

Tūtū Times Family Edition

Volume 7

June - August 2010



*“Aia
Ke ola
/ nā
Kūpuna”
There is
Life-giving
Substance
from the
Elders*



**Inside
This Issue:**

'Ohana News	1-2
Letter from Gail	1
Articles	2
Recipe	2, 7
Photos	3-5
Organizing	6
CSEFEL	6
Signing with Keiki	6
Family Fun	7
Lessons in Leadership	7

'Ohana News



Happy New School Year, Tūtū and Me!

Aloha Tūtū and Me 'Ohana,

Welcome to an exciting and brand new school year at **Tūtū and Me Traveling Preschool!** We are so glad that you are a part of our program, and feel blessed to have the opportunity of serving you and your 'ohana.

Tūtū and Me Traveling Preschool is currently in 24 communities throughout the State of Hawai'i. Last year, we had the privilege of serving over 2,300 children and caregivers in these communities. Mahalo Ke Akua. We want to thank you for your letters of support, kind words, and all your aloha. It is truly an honor and blessing for us to know that we are making a positive difference in your lives.

We are also very grateful for our funders. It is because of their financial support and generosity that this free program is possible. These funders are the U.S. Department of Education, Department of Human Services, and Kamehameha Schools. Mahalo nui loa!

Each school year, a frequently asked question is, **“What can I do at home to help my child succeed?”** According to a study conducted by Kamehameha Schools (Carrie Shoda-Sutherland), these are some things that you can begin doing at home now to help your keiki succeed in school:

Establish a routine. Establish a reasonable routine at home and stick to it. Children do better in school when they have a regular schedule at home for eating, sleeping, reading, and doing chores.

Read to your keiki daily. Picture books improve a child's vocabulary and reading skills. Reading to your keiki also enhances parent (or grandparent) - child interactions, which improves a child's scholastic abilities.

Teach your keiki what their name means. Findings from the study show that young Native Hawaiian learners who have a Hawaiian name and know what the name means perform well on standardized tests. Knowing the meaning of one's name helps to develop a positive self concept, and when children feel good about themselves, their minds are open to learning and discovering new things. How can you do this? Get a blank piece of paper, and entitle it, “My Mo'olelo Inoa” (My Name Story). Write your keiki / mo'opuna's name on the paper. Write everything you know about your keiki or mo'opuna's name, its' meaning, why it was given to him or her, and anything else you would like to write about. Read the name story to your keiki / mo'opuna. Chances are they will ask you to read it over and over again! Enjoy the new school year! May your time with us be a blessing to you and your 'ohana.



Gail Omoto
Director of Research,
Evaluation and Development

Aloha Tūtū and Me! We hope you had a great summer! Exciting things are happening for our program. **Tūtū and Me** held our annual **Statewide In-service** on July 22-23, and were treated to a surprise visit by music and movement master, **Shawn Brown** who got all of us up off our seats! Another treat was a sneak preview narration of **“Pili the 'Iwa Bird Flies Again,”** the latest adventure from our gifted authors, **Gail Omoto, Jan and Judy Dill.** Narrating our latest story is none other than handsome and talented, **Jason Scott Lee!** This is the book we've been waiting for and it will be available later this year.

In this edition of **Tūtū Times**, we'll be meeting new staff in our **'Ohana Profiles**, and checking out photos of the beautiful families we met during the Caregiver Support Surveys (see pages 3-5) conducted last school year. See page 2 for some of our survey highlights from around the State! **Mahalo Tūtū and Me! Have a great school year!**

Cont. on Page 5

*Me ke aloha pumehana,
Gail*



Welcome to Tūtū Times. We hope that you will enjoy reading about what is happening at Tūtū and Me statewide through these quarterly newsletters. If you have items you would like included in upcoming editions, please email JoAnn Wasson at: jwasson@pidfoundation.org

Tūtū and Me's Caregiver Support Surveys

In the spring of last school year, **Tūtū and Me Traveling Preschool** interviewed 88 caregivers statewide, to ask, **“What additional supports and services can Tūtū and Me offer you that would be helpful to you and your family?”** Your feedback is important to us, and here is a snapshot of your responses:

- 30 caregivers said that having a Caregiver Support Group or related support service would be helpful.
- 24 caregivers said that they would enjoy workshops or classes.
- 10 caregivers mentioned that they would appreciate a free keiki swap meet to exchange children's toys, clothing, and equipment.
- 9 caregivers said that a blog site or tip site to exchange information would be helpful.
- 6 caregivers mentioned that they would enjoy more information on Hawaiian language and culture.
- 35 caregivers mentioned items specific to their sites. These will be shared with the **Tūtū and Me** management team.
- 54 caregivers gave positive feedback on the impact of the program on their families.

