

Tūtū Times

A Newsletter for Tūtū and Me Traveling Preschool

Aloha Tutu and Me 'Ohana,

Ho'omaika'i! On behalf of Partners in Development Foundation, we express our gratitude for you and your keiki's continued participation in our virtual program. We are so thankful to announce that Tutu and Me received another three year grant, Hānai a Ulu. This will enable the Tutu and Me Traveling Preschool to continue and for the Home Visiting and Parent Education program to be expanded across the state of Hawai'i.

We know its been a challenging year and as the holidays approach we understand that it may be difficult to keep a positive mindset. However, we encourage you to take a moment and focus on the positive things this year has brought to you and your 'ohana. Start by teaching your keiki an "attitude of gratitude." Express your gratitude for your keiki by singing this song, *Twinkle, Twinkle Little Star. What a wonderful keiki you are. With bright eyes and nice round cheeks. A talented person from head to feet. Twinkle, Twinkle Little Star. What a wonderful keiki you are.*

(Adapted from Dr. Becky Bailey's; "I Love You Rituals"). When we practice gratitude daily, it not only impacts our mental and physical well being, but also the well being of our keiki.

E mahalo Kākou I ka mea loa'a.

(Let us be thankful for what we have.)

Source: 'Ōlelo No'eau, by Mary Kawena Pukui

Me ke aloha pumehana,

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

Keiki's TEAriffic Makana

Re-purpose those extra mugs you have stored by allowing keiki to decorate and fill them with your favorite tea bag to make a TEAriffic makana !



Supplies: ♥ Coffee mug ♥ Tea Bags
♥ Permanent marker ♥ Cardstock paper
♥ Tape

- Cut out a simple shape or picture from cardstock paper to make a stencil.
- Tape the edges down securely to the side of the mug.
- Have keiki scribble color in the cut out area of your cardstock.
- After the ink dries, pull off the paper and see your keiki's beautiful picture.
- Fill the mug with your favorite tea bags and your keiki's **TEAriffic** makana is ready!

KEIKI HEROES

The Keiki Heroes program shares messages through Kai and Hoku, cousins who teach keiki how to adopt healthy safe practices. Keiki can join Kai and Hoku in taking the pledge and learning how to keep themselves and others around them safe. Visit Keiki Heroes website at keikiheroes.org

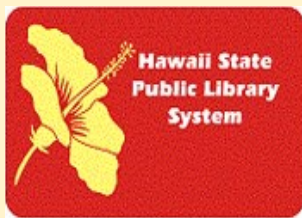


and read all about Kai and Hoku's journey! Access free coloring and engaging activity books for keiki and your 'ohana to enjoy together.



TAKE THE
PLEDGE

FREE FINANCIAL ONLINE COURSE



The Hawaii State Public Library is now offering FREE financial online courses. Enroll now to claim your spot in November or the December

"Where Does All My Money Go?" course.

This course will give you the tools to get financially prepared for the new year!

Course Start Dates:

November 11 or December 9th

Go to: librarieshawaii.org

Click on Learn- Gale courses



Mindful Feet



We all have rough days and need a little extra nurturing.

Practicing "Mindful Feet," is a way to encourage your keiki to slow down for moment, reboot their sensory regulation, and take a few deep breaths. In just a short few minutes this will leave your keiki feeling refreshed and restored. Make "Mindful Feet" a weekly routine for some special bonding time.

Infant- 24 months

- ♦ During or after your infant's bath, rub your infant's feet with your thumbs, gently uncurling and stroking the toes.

Ages 2 -5 yrs. old

- ♦ Lay down with keiki and close your eyes.
- ♦ Take 3 deep breaths together. Hanu mai (breathe in), Hanu aku (breathe out).
- ♦ Have keiki squeeze and wiggle their toes and hold for 5 seconds. Repeat 3x and relax. Have keiki think about one thing he/she is thankful for this holiday season.

