



REMEMBER To CONNECT!

By Eleanor Reynolds, Children and Families Expert
www.earlychildhoodnews.com



I do a great deal of walking, mostly on a local lakeside trail, alone or while pushing my grandchild's stroller. I have recently been struck by the number of parents who are also pushing strollers while engaged in lengthy conversations on their cell phones. This is so common that, several days ago, I observed a mother pushing a stroller and actually talking to her child; it made me want to run up and give her a hug! Why do so many parents seem to ignore their children and pass up the opportunity to interact with them, engage them in conversation, and teach them about their surroundings? Why do they choose cell phone contact over eye contact with their child?

All parents want to provide their child the best possible education. Most people think of early childhood education as the function of preschool. Indeed, a school setting can impart social skills, but going for a walk with your child can be another kind of learning experience. You might just be trying to get exercise or fresh air, but your child is taking in the environment with all of her senses. She is seeing stimulating sights, which may include people, houses, dogs, trees, weeds growing out of the sidewalk, ducks floating by, birds and planes overhead, lights, flowers in yards, sunshine, falling rain, or snow – just to name a few. Your child is hearing and smelling these things and much more. She needs someone with whom she can share these new sensations and who can give names to them. She needs someone to validate and appreciate her newly discovered world. She needs to learn joy and gratitude, emotions that will make her strong and stay with her for life.

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A Note from our Ohana to Yours:



Stock photo

"My husband and I learned so much from Leia's courses on 'Effective Teaming' and 'Positive Parenting Approaches.'

We were provided amazing support and learning tools to help with the process. We've already seen profound change in conversation, connection and overall communication with our Preschooler and our Preteen.

PATCH services help over 50,000 people each year.

How can we help you?

Share your story/testimonial about

PATCH with us: please email patch@patchhawaii.org today!

Do you want to help PATCH to help even more people? You can donate, today.

Thank you for giving us such an empowering experience for our family. It has also helped in the way we team effectively with their educators to share and discuss core plans for their academic career and as future ambassadors of aloha."

~ Clients enrolled in the Maui Early Childhood Resource Center who also participated in parent education courses with PATCH's Leia Snyder.

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!

My gift of: \$100 \$50 \$25 \$_____ is enclosed.

Please make checks payable to "PATCH," and mail to: (other amount)
PATCH 560 N. Nimitz Hwy, Suite 218 Honolulu, HI 96817



Please charge \$_____ to my credit card. (You may also visit www.patchhawaii.org or call 791-2125 to donate via credit card)

Card Number _____

Expiration Date _____

Security Code _____

My gift is in memory/honor of _____

My employer has a matching gift program.

Donor Name _____

Address _____

Email _____

Phone _____

Donation Remains Anonymous:

(check here)



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

NEED HELP PAYING FOR PRESCHOOL?

WE
WILL BE
ACCEPTING
APPLICATIONS
1/2/2018-3/29/2018



PRESCHOOL OPEN DOORS

Applications accepted for children born August 1, 2013 - July 31, 2014 for participation July 1, 2018 - June 30, 2019. Preschool Open Doors (POD) provides monthly preschool tuition subsidies to qualified families. Parents may choose any DHS-licensed preschool. Download an application at www.patchhawaii.org.

Applications must be received at the Oahu office by March 29, 2018 to be considered.

Return completed applications to:

PATCH Preschool Open
Doors
560 N. Nimitz Hwy. Suite 218,
Honolulu, Hawaii 96817

Fax: 694-3066

Email: PODAdmin@Patch-Hi.org



Call
POD Oahu
(808) 791-2130
POD Toll-Free
1-800-746-5620

Supporting Hawaii's Child Care Needs



REMEMBER To CONNECT!

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It may be tempting to use the walk with your child as a time to catch up on phone calls and take care of some business, but next time, try turning off your phone and focusing on your child. Point out the sights, sounds, and smells in your surroundings and, in a simple way, explain what they mean. Add the sense of touch by slowing down enough to allow him to touch a flower or leaf, or if he can walk, let him out of the stroller so he can discover those "touchables" by himself. You might be rewarded by a look of wonder, a puzzled stare, or a burst of exuberance as your child experiences the newness and complexity of her world. To a young child, the world is a magical and fascinating place; even its most mundane elements are exciting!

Paying attention certainly applies to your time in the car as well. Safety issues aside, there is a wealth of learning to be done in the car. Child safety seats place the young child high enough to see out of a window. Imagine what your child thinks when a tractor-trailer glides by the window carrying a load of new automobiles or a smelly garbage truck rattles by. There are traffic lights to see, fire trucks, ambulances, and police cars with blaring sirens and flashing lights, motorcycles roaring and bikes

whizzing past. Time in the car is also a good time to sing songs together or turn some classical music on the radio or CD player and sing along. Consider this a bonus of time that you can spend with your child.

What is the benefit of turning off your cell phone and focusing on your child?