Mahalo Tūtū and Me 'Ohana, for your suggestions and feedback! We are committed to offering you the best program we possibly can, and look forward to exciting things to come!

Sweet Potato Fries

Ingredients

- 1 lb. peeled sweet potatoes, cut into sticks
- 2 Tablespoons olive oil
- 1/2 tsp rosemary
- 1 Tablespoon parsley
- 1 tsp salt and pinch of black pepper



Directions

Preheat oven to 425*. Dry potatoes with paper towels, and use hands to toss with oil to coat evenly. Toss again with seasonings and place in a single layer on a baking sheet, so pieces are not touching. Place pan in oven and bake for 15 minutes. Use a spatula to gently flip the fries over, then return pan to the oven and cook for another 15-20 minutes or until fries are starting to lightly brown. Remove from pan and let cool 5 minutes before serving.

Helping Your Child Explore the World Around Them

Adapted from *Investigating Rocks and Sand: Addressing Multiple Learning Styles And Inquiry-Based Approach*, from *Young Children* on the Web, March 2009, NAEYC

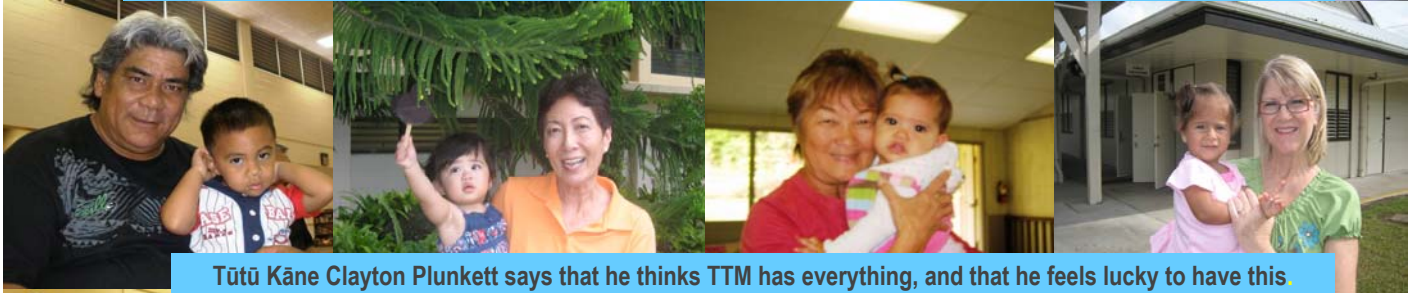
Investigating the world around them comes naturally to children. Infants use all of their senses—seeing, hearing, touching, tasting, and smelling to explore and collect information. As caregivers, we can encourage our children's natural instinct for discovery by guiding their experience with questions. Take a cue from your child and build the learning around their interests. For example, if your child is interested in trucks, ask questions that **builds on what your keiki already knows**: For example, you can ask, “Nick, what do you know about trucks?” or “Matt, what do you think that truck is doing?” **Ask open-ended questions**: For example, “Anna, what do you think would happen if that truck was carrying ...? What about if it carried something else, like...?” **Encourage children to wait a few seconds before answering** to allow time for thinking. **Repeat or Paraphrase** what your child said without praising or criticizing. This helps keiki to think for themselves. “Anna, Bobby just said he thought sand came from rocks. What do you think?” Talking about things, exploring, and asking questions keeps learning fun and exciting!

