

Winter 2022



# The Parent Line

## Keeping Your Kids Active During the Holiday Season

The holiday season is the one time that most people indulge in the once-a-year delicacies, like Mom's delicious, homemade pumpkin crunch or Uncle's famous smoked meat. With these local family favorites, we just can't get enough, and neither can our kids! So, how can we keep our kids active during their time off from school with all these yummy temptations?

This is the best time for the kids, not just to rest and recharge, but for everyone to get quality family time in. With a lack of scheduled activities and a routine, kids can easily get bored and the result of that would lead to doing not-so-healthy activities, like watching TV or sleeping all day.

From outdoor hikes to laughter-filled fun in the house, here's a list of simple ways your child can stay active, even with all the sweet treats:



- Get the kids into the holiday spirit by putting together a holiday-themed scavenger hunt, so that you can get some cooking done in the kitchen! Hide some items in the house (or outside) and have the kids check items off the list as they find them. You can use Christmas-themed items or decorations, such as ornaments or small knick-knacks.
- Move some furniture around to make some room for dancing and holiday decorating!
- Bring your kids along for some holiday shopping. This allows the whole family to get their steps in! Plus, the malls are always more fun during the holidays.
- Stick to a sleep schedule. Even though the kids are on break, always make sure they're well rested so they have enough energy to participate in the activities.
- Make time for outdoor activities! Hawai'i has many family-friendly hikes that the whole family can enjoy. Go to the beach and take them swimming. Find a safe park where you can ride bikes.

There are so many things to do and places to see that can keep you and your family active during this time! For more fun ideas for the holidays, or other parenting support, please contact The Parent Line at (808) 526-1222 or toll-free at 1-800-816-1222.





## Suggested Readings

List compiled by the Edna Allyn Room  
for Children at the Hawai'i State  
Library. Mahalo!



### Words to Make a Friend: A Story in Japanese and English

By: Donna Jo Napoli

### Llama Llama Jingle Bells

By: Anna Dewdney

### The Joyful Book

By: Todd Parr

### Hanukkah Cookies with Sprinkles

By: David Adler

## Suggested Activity



### DIY Cinnamon Ornament Recipe

Supplies (Yields 20 ornaments)

- 1 cup Flour
- ½ cup of Salt
- ½ cup of Cinnamon
- ¾ cup of Warm Water
- Cookie Cutters
- Wax Paper
- Acrylic Paints



#### Directions

1. Combine the dry ingredients in a large bowl
2. Then, add ¾ cup of very warm water and mix
3. Once combined, remove the dough from the bowl, and knead it with clean, dry hands. *Note: If the dough is sticky, dust your hands with flour and knead it into the dough*
4. After a bit of mixing and kneading you will be left with amazing cinnamon ornament dough
5. Give kids cookie cutters and rolling pins, and they will have a blast making their own ornaments. *Note: Roll out on wax paper to prevent sticking*
6. Be sure to pierce a hole in the ornaments before leaving them to dry. You can use a toothpick.
7. It will take about 24 hours for the ornaments to dry
8. Once dry, kids can decorate the ornaments using acrylic paint.
9. Let dry and your ornaments are ready to hang!



## Spotlight on Safety



### Holiday Kitchen Safety

With the holiday season quickly approaching, we're going to bring out the pots, pans and mixers and get to cooking! The kitchen is going to be chaos with our ingredients and spices scattered across the kitchen counter. Let's not forget about the kids running around you while you try to open the hot oven door and accidentally bump into things. Accidents are just bound to happen!

So, how can we prevent our kids from getting burned in the kitchen?



Here are some helpful tips:

- Plan activities for the days you know when you're going to be in the kitchen all day. Utilize the scavenger hunt idea mentioned on the other side of this page. Utilize other indoor activities that'll keep the kids active and busy for a while. Find ways to keep your child out of the kitchen or in a play pen when you're cooking.
- Don't let kids remove hot food or liquids from a microwave and oven. If they grab out foods improperly, they will get burned.
- Use burners on the back of the stove and turn the handles of pots and pans toward the back.
- Make sure hot coffee pots and their cords are out of children's reach.

If your child does get burned, immediately remove clothing and run the affected water under a cool water faucet or shower for five minutes. Do not use ice. Call your doctor and ask if your child can use ibuprofen or acetaminophen to reduce the pain. Do not break any blisters or put butter on a burn. Blistered burns on the hand or face should always be checked by a health care provider.

For any immediate responses, please contact your local healthcare provider or 9-1-1 right away.



## Special Dates to Remember

November 8 – Election Day

November 11 – Veteran's Day

November 24 – Thanksgiving



December 7 – Pearl Harbor Remembrance Day

December 25 – Christmas Day

December 31 – New Year's Eve



January 1 – New Year's Day

January 17 – Martin Luther King, Jr. Day