



THE PARENT LINE

A NEWSLETTER FOR PARENTS

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Creating Meaningful Traditions Without the Pressure

December is often filled with celebration, but it can also bring stress and unrealistic expectations for parents. Between busy schedules, financial strain, and the pressure to make everything feel "perfect," it's easy to forget what truly matters. The good news is that meaningful traditions don't need to be elaborate or expensive — they simply need to be rooted in connection, consistency, and care.

The Heart of a Meaningful Tradition

Traditions become special not because of how they look, but because of how they feel. Simple moments of togetherness help children feel safe, loved, and connected to their 'ohana.

Releasing the Pressure

Social media and outside expectations can create the illusion that holidays must look a certain way. Instead of comparing your family to others, focus on what feels realistic and nourishing for your own home. If an activity brings more stress than joy, it's okay to skip it.

Choosing simplicity is not failure — it's intentional care.

Meaningful, Low-Pressure Tradition Ideas:

- Watching a favorite holiday movie together
- Taking a family walk to look at holiday lights
- Baking a simple treat together
- Reading cozy bedtime stories
- Making handmade cards for loved ones
- Sharing something each person is grateful for



When the Holidays Feel Heavy

For some families, December may bring grief, loneliness, or financial challenges.

It's okay if the season doesn't feel joyful. You are not alone, and support is available.

Support & Resources:

- Hawai'i Parent Line – Free, confidential support for parents and caregivers.
- Hawai'i Cares 988 – 24/7 emotional support for those feeling overwhelmed.
- 211 Hawai'i – Help connecting to food, housing, and local services.

The most meaningful traditions are not the ones that look perfect — they are the ones that feel safe, loving, and genuine. Your presence, patience, and care are the greatest gifts you can give your children this season.

This December, choose connection over perfection — and create traditions your 'ohana will remember for years to come.

Water Bottle Penguins

Materials Needed

- Empty water bottles - 8 oz. size.
- Mini marshmallows - 1 cup per penguin.
- Black foam paper.
- Orange foam paper.
- Small googly eyes.
- Glue - Fabr-Tac or Glue Gun
- Scissors

Instructions

- Cut 2 U-shaped orange feet and a small triangle beak from orange foam.
- Cut a long black foam strip to wrap around the bottle neck and cut wing shapes.
- Fill the bottle with mini marshmallows and seal the lid.
- Glue the black strip around the neck, securing the seam at the back.
- Attach googly eyes to the black strip, then glue the beak under them.
- Add the feet (curves facing out) and glue wings to the sides with tips facing forward.



'Ohana Safety Tip

Talking to Your Keiki About Stranger Danger

As we enter the busy and festive month of December, it's important to keep our 'ohana safe while enjoying all the holiday activities. From decorations and cooking to gatherings and travel, a few simple precautions can help create a safe and joyful season for everyone, especially our keiki.

Quick tips for parents:

- Keep holiday decor safe for keiki — place ornaments, lights, and candles out of reach and never leave open flames unattended.
- Small toys and decorations can be choking hazards. Always check age labels and keep tiny items away from little hands.
- With extra cooking this season, keep keiki at least 3 feet away from the stove to prevent burns.

Books We Love This Month

What Do You Celebrate?

By: Whitney Stewart

When We Are Kind

By: Monique Gray Smith

Snowy Day

By: Ezra Jack Keats



Self-Care

October-December can get busy — between school events, holidays, and family gatherings, it's easy for parents to put themselves last. Remember: when you care for yourself, you're better able to care for your 'ohana.

- Give yourself permission to slow down. You don't have to attend every event or meet every expectation. Rest is productive too.
- Stay connected. Reach out to a friend, partner, or Parent Line when the season feels heavy.

Workshop Dates

Lactation Basics

Mon, Dec 1, 2025: 4:30-5:30PM

Fri, Dec 19, 2025: 11:00AM-12:30PM

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

Mon, Dec 8, 2025

Mon, Dec 23, 2025

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

Tues, Dec 2, 2025 Tues, Dec 23, 2025

Tues, Dec 9, 2025 Tues, Dec 30, 2025

Tues, Dec 16, 2025