Tūtū and Me Caregiver Support Surveys

Caregiver Support Surveys were conducted last school year, with Tūtū and Me (TTM) visiting 17 of our sites and meeting many of our wonderful families around the state. The purpose of this survey was to obtain suggestions and feedback from our caregivers on supports and services our program may be able to offer in the future. As always, our goal is to offer the best possible program for our families! Mahalo nui loa Tūtū and Me 'Ohana for your commitment to our program and to our keiki!



Grandma Libby Mendonca says, "I love everything! I like coming and talking story and learning something new."



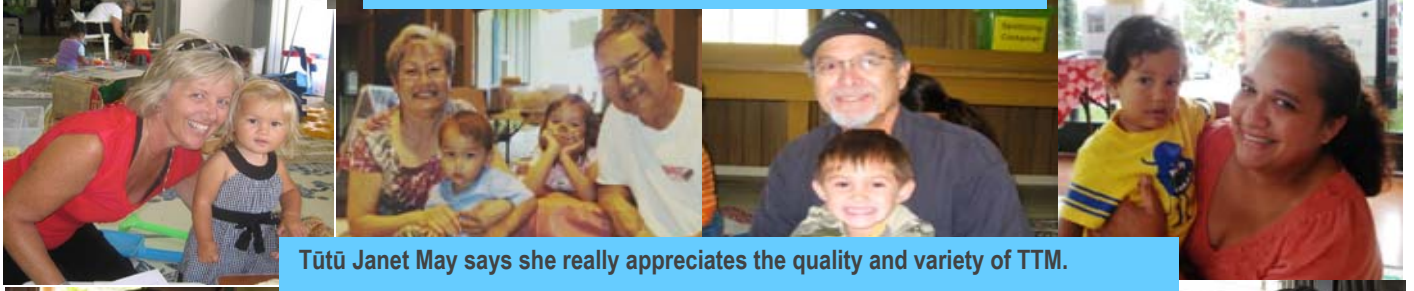
Tūtū Kāne Clayton Plunkett says that he thinks TTM has everything, and that he feels lucky to have this.



Grandma Cynthia Nakano says TTM does "a fabulous job." She feels the strength of the program is the involvement of the caregiver.



Grandma Barbara Endo says, "It's a superb program."



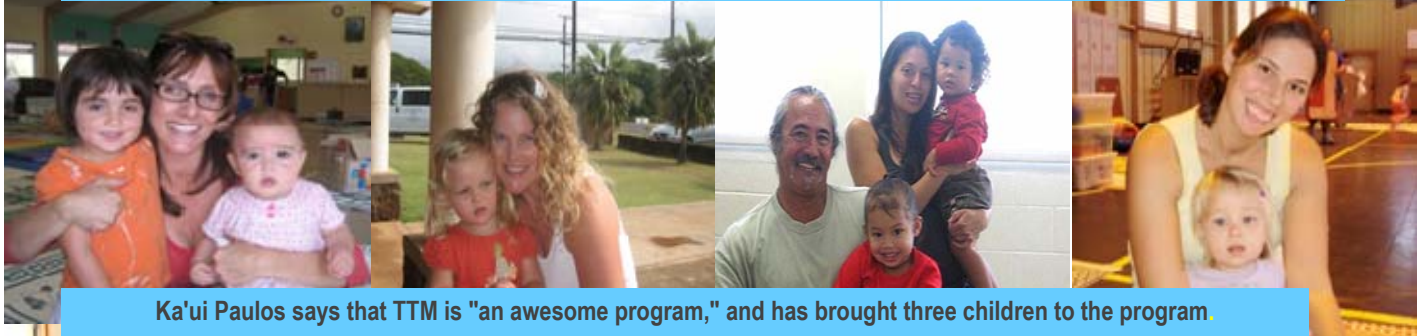
Tūtū Janet May says she really appreciates the quality and variety of TTM.



Tūtū and Me Caregiver Support Survey 'Ohana Album



Tūtū Kiki Cummings says she feels that TTM "have everything well planned and thought of everything."



Ka'ui Paulos says that TTM is "an awesome program," and has brought three children to the program.



Tūtū Ann Quanan says that the TTM staff "have it covered. They think of everything!"



Grandma Dianne says she is really impressed with the TTM South Hawai'i team. She says, "They are excellent."



