

A Newsletter for Parents

Spring 2025



The Parent Line

Self-Care Tips for Parents

Like any other professionals, parents need self-care to prevent burnout and fatigue. Parents and caregivers need to incorporate self-care into their daily tasks so that emotional and physical fatigue can be reduced. Even though parents often feel guilty taking time for themselves, when parents experience burnout and fatigue, they are not able to create the healthy nurturing environment that they desire at home, but rather, the opposite. Parents who experience burnout/fatigue exhibit symptoms like depression, feelings of hopelessness, sadness, emptiness, difficulty sleeping or sleeping too much, tiredness, loss of interest in doing things for pleasure, and to the extreme, thoughts of suicide. It is often challenging to be nurturing and welcoming when you are tired and burned out. When parents are healthy and happy, they are more attentive to their children's needs and are not easily agitated. As parents, it is important to remember that you need a full cup to be able to pour out, as you cannot give from an empty cup.



While self-care looks different for everyone, here are some tips to help you on your self-care journey as a parent:

- Find a hobby – consider things that you did for pleasure before you became a parent, and check if you can redo it. If not, find something simple yet fun for you to try.
- Try to be active by taking a walk or a jog, per your preference. If not, you can try an online yoga class that you can enjoy as your “me time.”
- Practice gratitude by reflecting on what you are grateful for, as the positivity helps improve your mental health.
- Try journaling or listen to uplifting music.
- Treat yourself with a beverage you like – cocoa, tea, or coffee.
- Cuddle up with your child or by yourself for a cozy moment.
- Take a moment to call a friend.
- Spend time with family and friends.
- See your doctor regularly, and when needed, seek professional help for parenting support tips, and emotional well-being.

Sources: • [How To Practice Self-Care as a Parent](#) • [Ten Self-Care Tips for Parents | Psychology Today Canada](#)

If you have any questions regarding this topic or any other parenting topic, please call the Parent Line at 808-526-1222 or 1-800-816-1222.

Special Days to Remember

March is National Women's History Month

- March 2 – World Teen Mental Wellness Day
- March 17 – Saint Patrick's Day
- March 21 – World Down Syndrome Day
- March 26 – Prince Kuhio Day



April is Month of The Military Kids/Child Abuse Prevention Month

- April 2 – Autism Awareness Day
- April 18 – Good Friday
- April 20 – Easter
- April 21 – National Kindergarten Day



May is National Mental Health Awareness Month

- May 1 – Lei Day
- May 9 – Military Spouse Appreciation Day
- May 11 – Mother's Day
- May 26 – Memorial Day



Finger Painting Spring Flowers

Materials Needed:

- Glue
- Washable Paints
- Construction Paper (White and Brown)
- Scissors



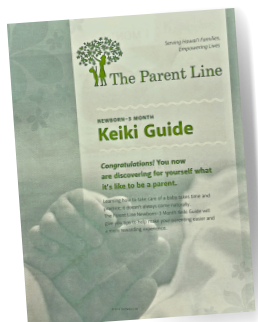
Instructions:

1. Supervise your child with the scissors and let them cut out a flower vase from the brown paper, and glue it on the white construction paper.
2. Let your child dip the tip of their pointing finger in the green paint and use it to make the stems and the leaves.
3. After wiping the green paint from their fingertip, at your child's color preference, let them use the tip of their pointing finger to make round prints and form their choice of flowers on the green stems that they painted earlier.
4. Let your child alternate the colors to create a variety of flowers. Once your child is done, let the painting dry.

Newborn - 3 Month Keiki Guide

The Parent Line Newborn - 3 Month Keiki Guide provides new parents with answers to questions, and concerns about the developmental milestone from birth to three months.

For more information or to place an order for this resource, please contact us at 526-1222.



Spotlight on Safety: Keeping Kids Safe When Riding in the Car

It is always busy trying to accomplish daily tasks as parents and caregivers, from getting the kids ready and taking them to school, to picking them up and going grocery shopping before coming home. Sometimes, the juggles get in the way of ensuring that children are buckled up in their appropriate seat as they ride along in the car.



As we go about our daily tasks as parents/caregivers, let us ensure that we keep children safe by following this car seat safety guidelines from Child Passenger Safety and Keiki Injury Prevention Coalition. Always remember that Hawaii law requires children under the age of 2 years to ride rear facing car seat with harness, while properly restrained. Ensure that children aged two to four years old are properly restrained in either a rear facing or forward-facing car seat with harness. Always read car seat and booster seat instructions for proper use and keep children under the age of thirteen riding in the back seat. Keep children who meet the weight or height maximum in a booster seat and buckle them up appropriately.

For older children, ensure that your child meets the following criteria before you decide to let them ride in the back seat without a booster or a car seat:

- The child is 10 years or older.
- The child's back is against the vehicle seat without struggle.
- The child's knees must naturally bend over the edge of the seat.
- The shoulder belt must fit comfortably across the shoulder and chest and not on the face or neck.
- The child's feet lay flat on the floor of the vehicle.
- The lap belt must lie snugly across upper thighs, low on the hip, and not on the stomach.

For the installation of any car seat, please seek professional help if you are not sure. For more information, please contact Keiki Injury Prevention Coalition at (808) 983-6800

Source: [Safety Tips - KIPC Hawaii](#)

Suggested Readings

Compiled by the staff of the Edna Allyn Room for Children at the Hawai'i State Library. Mahalo!

A Song for the Colors and the Flowers of Hawai'i

By: Kawaikapuokalani Hewitt

If You Want to Be a Butterfly

By: Mượn Thị Văn

Ooo, Baby Baby!

By: Sandra Boynton

Built to Last

By: Minh Le

