



THE PARENT LINE

A NEWSLETTER FOR PARENTS



(808) 452-1832



@THEPARENTLINE



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A Gentle Start to the New Year

In Hawai'i, January doesn't always feel like a fresh start and that's okay. After the holidays, many 'ohana are still easing back into routines while caring for babies and young children. There can be an unspoken pressure to "do better" in the new year, but parenting doesn't follow the calendar. There's no reset button required.

For parents and caregivers across our islands, each day brings its own rhythm. Some days feel calm, others feel heavy. Sleepless nights, big feelings, and constant change are all part of raising keiki and none of it means you're doing anything wrong.

If you're feeling tired, unsure, or wondering if what you're experiencing is normal, you're not alone. Many parents in our Hawai'i communities share the same questions, especially during times of transition. Parenting is deeply meaningful work, and it can also be challenging especially when support feels far away.

Gentle Tips for the New Year

As you ease into the year, here are a few simple, supportive ideas to help you and your 'ohana move forward with care:

- Keep routines simple. Young children thrive on consistency, but routines don't need to be perfect. Even small anchors like a regular bedtime story or morning cuddle can help keiki feel safe and secure.
- Take care of yourself, too. Even a few minutes of rest, a deep breath, or reaching out to someone you trust can make a difference. Supporting yourself helps you support your child.
- Ask for help when you need it. Parenting is not meant to be done alone. Leaning on family, friends, or community resources is a strength not a weakness.



This new year, consider giving yourself permission to move gently. A gentle start might mean slowing down, letting go of unrealistic expectations, or focusing on what feels pono for your 'ohana rather than what feels perfect.

At The Parent Line Hawai'i, we're here to listen without judgment. Whether you want to talk story, check in about your child's development, or simply hear a reassuring voice, support is always available. We're here to help you think things through, at your pace.

As the year unfolds, remember: you are enough. Parenting isn't about starting over it's about continuing forward with care, patience, and connection.

Whenever you need support, we're here for you and your 'ohana throughout the new year and beyond.

'Ohana Activity: New Year, New Hopes

Supplies (simple + optional):

- Paper or cardstock
- Crayons, markers, or colored pencils
- Stickers or magazines to cut pictures from
- Tape or glue

Instructions

- Draw a big shape on a piece of paper (sun ☀️, star ★, heart ♥, or rainbow 🌈).
- Invite your child to decorate it while talking story about what makes them happy, what they want to learn, or their hopes for your 'ohana.
- Younger keiki can draw pictures, while older kids can add words.
- When finished, hang the artwork somewhere special.



'Ohana Safety Tip

As the new year begins, a few small safety check-ins can help keep your 'ohana safe and supported.

- At home: Secure furniture, store medications and cleaning supplies out of reach, and check smoke alarms.
- Safe sleep: Place babies on their backs, on a firm mattress, with a clear sleep space.
- On the go: Use the correct car seat or booster and always buckle up—even on short trips.
- Outside & water: Stay close to keiki near water, use sun protection, and stay hydrated.
- Emotional safety: Talk story, keep routines, and remind children it's okay to ask for help.

Books We Love This Month

The Color Monster
By: Anna Llenas

Today I Will Fly!
By: Mo Willems

The Day I Felt Everything
By: Lynn K. Schoals



Community Partner Spotlight

Aloha Diaper Bank is a Hawai'i-based nonprofit dedicated to keeping keiki clean, dry, and healthy by providing free diaper assistance to families in need across O'ahu, Maui, Kaua'i, and Moloka'i.

They work with community partners to distribute diapers and wipes to low-income families, those experiencing homelessness, and those facing crisis, helping ensure every baby has the basics they need to thrive with dignity and aloha.



Website: <https://www.alohadiaperbank.org/>
Phone: (808) 762-0364

Workshop Dates

Lactation Basics

Mon, Jan 5, 2026: 4:30PM-5:30PM

Fri, Jan 16, 2026: 11:00AM-12:30PM

Safe Sleep Workshop - 4:30PM-5:30PM

Mon, Jan 12, 2026

Mon, Jan 26, 2026

Piko Pals Parent Lounge - 4:30PM-5:30PM

Tues, Jan 6, 2026

Tues, Jan 13, 2026

Tues, Jan 20, 2026

Tues, Jan 27, 2026



For details on how to sign up, please visit our social media platforms or contact us by phone.