

Learning begins at home

HIPPY program fosters parent involvement and school readiness

The Home Instruction for Parents of Preschool Youngsters (HIPPY) is a parent involvement, school readiness program that helps parents prepare their three, four, and five year old children for success in school and beyond.

The parent is provided with a set of carefully developed curriculum, books and materials designed to strengthen their children's thinking skills, early literacy skills, social/emotional and physical development. HIPPY helps parents to be their children's first teacher by giving them the tools, skills and confidence they need to work with their children in the home. The HIPPY program is free to parents and is delivered by home visitors who live in the same communities

as the families they serve. The HIPPY model of role playing during home visits and group meetings is designed for parents to participate in learning activities with their children and to promote the view of themselves as their child's first teacher. The program brings families, organizations and communities together and removes any barriers to participate that may include limited financial resources or lack of education.

Parents are their child's first teacher and a love of learning begins in the home. For more information about HIPPY please contact Family Support Services of West Hawaii at (808) 334-4111.



HIPPYUSA
Home Instruction for Parents of Preschool Youngsters

Connecting with the past

INPEACE perpetuates Hawaiian culture through outdoor classrooms

At the Institute for Native Pacific Education and Culture (INPEACE) we are dedicated to honoring and perpetuating Hawaiian culture and practices in our programs. 'Āina plays a critical role in our new educational focus and is epitomized in the following Hawaiian proverb: "He alii ka 'āina, he kauā ke kanaka" translated as "The land is the chief the people are its servants."

In order to honor the Hawaiian ancestral connection to place and land INPEACE is creating two native plant outdoor classrooms on the Wai'anae coast in partnership with Nānākuli and Kamaile elementary schools. These outdoor classrooms focus on traditional planting practices including the use of the Hawaiian moon calendar. Hundreds of Native Hawaiian plants including those endangered and endemic will be put into the ground by parents and children of the Keiki Steps Family-Child Interaction Learning Program and elementary teachers and students.

The plants and the cultural practices that are integral to traditional Hawaiian planting are part of the framework for INPEACE's cultural competency model. Keiki have the opportunity to learn about medicinal, lei making and native food plants through experiential hands on learning honoring traditional Native Hawaiian methods of learning.

In addition, keiki and families learn how to care for the 'āina, traditional uses of plants, the

natural environment, and the fundamentals of science, math, and vocabulary. All of which create the basic foundation of learning for life. Science and math are learned through charting and graphing the growth process and by physically taking care of their plants. Literacy skills are gained through talking and reading about the skills they are gaining. As a part of this project, keiki and parents take pictures of their plants and create individual books reinforcing literacy skills. The combination of cultural and educational experiences build the necessary foundation and brain connections needed to be successful in school.

INPEACE's goal is to have the outdoor classrooms empower parents with the cultural knowledge to create native plant gardens in their own backyards. These classrooms build on the belief that spending quality time together, as a family, is very important and critical to a child's development. There are many ways a family can spend time together, have fun all the while teaching their keiki fundamental skills. INPEACE is dedicated to providing quality enriching experiences and promoting parents as their child's first teacher.



INPEACE



Growing 'Uala

Simple facts about 'Uala:

- Did you know the western name for 'uala is Sweet Potato?
- Did you know that most of the vitamin that the 'uala provides is contained in the skin of the vegetable.
- Did you know that the Hawaiians used this plant for food, medicine, and bait for fishing.
- Did you know that the 'uala plant grows best (habitat) in poor soil areas and in places up to 5,000 feet of elevation
- Did you know that 'uala takes 7 months to grow enough to be picked (harvested)?

One Hawaiian story about the 'Uala plant:

Hina-i-ka-malama found a sweet potato from the moon. It was called hua-lani (fruit of Heaven). The story states that she "nourished the moon" (ai-ka-malama). When she escaped to the moon, her husband cut off her foot to use as a planting. He wanted to keep this precious new food. She became revered for generations and her spirit took the form of the sweet potato.

Planting 'Uala with your child:

'Uala requires little care and can be grown in marginal places. In places of low rainfall it was traditionally planted after soaking rains. Then it can survive full sun and lighter rains. Sweet potatoes make good ground cover and can cover an area very quickly. But if a person wants to grow them for the tubers then they can build mounds to grow them on. They can also be planted inside wooden box borders filled with dirt. This way the tubers can get fat and the vines can be contained. No one can go wrong with a plant this easy.