The result of positive, sharing, parent-child communication is the strengthening of the relationship. Your child will know that he comes first with you. This provides him with security and self-reliance. You are also performing the act of teaching. You are the focus of your child's mind and heart and his window to the world. As you introduce, describe and explain his world, you are enriching his life and enhancing the natural learning process. You are your child's first teacher. The memories you create with your child are worth far more than the phone calls you might miss!

Courtesy of http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=626

Talking To Your Keiki About Disasters & Other News

It is hard not to be upset by news of a disaster or other serious news. The media often runs graphic footage and features heart-breaking interviews. As a result, children of all ages can feel frightened, confused, and might think it will happen to them, even when not directly exposed.

You may wonder what to tell your child about an unfolding tragedy that is in the news, or occurring in real life. You can help your child, of any age, learn about and cope with events. Here are some online resources to help you:

Talking to Children About Tragedies and Other News

ARTICLE from

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



<https://www.healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx>

Helping Children Cope Q&A Helpful content on helping children ages 0-2 through to teenagers to cope:

<https://www.ready.gov/kids/parents/coping>



www.ready.gov office website of the Department of Homeland Security



MARK YOUR CALENDAR

DATE	EVENT	ISLAND
February 3	Waimea Cherry Blossom Festival 9am-3pm. All-day line-up of multi-cultural performing arts. Free shuttle. Call 808-961-8706.	BIG ISLAND
February 25	Waimea Town Celebration Ho'olaulea 41st Anniversary Celebration KAUAI LIVE entertainment, local food booths, craft vendors, games, rides, etc.	KAUAI
April 7	March for Babies, Kauai 2018: walk to help more babies be born Healthy. Lydgate Pavilion, Lihue, 6:45-8:00 a.m. 808-634-5840 or Visit facebook.com/march4babies/Kauai	KAUAI
Walk for PATCH in your local Charity Walk-the only walk where you can gain weight!		
Date to be advised for 2018 Big Island Charity Walk. Visit www.CharityWalkHawaii.Org		
May 5	LANAI Charity Walk-Starts at Lana'i Fire Station on Fraser St.	LANAI
May 5	MOLOKAI Charity Walk-Starts and Finishes at Hotel Moloka'i.	MOLOKAI
May 12	MAUI Charity Walk-Starts at Maui War Memorial Park Soccer Field	MAUI
May 12	KAUAI Charity Walk-Starts at Vidinha Soccer Field, Hoolako St.	KAUAI
May 19	OAHU Charity Walk-starts McCoy Pavilion, Ala Moana Beach Park	OAHU
May 19-20	New Baby Expo, Neal Blaisdell Center, Honolulu. For new and expectant parents & young families with children aged 5 & under. Features Hawaii's largest selection of products and services for young families, entertainment, and baby race! Please drop by PATCH's booth.	OAHU

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/.

Online News

Daily Parent: Visit 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#/airway-inflammation>

KidSource OnLine: www.kidsource.com

National

Child Care Aware: www.childcareaware.org

Born Learning: Visit 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.

PATCH Offices Statewide

PATCH Oahu

560 North Nimitz Highway
Suite 218
Honolulu Hawaii 96817
Phone: 808-839-1988

PATCH Kauai

4485 Pahe`e Street
Suite 124
Lihue Hawaii 96766
Phone: 808-246-0622

PATCH East Hawaii

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

PATCH West Hawaii

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

PATCH Maui County

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

Lanai & Molokai toll-free

Phone: 1-800-498-4145



[www.facebook.com/
PATCHHI](http://www.facebook.com/PATCHHI)

Visit our website at
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 501c(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.

Get Ready-Annual Visitor Industry Charity Walk!

Walk for
PATCH this MAY
--see dates on
page 5.



Giving Thanks to Recent Members & Donors

Received 10/1/2017 - 1/10/2018.

Contributors

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Barnes & Noble, Lahaina
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Vera Bradley
Central Pacific Bank
Excelsior Lodge I IOOF
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Hawaii Community Foundation Walk
the Talk Fund
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Dr. Lisa Yoshikawa
Zepeda Learning & Leadership
Myrna Zizza

MAHALO

for partnering with PATCH
to help us make a better
future for Hawaii's keiki!



PATCH

Supporting Hawaii's Child Care Needs

560 N Nimitz Highway Suite 218
Honolulu, Hawaii 96817

PATCH@PatchHawaii.Org
PatchHawaii.Org

GREAT NEWS!



❖ **PATCH's Homeless Outreach Program Gets Green Light!**

Thank you to all who donated to our "Think Outside the Box" holiday campaign and MAHALO to our corporate donors for supporting the new homeless outreach program. We join with community agencies and offer resources to assist homeless children in Hawai'i from birth to five years of age.

❖ **Two of our popular child care workshops are online now!**

Want to learn about caring for keiki with special needs or caring for infants and toddlers. PATCH Special Needs Series and the WestEd Advanced Infant/Toddler Training Series are available now at <http://elearning.vitalect.com/patch>

❖ **Active children do better!**

Find physical exercises kids will love. Visit the ideas to use and modify to suit your keiki from National Head Start Association.

go smart

LET'S GET MOVING

and activities your gosmart.nhsa.org for