



## Ready or Not Kindergarten, Here We Come!

By Tracy Galuski

Sammy was a bit of a late bloomer. Maria, his mother, spent a lot of time helping him with the kindergarten readiness activities, but she wasn't sure if he was really prepared. The morning of the first day of school was a whirlwind for the family. Maria dropped Sammy off with a kiss, then made her way to work, where she worried about him off and on all day.

While many of us focus on the basics of letter and number recognition or reading skills, kindergarten readiness encompasses more than a few isolated skills. We need to look at the whole child and all the skills and strengths each child has developed. That's what makes them unique. As an example, Sasha may love books and have exceptional reading abilities, but she struggles with shyness that prevents her from engaging with other children. Joshua might be very strong socially but still has difficulty holding and using a pencil correctly. Emma can do both these things, but she can be very silly and wiggly and gets distracted in group settings.



Despite these differences, all of these children are ready for school.

**Here are some tips to help you prepare your child for Kindergarten:**

-  **Help him develop independence at home.** Encourage your child to dress himself, take his coat on and off and hang it up, use the bathroom without assistance and wash his hands without constant reminders, and put on his own shoes. Provide serving spoons so your child can serve himself at the table and clear his own dishes. These skills will take him from the coatroom to the lunchroom and beyond.



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*Each year PATCH answers 8,000 requests for child care referrals from parents. 90% of clients surveyed rate PATCH services and counseling as High Quality.*



PLEASE COMPLETE AND ENCLOSE DONATION FORM BELOW WITH YOUR GIFT TO PATCH.

Yes! I want to help PATCH support Hawaii's most precious resource -our keiki!

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**PATCH'S MISSION IS TO SUPPORT AND IMPROVE THE QUALITY AND AVAILABILITY OF CARE FOR THE YOUNG PEOPLE OF HAWAII.**

**NEWS & UPDATES**



- ✧ **PATCH launches our new Home Visiting Training Institute (HVTI) program.** We are proud to announce PATCH was awarded the HVTI contract. Funded by the State of Hawaii Department of Health, this program helps Hawaii's at-risk families to better care for their children.
- ✧ **PATCH welcomes 4 new members to its Board of Directors:** We are pleased to announce the addition of four new Board members: Dr. Kaci Manion of The Specific Health Center on Kauai, Janina Martin from Honolulu Community College, John Tapper from American Savings Bank, and Sophia Wong of Hawaii Dental Service.
- ✧ **Active children do better!** Find physical exercises will love. Go smart and visit  **LET'S GET MOVING** and activities your kids will love. Go smart and visit [gosmart.nhsa.org](http://gosmart.nhsa.org) for ideas to use and modify to suit your keiki from National Head Start Association.



**MARK YOUR CALENDAR**

April 18 Keiki Festival (Waimea): a fun day of arts, crafts & children's activities. BIG ISLAND

May 6-7 Hawaii Book & Music Festival, Honolulu Hale. Free event for families & kids. OAHU

**Saturdays in May — 39th Annual Visitor Industry CHARITY WALK!!! When will the walk take place and how can I register to walk with or sponsor PATCH?**

Date	Island	Register to walk with us or sponsor us!
Saturday May 6	Lanai/Molokai	
Saturday May 13	Hawaii Island	<a href="#"><u>Click for PATCH Big Island team</u></a>
Saturday May 13	Kauai	<a href="#"><u>Click for PATCH Kauai team</u></a>
Saturday May 13	Maui	<a href="#"><u>Click for PATCH Maui team</u></a>
Saturday May 20	Oahu	<a href="#"><u>Click for PATCH Oahu team or Oahu CW26 to 71777</u></a>

May20-21 19th Annual New Baby Expo at Neal Blaisdell Center, Honolulu. Exhibitors, OAHU services, demonstrations and events for parents & families with kids 0-5 years. 10AM-5PM, \$5.50 Admission (Go to [newbabyexpo.com](http://newbabyexpo.com) to get a \$1 off coupon) Kids aged 0-5 FREE Admission. Drop by and say HI at PATCH's booth!  
[www.PatchHawaii.org](http://www.PatchHawaii.org)

**NEWS & UPDATES**

# APRIL is a **BIG** Month For Kids

**Week of the Young Child (April 6–12)**  
Sponsored by the National Association for the Education of Young Children, the week focuses public attention on the needs of young children and their families and recognizes the early learning programs and services that meet those needs. Visit [NAEYC.org](http://NAEYC.org).

**Month of the Military Child (April)**  
recognizes the contribution the military child makes as their parent or parents serve our nation. Branches of all the services provide special events to honor military children and families. More details are at [https://www.defense.gov/News/Special-Reports/0417\\_militarychild](https://www.defense.gov/News/Special-Reports/0417_militarychild)



Photo: hepingting - <https://www.flickr.com/photos/57570482@N06/5299266366>  
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### **National Autism Awareness Month**

With more children diagnosed with autism spectrum disorder than ever before, your concern, involvement, and awareness this year can have a real impact on special-needs families here and across the country. Check out [autismspeaks.org](http://autismspeaks.org) for more.

### **National Child Abuse Prevention Month**

Acknowledges the importance of families and communities working together to prevent child abuse and neglect, and promote social and emotional well-being of children and their families. Find out more at <http://preventchildabuse.org/>



Above photo by English: Lance Cpl. Jacob Barber [Public domain], via Wikimedia Commons



**Come Visit the PATCH Booth at the**

## **New Baby Expo 2017**

*Hawaii's largest prenatal to preschool Expo. A weekend event created especially for young families with Great Exhibitors, Activities, Demonstrations & Events!*

**May 20<sup>th</sup> –21<sup>st</sup>, at the Neal Blaisdell Exhibition Hall, Honolulu.**

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## Focus on self-help skills.