1. Identify the right day/moon on which to plant (see below)
2. Snap a stem approximately 2-4 inches long that includes a sprig off of an existing plant.
3. Make a mound of loose dirt and stick the stem in a few inches deep.
4. Pray for it to grow.
5. Water it daily.

According to the Native Hawaiian Moon Calendar the best time to plant 'Uala is:

- Kūkahi, Kūlua, Kūkolu, Kūpau (Third to sixth night)
- La'au Kūkahi, La'au Kūlua, La'au Pau (Eighteenth to twentieth nights)
- Kāloa Kūkahi, Kāloa Kūlua, Kāloa Pau (Twenty-fourth to twenty-sixth nights)

To find out what day during the month is the best time for you to plant your 'uala please visit www.hinaadventures.com/culture/hawaiian_moon.htm





Keiki Steps locations

O'ahu

■ Barbers Point

3001 Boxer Road, Kapolei, HI 96707
Barbers Point Elementary School - Cafeteria

■ Kamaile Academy

85-180 Ala Akau, Wai'anae, HI 96792
Kamaile Elementary School

■ Leihōkū

86-285 Leihōkū Street, Wai'anae, HI 96792
Leihōkū Elementary School - P-10

■ Ma'ili

87-360 Kulaapuni Street, Wai'anae, HI 96792
Ma'ili Elementary School - Cafeteria

■ Mākaha

84-200 Ala Naauao Place, Wai'anae, HI 96792
Mākaha Elementary School - P-23

■ Nānākuli

89-778 Haleakala Avenue, Wai'anae, HI 96792
Nānākuli Elementary School - Cafeteria

■ Wai'anae

85-220 McArthur Street
Wai'anae Elementary School - PCNC Portable

For more information regarding O'ahu sites please contact Joy Stevens at 620-9043.

Moloka'i

■ Kilohana

HCO1 Box 334 Kamehameha Hwy.,
Kaunakakai, HI 96748
Kilohana Community Center

For more information regarding the Moloka'i site please contact Lisa Pakele at 561-7976.

Hawai'i

■ Kahikolu

82-5929 Nāpo'opo'o Road, Napo'opo'o, HI 96704
Kahikolu Church

■ Keaukaha

240 Desha Avenue, Hilo, HI 96720
Keaukaha Elementary School - Cafeteria

■ Kapi'olani

966 Kilauea Avenue
Kapi'olani Elementary School - Cafeteria

For more information regarding Hawai'i Island sites please contact Geoli Ng at 933-2933

Keiki Steps

Your keiki's education begins with you. Parents are a keiki's first and most important teacher. Parent involvement is critical to a keiki's success in the future. As parents, it is important to help prepare your keiki for school.

Keiki Steps is a FREE preschool program for families with children ages 0-5. Come with your child to preschool 4 days a week for 3 hours a day to help your child get ready for school!

Keiki Steps provides a comprehensive approach to early education, and preparing a child for school by engaging both parent and child in the learning process.

A variety of developmentally and culturally relevant learning activities are used in the program. Activities include water play, blocks, play dough, art, craft activities, reading, books, field trips, parent education. Parents learn how to interact in ways to promote their child's learning at home.

Through the Keiki Steps program, Native Hawaiian children will be ready to learn and be successful in school.

All Keiki Steps programs take place on DOE school campuses, churches or Parks and Recreation centers on the Leeward Coast of O'ahu,

Moloka'i, and the Big Island.

To participate, you need to provide a copy of your child's TB clearance, an up-to-date immunization record and birth certificate. The participating adult also needs to provide proof of TB clearance.

For more information about the program and locations please visit our website: www.inpeace-hawaii.org or call 620-9043.

Did you know?

- Keiki Steps program provides service 3 hours per day, 4 days per week.
- Keiki Steps is "FREE" of charge.
- Keiki Steps offers quality early learning experiences for children ages 0-5 through a specially designed keiki curriculum.
- Parent education for all parents and caregivers through a specially designed parent curriculum is included.
- Program includes reading time and small group activities, as well as snacks and field trips.
- Keiki Steps offers resource and referral services.

