

A Newsletter for Tūtū and Me Traveling Preschool

Welcome to School Tūtū and Me 'Ohana!

Aloha e Tūtū and Me 'Ohana,

On behalf of our staff and teachers, we welcome new and returning 'ohana to an exciting new school year! As you return from your fun filled summer, please check out some tools listed below to help you transition keiki to their school routine. Transitions are important as keiki do best when routines are regular, predictable and consistent. Creating a morning and evening routine will help keiki understand what to expect and learn what comes next. Routines can help ease the stress that some families experience in the mornings and evenings.

Mahalo nui loa Tūtū and Me 'ohana for your support, participation, and aloha as we begin another happy and successful school year!

Me ke aloha pumehana,

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

Morning Routines:

- Keep wake-up routines cheerful and positive.
- Be sure keiki eats breakfast, even if he/she is not hungry.
- Create a schedule with pictures for a visual guide of your daily routine.
- Make sure to allow enough time to get settled at Tūtū & Me so you and keiki are ready to enjoy first circle.

Evening Routines:

- Put as many things in order as possible for the next day. This could be prepping snacks, lunch or clothes for the next day.
- Dinner time should be spent eating together as an 'ohana. During dinner have your 'ohana share about their day and encourage keiki to participate in the conversation.
- Set a regular time for bed and be consistent. Make sure keiki gets enough sleep.
- Create a night time ritual for bed time. It could be reading a book or singing a song together before bed. Night time rituals can help ease keiki to sleep.

Visit website for
free printables

<https://adayinourshoes.com/free-printable-visual-schedules-for-home-and-daily-routines/>



Download "Happy Kids Timer" app designed with morning & evening routines to help with back to school transitions.



Preschool Screen Time: Tips for Balance

Screen time can be part of a healthy lifestyle for preschoolers when it's balanced with other activities that are good for keiki's development, such as physical play, reading and socializing. Getting the right balance also includes making sure screen time doesn't interfere with sleep. Check out these **7 tips to provide your keiki with a balanced and healthy use screen time:**



- 1) **Make rules about screen use.** Create family rules of where, when and how keiki can have screen time.
- 2) **Aim for short screen time sessions.** Encourage breaks every 30 minutes for getting up and moving around.
- 3) **Get keiki moving, especially outside.** It's a good idea to encourage keiki to play outside several times a day.
- 4) **Imagine and create.** Creative play such as telling stories, dressing up or drawing are good for keiki's development.
- 5) **Encourage play and friendship with others.** Schedule play dates and encourage preschool friendships.
- 6) **Avoid screen time before bed.** The blue light that's emitted from electronic devices can delay the release of sleep-inducing melatonin, increase alertness, and reset the body's internal clock to a later schedule.
- 7) **Keep devices out of the bedrooms at night.** Designate an area out of the bedroom where tablets, phones & other screens are kept at night when not being used.

Check out Family Media Plan at:



Create your personalized family media plan to help you be aware of when your 'ohana are using media. This requires parents and users to think about what they want those purposes to be. The website will also help you to create goals and rules that are in line with your family's values

Tūtū & Me Home Visiting Program Expanding to East Maui

TTM Home Visiting Program is a family-strengthening model that provides caregiver support and educational resources to families with keiki ages birth to five. Caregivers learn effective parenting techniques and teaching strategies that support keiki's early learning and social-emotional development. Home visitors bring in toys, educational resources, books and activities that support caregivers in their role as keiki's first and most important teacher.

For more information contact **Ashlynn Victorino, Family Support Manager** at 808-756-8987 or avictorino@pidfoundation.org



Cooking With Keiki: Fruit Crackers



Ingredients:

- graham crackers
 - 1/2 cup cream cheese
 - 2 Tbsp honey or agave*
 - Fruits that your keiki likes to eat.
- * **Keiki under the age 1yr old should not eat honey**

Directions:

- Mix honey and cream cheese together in a small mixing bowl.
- Spread an even amount on each cracker.
- Chop fruit into small pieces & place on top of the honey cream cheese mixture.
- Serve immediately for that fresh taste!