



Ke Ao Lono

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

HOME FOR THE HOLIDAYS

By: Kathy Fong

The holiday season is here, but it feels a little different. This time of year the malls would usually be packed with shoppers. There would normally be parades with hundreds lining the streets, and children lined up to tell Santa their secret wishes. But this year, it's just not the same.

Oh, but I don't mean to paint you a gloomy picture. Actually, a quieter holiday season may be just the

thing we all need. We celebrated Thanksgiving, counting all of our blessings; and now we can rejoice in the hope of a brighter new year! It may feel like we're "stuck" at home, but I would bet that when our lives return to "normal" we'll be longing for days when we could spend so much time with our children.

So this year, let's make the most of this "different" holiday season. Think of creative ways to celebrate



together! Make your own ornaments. Build an amazing gingerbread house out of cardboard. Have a holiday pajama party, complete

with crackers and cocoa. Share memories of your holidays as a child. Connect with the true spirit of wonder!

VIRTUAL HOLIDAY FUN!

By: Kelsey La Cuesta

October was the start of our holiday season! We were able to provide all of our families a humongous pumpkin for each of their keiki. Although we are still in our Nā Pilina: Piko 'Ī theme we were able to put in a fun spirit week for our keiki to participate in virtually.

During our virtual class we invited our keiki to come dressed in their Halloween costume. They were able to share what their costume was as well as see their

friends' costumes. We also did a show-and-tell with their pumpkins that they carved. It was nice to see all the different carved pumpkins that the families worked on together.

Although the holidays will be a lot different this year, we are thankful that we are still able to celebrate it with our keiki and families virtually. We are excited for the upcoming holiday season and ready to celebrate with our Ka Pa'alana holiday spirit!



KUMU KUKUI

By: Pua Aquino

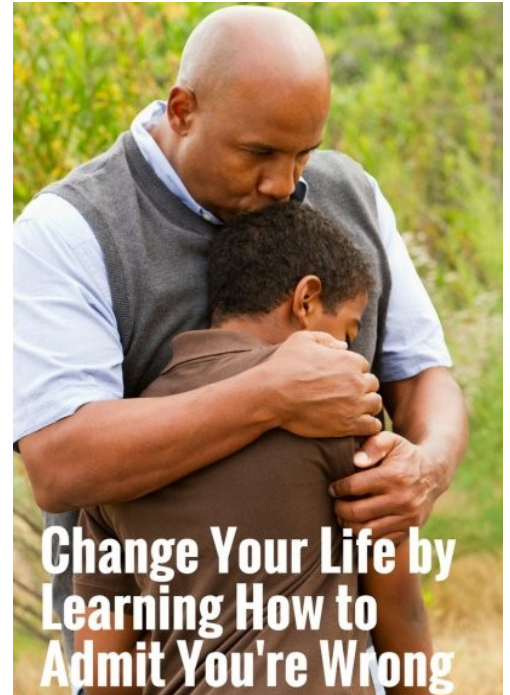
“Treat others the way you want to be treated” is known as the “Golden Rule.” Many of us teach this to our keiki as they go through life. However, how many of us follow this rule as adults? Do our actions reflect what we are asking our keiki to do? Sometimes it is easier said than done, especially in the heat of the moment. One thing we can do is acknowledge and openly admit when we are wrong. If our keiki observe us making mistakes and admitting our faults, they will do the same. We

need to teach them that everyone makes mistakes but we need to learn from them and do better the next time. They are learning from our every move more than they are listening to our every word.

Here is an ‘ōlelo no‘eau that explains what happens when we take care of and show respect toward others.

“I kanaka nō ‘oe ke mālama i ke kanaka.”

You will be well served when you care for the person who serves you.



By: Rhonda Stewart

One of the biggest challenges during the toddler years are tantrums. Most parents deal with tantrums by ignoring them until they explode! While we look for emotional support, our keiki need it too. Reflect on a time you were upset. How did you feel? What did you say or do? What were your intentions? This can help improve your response to the next tantrum. Do not ignore, walk away or give in. This could leave your keiki in a worse emotional state. It turns into being more of an emotionally difficult experience and not a survivable strategy.

Find a friend who will listen to you unload. Go to your keiki, pour love, confidence, and patience on them and then allow them to unload. Do not try to fix it or appease them, just hug them and be firm about your decision. Both of you will be healthier because of it.



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