Other fun family activities:

- **Go grocery shopping as a family** – while at the store you can ask your keiki to find and put items in the cart, count vegetables and point out colors and products.
- **Look at the moon and stars** – count stars and pay attention to the changes in the moon each day.
- **Go to the beach as a family** – you can count seashells, look for crab, fish and other marine life and learn to swim and surf.
- **Watch a sunrise, sunset or passing clouds** and have your keiki describe all the colors and or shapes they see.
- **Have a family sing-a-long** – songs help keiki learn words and remember them.
- **Have family story hour** – read a book to your child and have them tell you what parts they liked. This will increase their vocabulary and reading skills.
- **Tell family stories** – this will help them understand their place in the family and

- community and will perpetuate the Native Hawaiian value of storytelling.
- **Play family games in the car like "I Spy"** – this will teach keiki to pay attention to their surroundings and be creative.
- **Collect flowers and make a lei** – this will teach keiki to identify flowers, notice differences, count as well as practice fine and gross motor skills.
- **Have an indoor scavenger hunt** – this will build memory and problem solving skills and help keiki learn about different shapes and objects.
- **Help your keiki with their homework** – this will give you an opportunity to see what they are learning in school and help them

- learn further at home.
- **Ask your keiki to teach you something they learned in school** to stay connected with them and show them you support their education.



Getting a head start

Creating the best educational program for your keiki's learning years

During the first three years of your child's life you see just how much your child is growing. Their physical features are changing. They become more mobile by learning how to crawl, walk, and run.

However, did you know that your child is doing some amazing growing that you can't see?

Your child's brain goes through the most rapid growth and development

during the first three years. This fast rate of brain development gets even faster when your child has positive experiences.

What many parents don't realize is that the best educational program that prepares their child for school is affordable and accessible. That program is reading to their child everyday.

The first step in developing your "educational program" will be creating a literacy-rich home. Fill your home with a variety of things to read such as newspapers, magazines, books, and other reading materials. It doesn't matter if the reading materials are owned or borrowed, new or used. Just make sure there is a wide assortment of reading materials and that they are within reach of all family members. Make your literacy-rich home special by providing your keiki with his own special place to keep his books.

The next thing your "program" will need is implementation time. Reading to your child for 10 - 15 minutes a day will broaden his or her world, expand his or her knowledge, increase his or her vocabulary, and introduce him or her to the joy of reading and being read to. Whether your child is a newborn or 3 years old, the more time you spend reading to him or her, the more you increase his or her potential to learn and succeed in school.

Finally, your "educational program" will need a model - someone to follow. When your child sees you enjoying reading, he or she is likely to follow your example. Turn off the TV, pick up a book, and talk to your child about the things you are reading.

By doing these simple things you become your child's first teacher and your home becomes his or her first classroom.



Here are some tips on how you can raise a reader

When reading to infants:

- Choose board, vinyl, or cloth books. These books have pages that do not tear and are easy for little hands to turn.
- Choose books with simple objects or faces. As baby gets older you can select books that have simple sentences and story lines.
- Offer books with soft, rough or bumpy textures to touch and feel.
- Point to the picture as you read the word.
- Move your finger across the word from left to right as you read it.

When reading to toddlers:

- Choose books that have repetitious text about familiar objects.
- Select books that rhyme.
- Choose books that involve activities such as counting, identifying colors, objects or letters.
- Have your keiki point to numbers, colors, letters and familiar objects.

When reading to preschoolers:

- Choose books about subjects that interest your keiki such as animals or trucks.
- Select books with topics that relate to your keiki's life such as toilet training or new siblings.
- Choose books that are interactive.
- Let your keiki select the books to read.
- Tell your keiki who the author and the illustrator is. Talk about what they do.

When reading aloud to keiki:

- Make faces and change your voice to bring the story to life.
- Relate the book characters and story events to your child's experiences.



Talk with your keiki

Building a rich vocabulary through language acquisition

One of the most important skills that children need to succeed in school is being able to communicate with other people.

All parents want their keiki to develop the skills they will need to be successful in school and in life. One of the most important skills that children need to succeed in school is being able to communicate with other people. Parents and other primary care providers can help their keiki acquire this vital skill by talking to them everyday. By talking to your keiki everyday you help your child build his or her vocabulary.

