



Ke Ao Lono

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

STAY THIRSTY, DEAR KEIKI

By: Kathy Fong

In last month's newsletter I posed some "curiosity questions" about wai: *What is wai? What forms can it take? Where can it be found? What lives in it? How can we mālama wai?* As you've played, tinkered, experimented, and created alongside your keiki, have you noticed if they've learned new things about water? What have they learned? Are they using that knowledge in their daily experiences?

We hope you can see that there has been growth in their abilities and knowledge. Some keiki were exposed to water use in aquaponics. They saw plants

growing in water instead of dirt, and saw how fish in the system helped the plants to grow. Now that's something different! Some keiki played with polluted water. Well, in a pretend way they did. In the process, conversations sprung up about the effects of water pollution; how it might affect animals living in that water, and how it might affect us directly or indirectly. Also, there was a challenge to think of ways to mālama wai in the community.

These are just a couple of examples of how the children were immersed in learning about wai.

And now, from wai to sky.... Things are "looking up" in March and April!



THE FAMILIES OF KA PA'ALANA

By: Kelsey La Cuesta

Connie and Sam have been attending Ka Pa'alana for about two years now. They have two keiki, Amina (2 years old) and Violet (1 year old), as well as a baby girl on the way! As a family they like to go to the parks around the neighborhood and play all day! They also enjoy eating together as a family and trying out new foods and restaurants.

Connie has seen a tremendous change in her girls from attending preschool. She notices how much her girls' personalities and social emotional skills have bloomed,

turning them into social butterflies. She loves being able to come to school and watch her girls have a fun time while also learning. When asked about the personal growth she has seen since attending the Parent/Adult Education classes, she says they are always so interesting. She feels like she is learning things she never knew and it betters her, not only as an adult, but also as a mother to her keiki.

The staff at Hope love the Boldry family and are excited and eager to have all three girls attending Ka Pa'alana!



KUMU KUKUI

By Pua Aquino

"Ike 'ia nō ka loea i ke kuahu.

*An expert is recognized by the altar
he builds.*

It is what one does and how well he does it that shows whether he is an expert.

This month's 'ōlelo no'eau demonstrates how we might determine if a person is an expert at something. People who claim to be experts will be judged by their ability to do what they said they could do. We need to remember however, that every expert was once an amateur. Everyone needs to start at the beginning, and with time and dedication, they can reach the level of an expert. Our children are also amateurs striving to be experts at



things. As caregivers, one of the most valuable things we can give our children is time: time to

practice, time to fail, and time to become experts at what they enjoy most.

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

By: Denise Mazepa

Biting is a hard behavior to be around, especially in toddler years.

REASONS CHILDREN BITE:

- Teething pain.
- Exploring the world.
- Seeking a reaction.
- Craving attention.
- Feeling frustrated.

So what can a parent do to discourage this biting behavior?

HOW TO STOP BITING:

- Encourage the use of words.
- Give your child attention.
- Consistent consequences.
- Give positive attention to the bitten child.

NEVER BITE YOUR CHILD BACK!

Even with your best prevention efforts, biting incidents might still occur. When your child bites firmly, explain to the biter that it is not

okay and we don't bite, biting hurts! Then remove the child from the situation and do not give him or her any more attention from the biting incident.



**March
Staff
Highlight**

Did you know that Priscilla...?

- has been a Preschool Teacher with Ka Pa'alana since July 2019
- has a cat named, "Felix"
- enjoys swimming, reading, volunteering at the zoo, spending time with Felix and with friends
- has worked with chimpanzees

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