



Ke Ao Lono

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

NĀ PILINA

By: Kathy Fong

Aloha Strong

Although it may not feel like it, the summer has gone, and we are now in the season of fall. This time of year is usually marked by school being in full swing, football games to watch every weekend, and big decisions being made about which Halloween costumes to wear.

Times have certainly changed, and we've made

it through 7 months of COVID limbo. How? By coming together and supporting one another. This is what our current theme of "Nā Pilina" is about. We hope that through the services and materials Ka Pa'alana is able to provide, we can help you, our faithful mākuā and kūpuna, to strengthen the bonds with your keiki and with each other. We love seeing that happen!

So as we patiently wait



for "normal" to return, we encourage you to stay in touch with us, and take this opportunity to grow strong!

We can weather the seasons of change if we lean on the power of aloha together.

CAREGIVERS TO THE RESCUE!

By: Kelsey La Cuesta

Aloha mai kākou! As we welcome our Fall season, I can't help but look back and see how much our families have grown! From new families, to growing families, to seeing our keiki walking/talking, it has definitely been heartwarming to see all the new changes during these challenging times.

We always share that the parents/caregivers are their child's first teacher and that is exactly what they have been doing, and a great job at it! Our parents have

been doing an awesome job assisting their keiki with their Kōkua Kits activities and sharing their beautiful work and creations with us on ClassDojo.

We love being able to see our keiki and families every Thursday at our Zoom Circle Time, which has been a hit. Our families are making it a part of their routine or schedule. The keiki are able to interact with one another, sing and dance along, listen to us read a story, and more!

So mahalo to you all! We appreciate and miss every one of you, and we wish you all the best! Ā hui hou!



KUMU KUKUI

By: Pua Aquino

How do you show someone or something respect? Respect can look different to each individual, depending on that individual's upbringing and experiences. In some cultures, it is disrespectful to look directly into the eyes of an elder or parent while other cultures view it as a sign of respect.

In the Hawaiian word for respect, *hō'ihi*, there is the word *'ihi*, which means "scared, holy, dignified." So the word *hō'ihi* means "to treat something or

someone as sacred, dignified; to treat with reverence; respect." How can we show others respect? What does it look like? Let's try our best to be respectful of others and the places we are in.

Here is an 'ōlelo no'eau about our Hawaiian value, *hō'ihi*:

"Nāna i waele mua i ke ala, ma hope aku mākou, nā pōki'i."

He (or she) first cleared the path and then we younger ones followed.

Said with affection and respect for the oldest sibling (hiapo).



By: Dolly Naeole

Families all over the world have been impacted by schools closing because of the COVID-19 pandemic. This change is leaving students, teachers and parents to navigate this new way of distance learning on their own. Some parents are also taking on the role of overseeing their child's school work while juggling working from home. This can lead to a lot of added stress, frustration and anxiety for all involved.

One of the best ways to help children and adults adjust to a new normal is to create a routine. Routines let your children know what is coming next, and how long each activity will last. Having a set schedule provides structure and safe boundaries that can decrease your child's stress and provide a sense of comfort. But most important, make time to take care of yourself, having "me time," writing in a journal, meditating, or reading a book about something you enjoy.



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