Language acquisition begins at birth. Long before your baby is able to make sounds to form words, you are teaching him or her how to speak. When you tell your child, "Look at that big, brown dog. I wonder what he's doing?" you are providing your child with a rich language and vocabulary lesson. Your child notices how your lips make different shapes to make different sounds and how these sounds can be strung together to make the word "brown" or "dog." By asking your child a question she or he notices that you are stopping to wait for a response. This will give your child the opportunity to babble an answer, and even though it is not a "real word" your child is learning that what he or she has to say is important to the people who love them.

Toddlers and preschoolers are old enough to share with you their thoughts and engage in conversations. Talking to your keiki everyday can be as simple as telling them something you saw on your lunch break, then asking them what they did outside with his or her friends in school or at childcare. This provides the entire family with an opportunity to check-in with each other, and you with a chance to interject a language lesson without your child's knowledge.

Reading to your child everyday provides you with another opportunity to teach him or her new words and strengthen his or her language skills. When reading to your keiki talk to him or her about the illustrations. Let your keiki talk about what he or she sees. As you read, ask your keiki to predict what will happen next. When reading a book with rhyming text, read the first line and see if he or she can complete the next. When you read to your keiki everyday you not only learn about what interests them, you provide them with an opportunity to learn new words and improve their communication skills.

Hearing your voice everyday, whether it be talking, singing, or reading, will help your keiki acquire the language skills and vocabulary they will need to be successful in school.

Protect Our Keiki: at Home, at Play and On the Way

Toddler/ Preschool 1 to 4 years

Developmental Stages and Accomplishments

- * Child begins to climb and can use objects as a ladder. Increasingly able to reach heights and can open doors and gates.
- * Increasingly self-aware, the child learns to say “no” and insists on doing things differently.

Water safety

- ❑ Never leave child unsupervised near any water such as a bathtub, pool, pond, or ocean.
- ❑ Empty buckets and containers after use.
- ❑ Keep toilet lids shut; use toilet locks.
- ❑ Install isolation fencing around swimming pool and lock gate.
- ❑ Put child in a U.S. Coast Guard-approved life jacket when around open water.
- ❑ Obey water safety signs.
- ❑ Learn child CPR and first aid.

Street safety

- ❑ Do not allow child to play near the street or behind a parked car.
- ❑ Teach child to always stop at the curb and never cross the street without an adult.
- ❑ Teach child to wear a bike helmet correctly. Model the behavior by wearing your own.

Prevent shaking and rough handling

- ❑ Child should be handled gently. Rough play can cause injuries.
- ❑ Never shake a keiki: shaking or throwing a toddler can cause permanent damage.

Car safety

- ❑ Always buckle child into a car safety seat that is properly secured in the backseat.
- ❑ Never position child in front of an airbag.
- ❑ Never leave child alone in, or around, a car.

Fall prevention

- ❑ Use gates on stairways, lanais, and close doors.
- ❑ Avoid putting furniture next to windows or railings. Install window guards that only adults can open.
- ❑ Supervise children on playgrounds.

Prevent choking

- ❑ Keep balloons, plastic bags and small objects out of toddler's reach.
- ❑ Be aware of dangerous foods that are too hard or too soft for baby, such as hot dogs, grapes, nuts, popcorn, hard candy, peanut butter, etc.

Prevent poisoning

- ❑ Use safety caps on all medicines and toxic household products and keep them out of reach.
- ❑ Teach child about poisonous plants and bugs.
- ❑ At age 2, ask your doctor about lead testing.
- ❑ Post number for Hawai'i Poison Hotline near phone: 800-222-1222.

Fire and burn prevention

- ❑ Never allow child to light or play with fireworks.
- ❑ Do not smoke in home or around child.
- ❑ Keep matches, lighters and other heat sources out of child's reach.

- ❑ Test smoke alarms monthly and replace batteries yearly. Practice your family fire escape plan every six months.
- ❑ Teach child how to get out and stay out if there is a fire and to call 911 from a neighbor's.
- ❑ Keep hot liquid or food out of child's reach and turn pot handles away from stove's edge.
- ❑ Never carry hot liquid or food when holding child.
- ❑ Apply sunscreen with SPF 15 or higher to child.
- ❑ Lower water heater temperature to 120½°F.



Firearm safety

- ❑ Keep guns unloaded and locked and separate from ammunition.
- ❑ Ask if home where child visits has a gun.



Keiki Injury Prevention Coalition
SAFE KIDS Hawaii
and the Injury Prevention Program,
State Department of Health