

## Welcome to School Tūtū and Me 'Ohana!

Aloha Tūtū and Me 'Ohana and Welcome back to a brand new school year!

Some of you are brand new to our program, others of you are "old timers" having been in a program for a long time. Whichever you may be, we welcome you to an exciting new school year (that your teaching team has already begun to fill with wonderful and incredible activities!)... and we look forward to working with you to give your children a great educational and emotional foundation, and to strengthen your 'ohana. We feel privileged to have the opportunity of serving you and welcoming you into our **Tūtū and Me 'Ohana**.

Founded in 2001, **Tūtū and Me** is a program of **Partners in Development Foundation**. We currently serve 24 communities on five islands statewide. Last year we had the privilege of serving 1,422 children and 1,780 caregivers (3,202 total) in the State of Hawai'i! Mahalo Ke Akua! We are able to deliver this program free of charge to our participants because of grant funding (for which we are truly grateful). In July, we received notification that we were selected as a recipient of a grant award from the USDOE (through the Native Hawaiian Education Act) that will allow us to continue to serve the communities of Lāhainā and Kīhei on the island of Maui! As you may be aware, we had lost the funding to serve these communities earlier this year, so this grant award is indeed a blessing!

I know that I speak from the hearts of our entire staff when I say that we are truly humbled and honored to have this opportunity to serve you and to support you. Our greatest desire is to see your children and family live happy, healthy and flourishing lives!



Happy new school year!  
Me ke aloha pumehana,

*Gail*

*"I like coming here learning something new."  
~ Grandma Libby*



**Gail Omoto**

Director of Research,  
Evaluation and Development

## Signing with Keiki

Featuring: Kūpono McPhearson, Team Moloka'i



**Aloha** (Love) Image: The hands bring something that is loved, close to oneself. With the wrists of both hands crossed in front of the chest, palms facing in, bring the arms back against the chest.

### 'Ohana (Family)

Beginning with the fingertips of both hands touching in front of the chest, palms facing each other, bring the hands away from each other in outward arcs while turning the palms in, ending with the little fingers touching.

## CSEFEL Tip of the Month

Center for the Social Emotional Foundations for Early Learning

### Help! My child won't sleep in his/her own bed!

This is a common issue for many families. Tips to Try: Validate your child's feelings, then remind her that she has her own bed and you have your own bed. Start a comforting bedtime ritual, like putting Teddy Bear to sleep, a soothing back rub, or a sweet bedtime book like: *Time For Bed* by Mem Fox. Create a sticker chart to keep track of nights your child seeps in his or her own bed, and let keiki attach a sticker each morning. 3 nights in a row could earn a prize like a trip to the park, etc. Encourage with hugs and praise!

## Cooking with Keiki: Banana Pancakes



### Ingredients:

- 1 cup all-purpose flour
- 1 tablespoon white sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons vegetable oil
- 2 ripe bananas, mashed

### Directions: (Let keiki help with steps 1 and 2)

1. Combine flour, white sugar, baking powder and salt. In a separate bowl, mix together egg, milk, vegetable oil and bananas.
2. Stir flour mixture into banana mixture; batter will be slightly lumpy.
3. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot. Eat and enjoy!