

Tūtū Times

A Newsletter for Tūtū and Me Traveling Preschool

Welina mai! Welcome back Tūtū & Me 'Ohana,

As we start off the new school year, Tūtū & Me would like you to think about the importance of making healthy connections with your keiki. Safety and connection begins with you as you are your keiki's first and most important teacher. It is your kuleana to be your keiki's pu'uhonua (safe place) which supports keiki's confidence to explore and learn. You can begin by practicing the 4 Elements of Connection— **eye contact**, **touch**, **presence** and **playfulness** in your everyday routine to help build a strong relationship with your keiki (Bailey, Becky A. *Conscious Discipline*® *Building Resilience Classrooms*, Loving Guidance, 2021).

Eye Contact



Eye contact creates connections in keiki's brain letting them know they are safe & loved.

♥ Get down to your keiki's level, make eye contact and say, "I love you."

Presence



Being present is spending time with keiki sharing the emotion & connection together.

♥ Read your keiki's favorite book together. Be Present!

Touch



Appropriate and caring touch builds smart, happy keiki.

♥ Hold your keiki's hand when visiting unfamiliar places.

Playfulness



Playfulness helps to build bonds with you & your keiki.

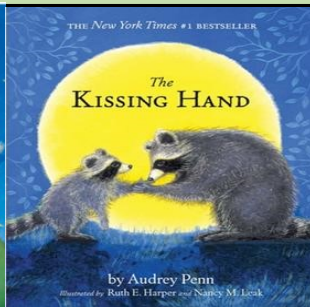
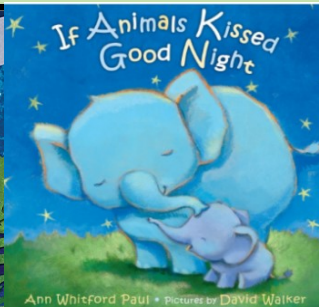
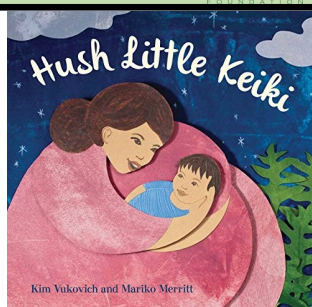
♥ Take a walk on the beach and follow each other's footprints in the sand.

(Pictures) <https://www.thekeikidept.com>

Me ke aloha pumehana,

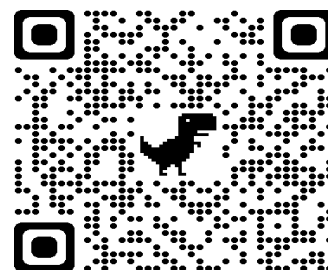


Book Picks



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

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



Ho'oulu a ho'olako'o Partners in Development Foundation i nā 'ohana me nā kaiāulu e loa'a ka lei o ka lanakila a e lawelawe pono ma o ka mo'omeheu a me ka mauili ola Hawai'i.

Partners in Development Foundation inspires and equips families and communities for success and service using timeless Native Hawaiian values and traditions.

Pili Aloha for Safety

When you “trust your na’au (gut,)” it is when you are in touch with your calm wise voice within. Your na’au tells you when something is not feeling safe. You can teach keiki a simple way to check in with their na’au by saying “pili (to connect)” when keiki may be feeling unsafe in certain situations.

Try these phrases with keiki:

Unfamiliar Places



“Pili, listen to your na’au, it is saying, come close.”

Unfamiliar People



“Pili, listen to your na’au, it is saying, stay with mama.”

Unfamiliar Animals



“Pili, listen to your na’au, it is saying, the doggy doesn’t want to be touched.”

Lima keychain



- Use a recycled clear plastic container lid.
- Paint your lima (hand) and your keiki’s lima using acrylic paint and stamp it onto the lid.
- Once it dries, cut around all the lima prints leaving a 1” border.
- Label each lima using a permanent ink pen.
- Line a cookie sheet with parchment paper.
- Preheat and place in the oven at 320 F° for 1-2 minutes until lima prints shrink.
- Punch a hole on the top of your lima print and Insert a ring to create your keychain.

PŪPŪ KALO

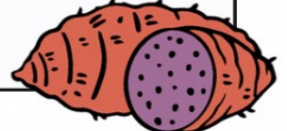
BY ISAIAH ISHIGO

INGREDIENTS

2 pack aburaage
1 kalo root (1lb), steamed
½ c. cooked limu
2 finely chopped green onion
2 Tbsp finely chopped pickled onion
1 c. shredded kālua pork
½ c. ocean salad
2 Tbsp avocado
Pinch of inamona
Pinch of tobiko

DIRECTIONS

Cut each aburaage wrap open. Mash steamed kalo, chopped green onion, pickled onion and limu together in mixing bowl. Stuff the aburaage ¾ full with kalo mixture. Then, layer kālua pork and ocean salad on top. Finally, garnish with avocado, tobiko, inamona and limu. Do the same for others. Serve immediately.



Tūtū & Me Parent Education Manager, Amanda Ishigo’s son, Isaiah, entered his Pūpū Kalo recipe into the Hawaii Grown Civil Beat recipe challenge and won 1st place. Check out Civil Beat website for more local grown recipes. [Recipes Archives - Honolulu Civil Beat](#)