Tūtū Kāne Preston Ares says, "We came here as strangers and now we feel like family."

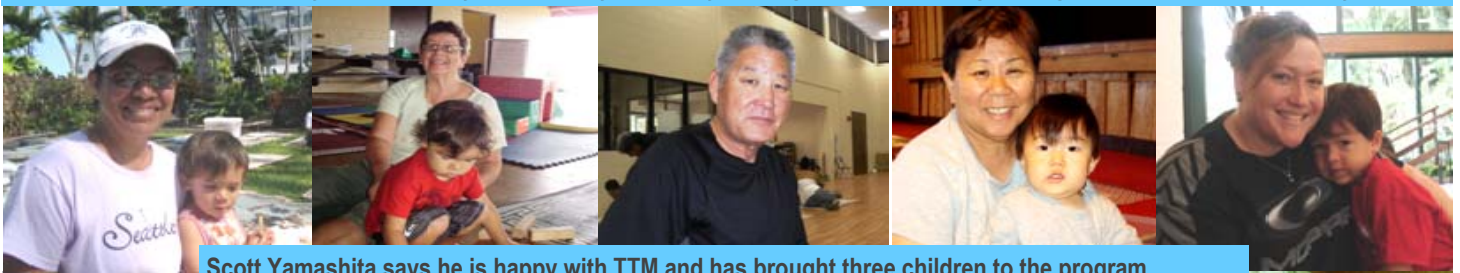
Tūtū and Me Caregiver Support Survey 'Ohana Album



Tūtū Vicky Hollinger says that the TTM program is, "just excellent."



Tūtū Sharon M. Akana says that her family has been very blessed by the program. She has brought four grandchildren to TTM over the years.



Scott Yamashita says he is happy with TTM and has brought three children to the program.



Tūtū Jane Agana says the books are wonderful, the crafts are wonderful, and the staff are so good; so kind and caring.



Tūtū Glen Yoshida and his 1 1/2 year old grandson catch the bus from Kapolei to attend the Wai'anae site. He says he feels "very lucky to be with the program," and says "this is beautiful; at home you couldn't have all this."

Organizing 911: Simplifying Household Management

When our home lives are busier than ever, streamlining our home routines can make the difference between contentment and chaos! A few simple steps can do a lot to ease common problem areas:

Take Charge of Meals

- Plan meals in advance to save time, money, and relieve daily stress.
- Have some “quick meal” items ready to go in your pantry, fridge or freezer.
- Wash and pre-cut veggies and meats ahead of time for easy cooking later in the week.
- Pre-bag children’s snacks on the weekend to toss into lunch bags later.

Create Routines for Household Chores

- Teach children to do simple chores. Select times & create routines to get the job done.
- Choose a day and time to do regular chores and let this routine become a habit.
- Have toiletry items, cleaning supplies & trash bags in each bathroom or under each sink.
- Give everything you own a “home.” Put things away when you are finished.

Eliminate Morning Chaos

- Have each family member get clothing, backpacks, hair items & shoes ready the night before. Keep an emergency set of clothes & socks for each child ready to go near the door.
- Check backpacks for forms & homework each evening. When done, put backpacks at the door.
- Prep breakfast items & coffee in the evening. Pack snacks and set the table before bed.
- Keep keys, shoes, watches, purses and backpacks in the same place each day.
- Check your planner & school calendar on the weekend & each evening so nothing is missed.

CSEFEL Tip of the Month

Center for the Social Emotional Foundations
for Early Learning

Got Messy Keiki?

If you are constantly picking up after your children, you may want to take a step back and see if you are communicating your message as clearly as you might need to. Most parents would love to see more independence and helpfulness from their children, but to get the behaviors we want, we need to take the time to teach our keiki exactly what to do. Try this:

Step 1: State very clearly what you want your child to do. For example, it’s not enough to say, “Put your toys away,” or “Take your dishes to the kitchen.” These directions do not tell your child exactly what is needed, and may not give you the results you want. Instead, be very specific: “Jon, please put the stuffed animals into the toy box and put the trucks on the shelf with the other trucks” or “Amy, please put your dishes in the sink and your napkin in the trash can.”

