



A Newsletter for Parents of Young Children

Spring 2021

# The Parent Line

## *Self-Care – The Most Important Part of the Day*

With the hustle and bustle of going to work, taking care of our children, and everything in between, often-times as parents we neglect the most important aspect that makes it possible to continue with everyday life – self-care. Nowadays, people let that busy schedule take over their days that they forget to do the simple things like eating, staying hydrated, or walking around to get the blood flowing. There are many simple things to do to take care of ourselves and our wellbeing. Prioritizing ourselves before taking care of anyone else is ESSENTIAL for the growth of not only ourselves, but the growth in our relationships with our families.

When going through a lot of stress, we sometimes unintentionally take our anger out on our children and those closest to us. When we are stressed, we feel the need to have some sort of control and taking control of our children is the one thing we attempt to do. But in times where we feel like the weight of the world is on our shoulders, how can we remain gracious and poised towards ourselves and to the ones that we love?

It is about mastering that work-life balance. Start with setting a daily routine for yourself. Start a new hobby or find time to enjoy the hobby that you once loved doing, whether that be working out, baking, crocheting, reading a book...the possibilities are endless. Find some time for yourself whether it be an hour or even half an hour daily. Being a full-time parent and worker is not an easy task, so do not forget to take that time to unwind. You are going to need it.

Some self-care ideas for parents include:

- Journal for 20 minutes
- Turn on uplifting music
- Go for a walk
- Do a short meditation

For more information, please call the Parent Line at (808) 526-1222 or toll-free 1-800-816-1222.



## Special Days to Remember

March 3: Hinamatsuri (Girls Day)

March 17: St. Patrick's Day

March 26: Prince Kuhio Day

April is Child Abuse Prevention Month

April 1: April Fool's Day

April 2: Good Friday

April 4: Easter Sunday

April 22: Earth Day



May is National Physical Fitness & Sports Month

May 1: May Day is Lei Day!

May 5: Boys Day & Cinco de Mayo

May 9: Mother's Day

May 31: Memorial Day

## Cereal Milk Ice Cream Sandwiches

### Supplies

- 2 tablespoons Cap'n Crunch cereal
- 2 tablespoons Froot Loops cereal
- 2 tablespoons Fruity Pebbles cereal
- 3/4 cup dulce de leche ice cream, softened
- 4 Rice Krispies treats (2.2 ounces each), halved length-wise
- 1 tablespoon hot caramel ice cream topping, warmed

### Instructions

In a shallow bowl, combine cereals. Spread ice cream onto the bottom half of each Rice Krispies treat. Drizzle with ice cream topping. Replace top half of Rice Krispies treat. Roll sides in cereal mixture. Place on a baking sheet; freeze for at least 1 hour.



## Spotlight on Safety

As parents, our priority is to ensure that our children remain healthy, especially during times of a global pandemic and of course, flu season. That starts with teaching our children simple, but very important prevention tips, such as proper personal hygiene and how implementing these tips can play a major role in stopping the spread of disease.

- Wash your hands for 20 seconds or more
- Use tissue to open public door handles
- Shower as soon as you get home from being out all day
- Do not sit on the bed with outdoor clothes
- Have a "NO SHOES IN-DOORS" policy
- Properly throw away trash
- Do not share food
- Do not lick objects



## Malama Ola E 'Ohana

Are you expecting and/or the parent of keiki ages zero to three years old? Do you live in the Ko'olaupoko areas from Waimanalo, Kailua, Kaneohe to Kualoa? If so, Child & Family Service Mālama Ola E 'Ohana program is a free and voluntary service designed to partner with parents and expecting mothers to give their keiki a strong, healthy start to life. Services include linking families to community resources, assistance in getting everyday needs met, e.g. food, pampers., weekly supportive home visiting, child development/attachment support, and guided parenting education support. For more information and eligibility, please call (808) 741-3801.



## Suggested Readings

Go Wash Up: Keeping Clean, *By Veronica Rooney & Amanda Doering Tourville*

Germ's Are Not For Sharing, *By Elizabeth Verdick & Marieka Heinlen*

How Do You Take A Bath? *By Kate McMullan*

I Don't Want to Wash My Hands, *By Tony Ross*

How Do You Care For a Very Sick Bear? *By Vanessa Bayer*