

Tūtū Times

A Newsletter for Tūtū and Me Traveling Preschool

Hau'oli Kauwela Tūtū & Me 'Ohana,

The state of Hawai'i, proudly known as the Aloha state, is home for people of many different ethnicities and cultures. Living in Hawai'i offers a great opportunity for you to teach your keiki how to mahalo (respect) and waiwai (value) people regardless of their gender, race, ethnicity, disability, economic class or the language they speak. Young keiki form ideas about themselves and other people long before they begin kindergarten. It's important to talk with your keiki and *help them to be proud of themselves and their families, respect a range of human differences, recognize unfairness and bias, and speak up for the right of others* (NAEYC Anti Bias Education, 2019). These conversations help keiki learn both how they are similar and different from other keiki. Here are three ways you can teach your keiki to mahalo and waiwai diversity, and form caring relationships with others.

1. Talk to your keiki about words or images he hears or sees that are unfair or hurtful to others.



2. Schedule a park day for your keiki to interact and make new friends with other keiki in her community.



3. Read stories about different cultures. Talk with your keiki about what they are learning from the stories.

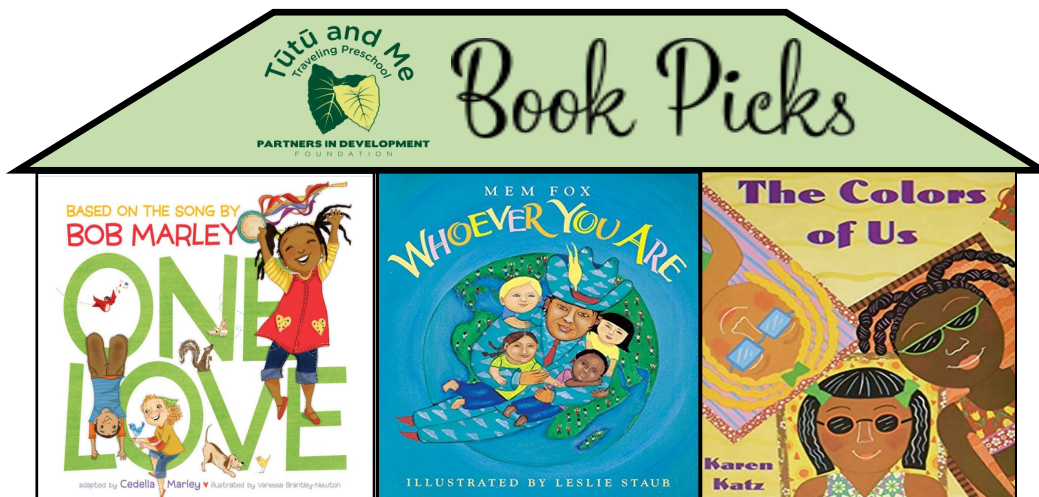


Differences do not create bias. Children learn prejudice from prejudice-not from learning about human diversity. It is how people respond to differences that teaches bias and fear.

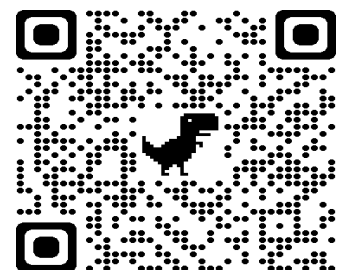
-NAEYC November 2019

Me ke aloha pumehana,

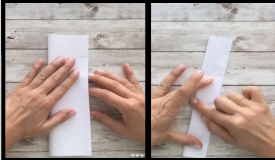
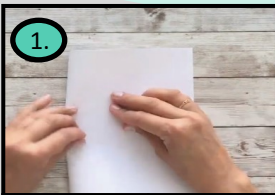
***The Staff of Tūtū and Me
Traveling Preschool /
Partners in Development
Foundation***



You can find these 3 books at your local Hawai'i State Public Library.



Ho'okahi Aloha Activity



- Help keiki to fold a sheet of paper in half. On the folded side, fold it in half again two more times.
- On the folded side, help keiki draw half of a person. Help keiki cut along the outline of their drawing.
- Have keiki open their ho'okahi aloha (one love) people chain and color their 'ohana.

<https://www.pinterest.com/pin/18155204736909093/>



ALU LIKE, Inc.

is now accepting applications for their Native Hawaiian Summer School tuition scholarships for keiki ages K-12 attending DOE & private summer school.

Apply online

www.alulike.org/nhssap

Deadline to apply is June 12, 2021



KEIKI O Ka 'Āina

Hawaii Early Learning Partnership (HELP) for Child Care Tuition Assistance Program is accepting applications.

This program is designed to help qualified parents with monthly financial aid for child care costs for keiki ages birth to 12 yrs.

Child care includes relative care in the child's home environment, infant/toddler care, group child care, pre-school, and before and after school care.

FOR MORE INFORMATION VISIT

<https://www.koka.org/help-for-childcare/>

MĀLAMA KEIKI & OUR 'ĀINA

This summer don't forget to use coral reef safe sunscreen. Avoid sunscreen with **oxybenzone** and **octinoxate** listed in the ingredients as they are harmful to our coral reefs. Apply sunscreen every two hours or more frequently if going in/out of water or sweating.



'Ulu (Breadfruit) Wedges

- 'Ulu (breadfruit)
- Sea salt
- coconut oil



- Rinse 'ulu (breadfruit) and pat dry well. Using a paring knife, carve out the stem and cut a small "x" on the opposite side. Lightly coat the 'ulu with a teaspoon of coconut oil.
- Place the 'ulu in the oven at 375°F, directly on the rack. Roast for 60– 90 min. until it has turned dark brown and steam is visible from both ends.
- Remove 'ulu from the oven and allow to cool. Peel off the outer skin, cut in half and scoop out the inner core. Slice into 1/2 inch thick wedges.
- Heat 2 tbsp. of coconut oil in large skillet over medium heat. Fry wedges until golden brown per side. Remove from skillet and drain on a paper towel lined plate.
- Season the wedges with sea salt and other herbs that your 'ohana enjoys.

<https://www.thesophisticatedcaveman.com/roasted-fried-breadfruit/>