



A Newsletter for Parents of Young Children

Winter 2019

The Parent Line

The True Spirit of the Holidays

The holidays is a special time to celebrate with family and friends. It might not always be the happiest of times with the many struggles of life, but the true spirit of this time is to celebrate life with those you love and appreciate.

Appreciation can be shown in many ways, through gift giving, spending time together, talking on the phone, or talking through video chat and catching up on life.

Many blogs and websites have recipes and instructions/materials on how to make these and you can always customize them to your liking! Visit <https://www.southernliving.com/christmas/diy-christmas-gifts> or go on the Pinterest app for more affordable gift ideas.



How can you show your appreciation without spending a lot of money every year? For those that want to show their appreciation with gifts, there are ways to do this without spending a fortune. Do It Yourself (DIY) gifts are very popular and it can save you a lot of money! It will take more time since you have to make the gifts, but homemade gifts can show that you care since you're taking the time to make something for them. Here are some ideas of DIY gifts that the whole family can be part of. The gifts will be affordable and you can spend quality time together!

- ◆ Baked goods recipes
- ◆ Homemade Christmas ornaments
- ◆ Coasters
- ◆ Homemade picture frames

Not only gift giving, but your children also want to spend time with you during the holidays, especially because they are off from school and want your attention. Showing appreciation with gifts are thoughtful, but you can't buy quality time with one another. Along with gift making, there are many activities you and your family can do during this time off. Be present in the moment and cherish those memories.



Playing board/card games/puzzles: This is a great way to bond. Games can teach you and your children how to problem solve, to cooperate with others, and regulate emotions when in the heat of the moment.

Read together: Reading aloud together will increase your children's vocabulary and comprehension skills. Use expressions, change your tone, and be enthusiastic when it is appropriate.

Pool/beach: Living in Hawaii with sunny weather all year round, going outdoors to the pool or beach is what many locals do in their free time. Have a BBQ and enjoy the days with your family and friends.

Camping/staycation/trip: Camping can teach the entire family life skills as in setting up and breaking down a tent, grilling on a hibachi, and having fun being in the outdoors! If you and your family can afford it, take a trip to the outer islands or mainland and teach your children how to find their way through the airports. Or if you want to stay on the island and want a mini getaway, a staycation can include getting a hotel or a beach house and enjoying some time away from your home.

Walk around your neighborhood, go to your local park or go hiking: Let your children play on the playground, make up games while you're walking, promote exercise, and enjoy the natural beauty of the islands. Teach your children the importance of being active.

Bake/cook: When you're making Christmas gifts, make extras so your entire family can enjoy them as well. Make a list of the ingredients for when you shop for the items, and follow the instructions together.

Special Days to Remember

December 7, 2019 - Pearl Harbor Remembrance Day
December 25, 2019 - Christmas Day

January 1, 2020 - New Year's Day
January 20, 2020 - Martin Luther King Day

February is National Parent Leadership Month
February 14, 2020 - Valentine's Day
February 17, 2020 - President's Day



Check out your local Library

Winter is for Whales: A Book of Hawaiian Seasons
By: Ron Hirschi

Snowman Magic
By: Katherine Tegen

Little Owl's Snow
By: Divya Srinivasan

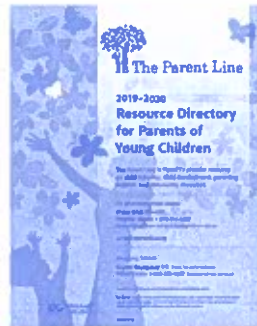
Coming Home
By: Michael Mopungo



Resource Directory for Parents of Young Children

The Resource Directory for Parents of Young Children provides contact information of different community organizations regarding concerns such as crisis services, child care, parenting classes, and more. It is Hawaii's premier resource on child development, child behavior, parenting guidance, and community support.

If you would like a copy of the directory, please call The Parent Line at (808) 526-1222 or toll free 1-800-816-1222. You can also download a copy on our website at theparentline.org.



DIY Sugar Scrub

Sugar scrubs are natural skin care regimes that can be used to prevent dry skin. They take under ten minutes to make and it's affordable! Your family and friends will love this!

Instructions

1. Microwave coconut oil until completely melted.
2. Pour melted oil into the sugar and mix until satisfied.
3. Add oils and food coloring as desired.
4. Scoop into mason jar and cover with a tight fitting lid.

Ingredients

- 1 cup granulated sugar, brown or white
- 4 Tablespoons of organic coconut oil
- 10-15 drops essential oils of your preference (optional)
- 5 drops liquid food coloring (optional)

Spotlight on Safety

Fire Safety Tips for Children



1. Plan a fire escape route and practice it with your children.
2. Teach your children to stay away from matches and lighters and to NEVER use them without adult permission and supervision.
3. Run extinguished matches under water before discarding, this will ensure that paper in the waste basket does not burn.
4. Never leave candles or incense burning when you leave the room.
5. Teach your children not to plug too many devices into a single outlet.
6. Teach your children to play far away from stoves and active fireplaces.
7. Teach your children to keep flammable objects away from the stove.
8. Teach your children the dangers of smoke and make sure they know to crawl to get to safety.
9. Teach your children to stop, drop, and roll if their clothes catch on fire.
10. Teach your children to never hide in an enclosed area during a fire where they can become trapped.
11. Teach your children that in case of a fire, leave everything behind and get out.
12. If you live in an apartment building, make sure your children know to use the stairs instead of an elevator.
13. Teach your children that if there is not an adult around upon escaping a fire, find a safe place and call 911.

For more information about fire safety visit: <https://www.usfa.fema.gov/prevention/outreach/children.html>