



Ke Ao Lono

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

CURIOSITY SPARKS INVESTIGATION

By Nida Otto

Wai (water) has been a fun and exciting study for the keiki! This past month, keiki had the opportunity to learn about water and the creatures that live in it. They also discovered how we can travel on water and conserve it.

Our keiki explored the properties of water through various activities. They had fun splashing in the water table, painting with water-colors and reading books,

and singing songs about wai.

Keiki also learned how boats and canoes work and how people use them to travel on water. With a little trial and error, they put on their engineering hats and got to create their own boats.

As they explored and played with water in different ways, keiki gained knowledge by developing their creativity, problem-solving skills, and understanding of scientific concepts as they played with



ice, how water freezes, and whether their boat would float or sink.

Overall, the water study was full of wonders and fun experiences. The keiki gained a deeper appreciation for one of earth's most

important natural substances. Although our time exploring water has been fun, it's important to remember that children need to be supervised around water. Let's make their journey exploring water a safe one.

GRATEFUL

By Kelsey Conant-Patterson

Our "Water" theme has come to an end and so has our graduation. We are so grateful to our families for acknowledging Finnley, Ezra, and Milia in their Ke Aka Ho'onā journey and we wish them all the love and joy as they continue in their education! There's so much to celebrate including what we've learned about water. Keiki absorbed new words, Ryder learned how to make

mud, Keawe learned how to use tools to break ice, and everyone enjoyed how to use water to make a sweet treat. Our new theme for the next few weeks is "Gardening". With the change in weather and the arrival of spring, we thought it would be the perfect opportunity to teach our little ones about the importance of nature and how to care for it.

Together we'll be learning about the different stages of growth and what plants



need. Keiki will also experience other fun and educational activities such as sensory exploration and reading books about gardening and the different plants that exist. We believe that this

theme will provide them with a strong foundation for their future love of nature. Thank you for your continued support, and we look forward to sharing our gardening journey with you.

K U M U K U K U I

By: Pua Aquino
Welina mai kākou!

"O ke aloha ke kule-
ana o kahi malihini"
means, "Love is the host
in strange lands." Have
you ever been to
someone's house and the
first thing they want to do
is feed you? This practice
can be traced genera-
tions back into the Hawai-
ian culture.

In old Hawai'i, every

passerby was greeted
and offered food, whether
it was someone familiar
or even a complete
stranger. This 'ōlelo
no'eau is very applicable
for the things that are
going in the world today.
Too often we hear stories
of hate and violence hap-
pening toward complete
strangers. This mentality
is the opposite of what
the Hawaiian people
stood for. So as



Hawaiians and local
residents of these is-
lands, let's pass on the
kuleana, or responsibility,
to be stewards of this
land and take care of
each other, even
strangers.

Strengthening Parent-Child Relationships

By Tara Linhares

Keiki benefit greatly from spending focused, one-on-one time with their caregivers. But what should that time look like? According to Positive Parenting Solution, one way to spend quality one-on-one time is by implementing what they refer to as MIND, BODY AND SOUL TIME® (MBST). MBST is time spent one-on-one with **each** of your keiki, consistently and individually with **each** parent, doing an activity your keiki chooses. So, no matter what age your keiki is, whether a toddler or a teen, it is important to spend time with each keiki individually. Spending ten minutes a day with your child can improve their sense of belonging and build stronger relationships.

If you want to maximize your mind, body and soul time, turn off any technology and allow your child to lead the activities. Allowing your child to lead helps build their confidence, and the power and attention they receive from that one-on-one time will fuel better behavior. Remember, the goal is ten minutes a day, twice a day for both mom and dad. However, it is okay to start small. Begin with five minutes a day and work your way up. Always make sure to tell your keiki how much you enjoyed spending time with them. The more you implement this in your daily routine, the easier it will become and the better your relationships will be.

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