Step 2: If your child seems unsure of what is expected or doesn’t understand the direction: Come down to your child’s level, and in a gentle tone of voice say, “Let me show you how to do it.” Model the behavior and explain the steps needed as you do them, then give your child the opportunity to practice.

Step 3: Praise your child for their efforts. A kind word, a smile and a hug go a long way in building self-esteem!

Signing with Keiki

Oahu Team 1



Hau'oli (Happy)

Auntie Kim demonstrates the sign for *Hau'oli*, or “Happy”. Place your thumbs on your cheeks with palms facing out. Keeping your fingers apart.



Kaumaha (Sad)

Uncle Keli f shows us the sign for *Kaumaha* or “Sad”. Place your forefingers on the top part of your cheeks, under each eye.



Huhū (Angry)

Auntie Nohea shows us the sign for *Huhū*, or “Angry.” Curl your fingers and thumbs into “claws” with fingers facing toward you.

Lessons in Leadership: Habits for Success

"The nature of people will always be the same; it's their habits which will separate them." ~Confucius

While most people have goals in life, there are some who consistently achieve them. What are their keys to success, and how do you go from "wishful thinking" to a successful reality?

1. **In addition to knowing What they want to achieve, these individuals also know Why they want to achieve it.** Knowing and clarifying both your Goals and your Motivation are important first steps. Be clear and specific. For example, a vague goal might be "a clean kitchen." A more specific goal might be "a well-organized kitchen with clear counters." Motivating factors are different for each person. Think about Why something is important to you, and be clear about your motivators so you have a strong reason to complete the task.
2. **Develop an Action Plan to work toward your goal.** It's not enough to know what you want and why you want it, you need to figure out how you're going to get there. Break down the job by identifying the key components, then the action steps needed for each area. For example, if your goal is "an organized garage," your key components might include: organize tools, organize sports equipment, create shelving for car care and household cleaners.
3. **Plan your work, then get moving on it.** Now that you have your key areas to tackle, break down each section into action steps, then schedule the time to do those steps. Focus on the Big Things first; the things that are most important and meaningful. Start by asking, "What can I do this week (or tomorrow) to make a difference?"

Carpe Diem...Seize the Day

3 Minute Egg and Cheese Burrito



Quick and Tasty!

Ingredients: 1 6-inch flour tortilla, 1 large egg, 1 Tb. shredded cheese, 1 Tb. salsa. (Optional: 2 Tb. cooked & minced ham, bacon, etc., or veggies.) **Note:** If children don't like salsa, ketchup or mayo is good too.

Cooking Instructions: 1. Line a 2-cup microwave-safe cereal bowl with a paper towel. 2. Place tortilla on the paper towel in the bowl. Break an egg into center of tortilla. Beat gently with a fork until blended, add 2 TB of cooked meat / veggies if desired. Be careful not to tear tortilla. 3. Microwave on HIGH 30 seconds and stir. Microwave again until egg is almost set, about 15 seconds or longer. 4. Remove the tortilla using the paper towel liner from bowl and place on a plate. 5. Top the egg with cheese and salsa. Fold the bottom of the tortilla over the egg, then fold in the sides. Wrap the bottom half of the tortilla in a napkin for easy eating. Enjoy!

Family Fun: Treasure Hunt



Ahoy Matey! A fun family activity is an old fashioned treasure hunt! This is a great activity for the weekend, camping trip or casual family party. You can fill your box with anything your family would enjoy: favorite stuffed animals, costume jewelry, snacks, goodie bags, popcorn and a movie, - just use your imagination! You don't need to spend a lot of money to give your family a fun time! Make a treasure map from a torn brown paper bag and remember that "X" marks the spot for your treasure!

Treasure Chest Instructions:

1. Use a medium or large cardboard box for treasure chest. Tape up the ends and cut around 3 sides--leaving one long side for the hinge.
2. Decorate your chest with paint or with colored paper and "jewels" or plastic coins. Punch holes in each of the short ends and poke some rope through to make handles, knot the ends inside the box. Fill your chest with treasure and get ready to have fun!

