



KO'U KAIĀULU

EXPENSE

Tracker

DATE	DESCRIPTION	AMOUNT	WANT	NEED
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐

Financial Literacy Pt. 1

Track Your Spending

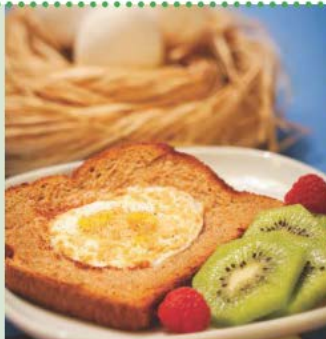
Monitoring your 'ohana's expenses is an important part of financial stability. Expense Trackers record your income and spending. Keeping an Expense Tracker gives you a clear picture of where your money is going and reveals spending patterns. When you are aware of your spending habits, you can make informed financial decisions for your 'ohana. There are various online apps, tools, and spreadsheets available to help you track your expenses. Try a free Expense Tracker [here!](#)

Keiki Can Cook!

A Recipe from the Hawai'i State Department of Health



SERVES



EGG IN A NEST

cooking spray
1 slice whole wheat bread
1 teaspoon butter
1 egg
salt and pepper to taste

DID YOU KNOW...

It is important to completely cook the egg yolk for keiki since some eggs may be contaminated with salmonella.

1. Coat a skillet with cooking spray.
2. Spread butter on both sides of bread.
3. Cut out a hole in the center using a glass or cookie cutter.
4. Place bread in skillet over medium heat.
5. Crack egg into the hole.
6. Cook over medium-low heat until egg begins to bubble.
7. Flip bread over and cook until egg is completely done.
8. Salt and pepper to taste.

NUTRITIONAL INFORMATION (per serving) CALORIES 183; FAT 8.7g; PROTEIN 10g; CARB 15g; FIBER 3g; CALCIUM 21mg; IRON 1mg; VITAMIN A (RE) 153mcg; VITAMIN C 0mg; FOLATE 0mcg

Colored text = Kids can help

BREAKFAST 13

<https://health.hawaii.gov/wic/files/2019/03/Cookbook-Keiki-Can-Cook.pdf>



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Make a delicious yogurt parfait
with your preschooler!



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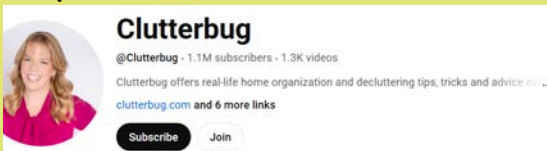


Home Organization Keiki Room

Keiki do not come out of the womb knowing how to keep their rooms clean. Teaching this life skill requires consistent routines and modeling. Helping keiki maintain an organized space contributes to a peaceful home environment. Here are a few tips:

1. **Declutter.** Donate outgrown clothes and unused toys to create more space.
2. **Find Keiki-Friendly Storage Solutions.** Use open shelving or bins for easy access and cleanup.
3. **Establish a Routine.** Encourage the habit of putting things back where they belong and designating time for a quick tidy-up before bedtime.
4. **Make It Fun and Engaging.** Create a sense of ownership by having your keiki help with organizing.

Explore more....



Self-Care

Physical Movement

Physical movement is a form of self-care that can manage your stress, boost energy, and improve your mood. Even short bursts of exercise release tension and provide a breather from parenting. Here are some easy ways to move during the day, even with keiki in tow:

1. Wear your infant in a carrier and walk around the house or do light squats.
2. Park a little farther away when running errands to get some extra steps.
3. Start a movement habit. Every time your keiki says, "Mama" do five jumping jacks.



Explore more....

