



PARTNERS IN DEVELOPMENT
FOUNDATION

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A Newsletter for Tūtū and Me Traveling Preschool

Going Green in the Garden



According to the *Produce for a Better Health Foundation*, Americans are now consuming only a fraction of the recommended 5 fruit and vegetable servings per day: Only 8% of us are eating enough fruit, and only 6% of us eat enough veggies. We can help our keiki start healthy eating habits by getting them excited about growing and eating fresh, wholesome foods. "Going Green," can include improving the quality of the food we eat. Keiki love to garden, and will enjoy the simple pleasures of planting, watering, and measuring the plants you grow. Start small with a container or two of fresh tomatoes, green beans, or herbs, or go larger with a real back-yard garden like our grandparents grew when they were young. Your time and efforts will be well rewarded with a harvest of fresh food, and happy family memories.



CSEFEL Tip of the Month

Center for the Social Emotional Foundations for Early Learning

Encourage Your Child's Communication Skills

- Respond to your baby's gestures, looks and sounds.
- Talk with and listen to your child.
- Help children build on their language skills.
- Teach children about non-verbal communication.
- Respect and recognize your child's feelings.
- Help your child understand different feelings.
- Enjoy reading together. Ask thoughtful questions.
- Narrate what you do during daily routines.
- Talk to your child using words that are clear, simple, and age-appropriate.
- Role model by speaking with kindness and respect.

Signing with Keiki

With Uncle Keli'i and Auntie Kim of Oahu Team 1



1. **Ho'olohe**
Listen

1. Cup your hand to look like the letter "C," and hold it to your ear.



2. **Hele wāwae**
Walk

2. Position your pointer and middle finger downward (like legs), and use your fingers to walk from right to left.

Organizing 911: Creating a Child-Safe Home

Step 1. Install safety latches on low cabinets that contain potential hazards like household cleaning supplies, soaps, paint, medications, and plastic bags. If latches are not available, move these items to an area keiki cannot reach. Also check for uncovered electrical outlets and hanging wires from computers and telephones.

Step 2. Falls are the most common cause of accidental injury to young children. Place a safety gate at the top of stairs, in front of frequently opened doors, and at doors that lead outside to the garage, yard, or pool. Screens can't prevent toddlers from falling out of a window. Install window guards, or keep furniture away from low windows. Remove furniture that can easily tip over, and keep window and drapery cords out of reach.

Step 3. 10,000 young children are hurt by falling furniture every year. Prevent an injury by securing dressers, bookshelves and televisions to the wall with furniture brackets or appliance straps.

Step 4. Do not leave a child unattended in the bath or pool. Remember: Supervision is the best prevention.



Delicious Popovers are great with butter and jam

Cooking with Keiki: Popovers

Ingredients:

- 2 eggs
- 1 cup milk
- 2 Tb. butter, melted
- 1 cup flour, sifted
- 1/4 teaspoon salt

1. Butter the cups of a regular muffin pan or popover pan
2. Beat the eggs slightly in a large bowl.
3. Add the milk and butter, then add the flour and salt. Beat vigorously for 2 minutes. Do not over mix.
4. Pour the batter into the pans, two-thirds full. Put filled pan in a Cold oven and set temperature for 425. Bake 20 minutes, then Reduce heat to 375. Bake 15 minutes more or until fully risen and brown.
5. When done, pierce sides to let steam escape. Serve warm.