Your child should know how to wipe her face after lunch without prompting and blow her nose without assistance. But be sure she is also comfortable asking an adult for help when necessary.



**Teach responsibility.** Start transferring small responsibilities over to your child, if you haven't already. After a family trip to the pool, you might put your child in charge of emptying the backpack, refilling the water bottles, or hanging up his wet swimsuit. Even when it may be easier for you to complete these tasks, let him accept the responsibility.



**Develop and follow routines.** Set up morning routines that will transfer into a school setting. Getting up around the same time every day, getting dressed, and having an early breakfast together is a great way to transition to school.



**Read aloud to your child.** Get your child a library card, take her to the library to check out books, and be sure to read to your child every day. Read a variety of books, read the captions under pictures in the newspaper, even share the comics. Just read!



## Engage her in meaningful literacy activities.

Encourage your child to help you with thank you cards, shopping lists, or notes. They may start with scribbles or pictures, move into scattered letters, and finally some recognizable words as they enter school. Appreciate their attempts and watch their skills develop with practice.



## Acknowledge his feelings.

Avoid talking about school too much, or wait until the end of summer is near. Your child may express being nervous, not wanting to go or, alternately, feeling very excited to start school. Whatever they feel, take time to appreciate where they are.

Rather than worry about whether your child is ready to read and write, think about his or her skills as a whole. What can they do well that will help them succeed? The quiet child who has reading abilities will find her way to the social butterfly that needs help writing his name. The silly, wiggly child will find a spot as the classroom helper. Rest assured, they will all navigate kindergarten together.

*Tracy Galuski is an associate professor and mentor at Empire State College where she shares her experiences as a mother, teacher, and child care administrator with*

# Giving Thanks to Recent Members & Donors

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to help us make a better  
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## PATCH Newsletter Annual Subscription Form

To begin/continue to receive PATCH newsletters by mail, please enclose this form with your \$6.50 check made out to PATCH and mail it to us at the address above.

Or, to become a PATCH Member, please check here , and enclose your \$35 Individual Membership or \$125 Organization Membership fee.

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MAHALO for your support of PATCH.

**RESOURCES**

**Early Childhood Community Resources**

**Local**

**Arbor/ResCare Child Care Connections** is a federal subsidy program helping families pay for child care. Call their Honolulu, Oahu Office at 566-2600.

**The Parent Line:**

Oahu: 526-1222  
 Neighbor Islands:  
 1-800-816-1222.

**Aloha United Way - 211:**

Available Monday-Friday, 6am-9pm, it's fast, free and confidential. Call 211 now to GET or GIVE HELP. Or visit [www.auw.org/211/](http://www.auw.org/211/).

**Online News**

**Daily Parent:** Visit [www.childcareaware.org/parents-and-guardians/newsletters/are-you-aware](http://www.childcareaware.org/parents-and-guardians/newsletters/are-you-aware).

**Healthline.com Asthma animation:** A comprehensive overview of asthma as a critical starting point for individuals and/or their loved ones. Reviewed for medical accuracy by an M.D. visit: <http://www.healthline.com/asthma/anatomy-animations#1/airway-inflammation>

**KidSource OnLine:** [www.kidsource.com](http://www.kidsource.com)

**National**

**Child Care Aware:** [www.childcareaware.org](http://www.childcareaware.org)

**Born Learning:** Visit [www.bornlearning.org](http://www.bornlearning.org).

**Healthy Habits for Healthy Kids - A Nutrition and Activity Guide for Parents:** an interactive resource with activities, recipes, mealtime tips, guides and much more! Visit [www.wellpoint.com/healthy\\_parenting/index.html](http://www.wellpoint.com/healthy_parenting/index.html).

**PATCH Offices Statewide**

**PATCH Oahu**

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 Honolulu Hawaii 96817  
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**PATCH Kauai**

4485 Pahe'e Street  
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 Lihue Hawaii 96766  
 Phone: 808-246-0622

**PATCH East Hawaii**

26 Waiuanue Avenue  
 Hilo, Hawaii 96720  
 Phone: 808-961-3169

**PATCH West Hawaii**

79-7393 Mamalahoa Hwy  
 Unit 4a  
 Kealahou, Hawaii 96750  
 Phone: 808-322-3500

**PATCH Maui County**

Puuone Plaza #C217  
 1063 Lower Main Street  
 Wailuku Hawaii 96793  
 Phone: 808-242-9232

**Lanai & Molokai toll-free**

Phone: 1-800-498-4145

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PATCHHI



Visit our website at

[www.PatchHawaii.org](http://www.PatchHawaii.org)

- Online child care referrals
- Early childhood development resources
- Child care subsidy information



**PATCH: SUPPORTING HAWAII'S CHILD CARE NEEDS SINCE 1976**

Mahalo to the State Department of Human Services, Benefit, Employment and Support Services Division.

PATCH is a local 501(c)(3) resource and referral agency created in 1976. Our mission is to support and improve the quality and availability of care for the young people of Hawaii. PATCH has not investigated the resources listed and makes no warranties, express or implied, regarding the nature and quality of goods or services rendered by said resource providers.



**PATCH**

Supporting Hawaii's Child Care Needs

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PatchHawaii.Org

HAWAII VISITOR INDUSTRY

39TH ANNUAL

# Charity Walk

May 6  
Molokai &  
Lanai

May 13  
Maui,  
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Big Island

May 20  
Oahu

See Page 3  
or call your  
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