. They crawl, not hop or fly, and you could get 'ukus through sharing of combs, brushes, and hats.

During 'uku checks at Ka Pa'alana, if live ukus or eggs are found in your keiki's hair, you will be notified immediately to take him/her home. Until all live head lice and eggs have been removed and your keiki is cleared by the preschool, your keiki cannot return. Checking your keiki's head daily will help to ensure continued attendance at preschool.

For more information, please see the Department of Health Disease Outbreak Control Division's website at:

https://health.hawaii.gov/docd/disease_listing/head-lice-ukus/#about_the_disease.



February Staff Highlight

Did you know that Paige...?

- has been a Preschool Teacher's Assistant with Ka Pa'alana since June 2019
- enjoys softball and hanging out with friends and family
- favorite movie is Pitch Perfect
- favorite food is pasteles
- enjoys reading the book, "Child Called It."

Ka Pa'alana is funded by:



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