

A Newsletter for Tūtū and Me Traveling Preschool Happy New Year Tūtū and Me 'Ohana!

Happy New Year Tūtū and Me 'Ohana,

We hope your New Year is off to a good start! This is the time of the year when we think about setting goals & New Year's Resolutions. Chances are that some of your past resolutions fizzled out before the year ended. Let's make this year different and start **19 for 2019**. 19 for 2019 is a goal setting exercise for you and your 'ohana to select 19 activities and/or behaviors that you would like to implement this year! Here are some great ideas for getting your 'ohana involved with creating your 19 for 2019 list.

Start by creating goals to teach keiki how to **Mālama I Ka 'Āina (Caring For the Land):**

- Read a book about recycling and create recycling bins for your home. Label each bin with a picture of what goes in it.
- Go on a "Green Walk" and pick up trash on your street.
- Check out your local farmers' market and talk with keiki about the benefits of growing your own vegetables. Plant your 'ohana's favorite veggies and start a vegetable garden at home.
- Find recyclable household items that you can use to plant a flower garden such as the upcycled garden below.
- Plant a tree in your community.
- Visit your local beach and pick up plastic rubbish.



Remember, consider goals that you and your 'ohana can achieve together. Not only can creating goals together be fun, it is a valuable teaching moment for your keiki to build his/her communication and decision-making skills. Find a way to make tracking your goals fun! Think about what motivates your 'ohana and go for it!

Me ke aloha pumehana,

The Staff of Tūtū and Me Traveling Preschool / Partners in Development

<https://www.planningmindfully.com/19-for-2019/>

UPCYCLED GARDEN: GROW FLOWERS WITH YOUR KEIKI



Materials:

- Half gallon milk or juice carton with cap
- Soap & water
- Scissors
- Potting soil
- Flower seeds (small plants optional)
- Gardening gloves

Instructions:

- Wash out the carton with soap & water.
- Turn your carton on its side with the cap facing sideways.
- Cut an opening on the top of the carton.
- Fill the carton with potting soil, patting it down.
- Add a little bit of water to make the soil damp.
- Then add your flower seeds, following the directions on the back of the seed bag.
- Have keiki water daily.
- Keiki can decorate the outside of the carton.

<https://handsonaswegrow.com>

Promoting Early Literacy with Infants & Toddlers

What we know?

- **Early literacy** (listening, reading & writing skills) development is a **continuous** developmental process that begins in the first years of your keiki's life.
- **Early literacy** skills develop at the same time and are intimately linked.
- **Early literacy** skills develop in real life settings through positive interactions with literacy materials such as books, paper and crayons.
- **Early literacy** does not mean early reading. It means building keiki's appreciation of books.

What we can do?

- Make sharing books part of your every day routine.
- Talk or sing about pictures.
- Point & show keiki the words as you read them.
- Make the story come alive by using different voices.
- Allow keiki to turn the pages & follow their lead.
- Sit and read together for a few minutes. It is okay if you don't finish the book.
- Ask questions about the story & let them ask you questions too!



www.zerotothree.org/BrainWonders

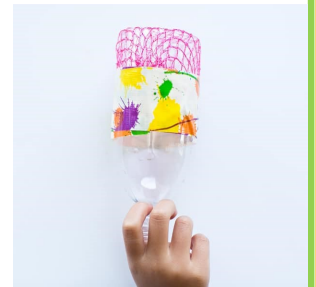


Materials: ♻️ Recycle Bottle Bubble Blower ♻️

- Recycled plastic bottles (any size)
- Recycled mesh fruit bags
- Strong tape (Duct tape or packing tape)
- Scissors
- Disposable bowl
- Homemade bubbles (1/4 cup corn syrup, 2 cups warm water & 1/3 cup dish-washing soap)

Directions:

- Make your bubble solution.
- Cut your bottle in half with scissors. Add your mesh over the bottom half of your bottle covering the opening. Secure the sides with tape.
- Add some bubble solution in a shallow bowl that your bottle will fit inside. Dip bottle in the solution and then blow!
- Remember to blow **OUT** and not suck in. If you want to prevent any accidental sucking in, you can ask your keiki to blow without their lips touching the bottle opening.



<https://www.hellowonderful.co/post/diy-recycled-bottle-bubble-blower/>

Is Honey Safe For My Baby?

Although honey seems like a wholesome & natural food to give your baby, don't do it until your baby is at least **12 months old**. Honey can contain spores of a bacteria called Clostridium botulinum that can cause infant botulism.

What is **infant botulism**?

Infant botulism is a very serious disease. It affects a infant's nerves and muscles. An infant who has this disease may be weak, constipated, and eat poorly.

<https://www.babycenter.com>



Do Not Give Your Baby 12 Months or Younger



Honey in their food, water or formula.



Honey on their pacifier.



Honey for medicinal usage or mixed in their medicine.

If your infant shows signs of botulism, you should take your baby to their doctor immediately.