



A Newsletter for Parents of Young Children

SUMMER 2020

The Parent Line

Helping our Children make Choices

From the time your children can turn their head, they are able to indicate the word, "no." For instance, when a bottle is offered to an infant and they do not want the bottle, they will turn their head to the opposite side of the bottle. Take a toddler who is getting dressed and in their mind, has decided to wear the blue shirt. When offered the red shirt, the toddler might cause a power struggle. This pattern continues throughout the lives of our children as they look and observe the choices the world offers them.



As parents, we can best teach our children to make safe and healthy choices by setting the tone in the house. Research suggests that when our children are young, we offer two choices for any activity that we want our children to engage in. When offering the choices, we as parents are to ensure that we would be okay with either of the choices. We are teaching our children independence and allowing them to be a part of making choices for their lives.



As our children get older, the choices are not only offered by us as parents, but by the peers of our children. It is hoped that our children will remember the power of good choices and can make a stand to do the right thing. This can sometimes be a very difficult decision for our children; however, if we have done our job as a parent in practicing open communication, our children will come to us to talk things through.

Choices, choices, choices. As people of the world, we will always have choices. As parents, we start the first day of our children's lives in laying the foundation to assist them in making those choices. Are you dealing with an issue with your children and would like a listening ear? Please call The Parent Line at 808-526-1222 or toll-free 1-800-816-1222.



Special Days to Remember



June 1—National Say
Something Nice Day
June 11—Kamehameha Day
June 21—Father's Day

July 4—Independence Day
July 19—National Ice Cream Day
July 26—International Day of
Friendship

August 4—National Chocolate
Chip Cookie Day
August 9—Book Lovers Day
August 21—Statehood Day

Spotlight on Safety

Beach outings, BBQs, and picnics are popular summertime activities, but packaging food for these trips requires preparation and forethought to prevent food poisoning, contamination, and spoiling. Here are some tips for food safety.

- Wash your hands before prepping and eating food. If you do not have water, use wet wipes and hand sanitizers.
- Take food that is ready to eat (i.e. pack prepared foods).
- Package food separately. Keep all food individually wrapped so there is no cross-contamination.
- Use quality freezer packs. All cold food should be kept below 40 degrees Fahrenheit.
- Do not take hot foods on the go.
- Defrost and marinate meat a day in advance. Marinating meat helps preserve it longer, which is a plus when taking it outdoors.
- Take plenty of serving ware. Pack twice as many serving utensils and platters as you think you will need, especially if you are doing prep work onsite.
- Prepackage food in small serving sizes.
- Pack away all food within two hours. Food should not remain between 40 to 140 degrees Fahrenheit for more than two hours.
- Dispose of food properly. Pack trash bags to dispose of food and garbage properly.
- Unpack perishable food promptly. Any leftovers should be removed from the car and the cooler as soon as you return home, then placed in the refrigerator immediately.



Arts and Crafts Fun!

ABC Color Sort

- Colored bowls
- Alphabet letters
- Tongs (for a challenge)



1. Place all colored bowls empty on the floor or table.
2. Put all alphabet letters in one big bowl.
3. Using hands or tongs, separate each letter by color while saying each letter. It teaches them colors and letters!

Card Sorting

- Playing cards
- Construction paper

1. Lay down one red construction paper and one black construction paper.
2. Give child one deck of cards (remove face cards to avoid confusion).
3. Have child place all the red cards on the red paper and the black cards on the black paper.
4. Talk about the cards as you play.



Suggested Readings

Max Found Two Sticks
By: Brian Pinkney

Shortcut
By: Donald Crews

My Hair is a Garden
By: Cozbi A. Cabrera

Mommy's Khimar
By: Jamilah Thompkins-Bigelow

