

# PATCH 'Ohana Network



PATCH - Supporting Hawaii's Child Care Needs

## FUN IN THE SUN:

**Keep your family safe this Summer by following these tips from the American Academy of Pediatrics (AAP)**

### **Babies under 6 months:**

Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

### **For Young Children:**

Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.

### **For Older Children:**

The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.

Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m. Use a sunscreen with an SPF of

15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult. Reapply sunscreen every two hours, or after swimming or sweating. Use extra caution near water, snow, and sand as they reflect UV rays and may result in sunburn more quickly.

### **HEAT STRESS IN EXERCISING CHILDREN:**

The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.

At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.



Continued on Page 4

## PATCH Offices Statewide

Let PATCH assist you in finding licensed child care services across the state. Call one of our offices or visit our website for information on how to choose a quality child care provider, child care financial aid and much more!

In addition, PATCH can connect you to other early childhood resources that are available in your community.

### PATCH-Oahu

650 Iwilei Road  
Suite 205  
Honolulu, HI 96817  
Phone: 808-839-1988

### PATCH-East Hawaii

305 Wailuku Drive  
Suite 4  
Hilo, HI 96720  
Phone: 808-961-3169

### PATCH-Maui County

95 Mahalani Street  
Suite 28-2A  
Wailuku, HI 96793  
Phone: 808-242-4786  
Lanai & Molokai: 1-800-498-4145

### PATCH-West Hawaii

73-4354 Mamalahoa Hwy.  
Suite 208  
Kailua-Kona, HI 96740  
Phone: 808-325-3864

### PATCH-Kauai

3016 Umi Street  
Suite 203  
Lihue, HI 96766  
Phone: 808-246-0622



Mahalo to the State Department of  
Human Services, Benefit, Employment  
and Support Services Division.

Visit our website at [www.PatchHawaii.org](http://www.PatchHawaii.org)

- Online child care referrals
- Sign up to receive email news & updates
- Early childhood development resources
- Child care subsidy information
- Much more!

*What's your e-mail?*

Let us know your email address and we'll send PATCH updates  
and training information directly to your email account.  
Contact your local PATCH Office!

PATCH is a local 501c(3) resource and referral agency created in 1976. Our mission is to support and improve the quality and availability of care for the young people of Hawaii. PATCH has not investigated the resources listed and makes no warranties, express or implied, regarding the nature and quality of goods or services rendered by said resource providers.



## Back to School Time — Tips to Help Children Adjust

Back to school time often means changes for children and families: the first day of kindergarten or first grade; new preschools or child care settings; new classrooms and new teachers. Making smooth transitions between home, programs and schools can help children feel good about themselves and teach them to trust other adults and children. Helping children adapt to new situations can ease parents' minds and give them a chance to become involved in their children's education.

Transitions are exciting opportunities for children to learn and grow. Parents and early childhood professionals share a role in making children feel safe and secure as they move to new educational settings. Of course, such milestones in children's lives can cause anxiety, too. Strengthening the ties between programs and families will help create smooth transitions for adults and children both.

### How parents can help:

1. Be enthusiastic about the upcoming change. If you are excited and confident, your child will be, too.
2. Prepare yourself. Take note of how your child reacts to separation. If possible, visit the new setting with your child. Introduce your child to the new teacher or early childhood professional in advance.
3. Arrange a playdate with another child from the program, preferably one-on-one, so that your child will see a familiar face when she walks in.
4. Start daily routines that will add to continuity. Let your child become involved with packing lunch or laying out clothes. Also, begin an earlier bedtime several weeks before.
5. Put aside extra time, particularly on the first day, for chatting and commuting together. But remember not to prolong the good-bye. If the child whines or clings, staying will only make it harder.
6. Always say good-bye to your child. Be firm, but friendly about separating. Never ridicule a child for crying. Instead, make supportive statements like, "it's hard to say good-bye."
7. At the end of the work day, put aside your concerns and focus on being a parent.

Excerpt from NAEYC  
Early Years are Learning  
Years, [www.naeyc.org](http://www.naeyc.org)



## FUN IN THE SUN: Keep your family safe this Summer by following these tips from the American Academy of Pediatrics (AAP)

Continued from Page 1

Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty.



Choose a shepherd's hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.

Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments. Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted.

- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children a false sense of security.
- Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."

### POOL SAFETY

- Install a fence at least four-feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through.
- Make sure pool gates open out from the pool, and self-close and self-latch at a height children can't reach.
- Never leave children alone in or near the pool, even for a moment.
- Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool.



### BUG SAFETY

- Don't use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.

---

*“Never leave children alone in or near the pool, even for a moment”.*

---

## **FUN IN THE SUN: Keep your family safe this Summer by following these tips from the American Academy of Pediatrics (AAP)**

Continued from Page 4

- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- Insect repellents containing DEET are most effective against ticks, which can transmit Lyme Disease, and mosquitoes, which can transmit



West Nile Virus and other viruses. The concentration of DEET in products may range from less than 10 percent to over 30 percent. The benefits of DEET reach a peak at a concentration of 30 percent, the maximum concentration currently recommended for infants and children.

- DEET containing insect repellents should not be used on children under 2 months of age. The concentration of DEET varies significantly from product to product, so read the label of any product you purchase.

### **2008 Leadership Symposium & Hawaii Early Childhood Conference**

#### **PUTTING OUR KEIKI FIRST: GET ON BOARD!**

Friday October 3, 2008

Saturday, October 4, 2008

HAWAII CONVENTION CENTER (Oahu)



#### **Join us for Hawaii's largest early childhood conference!**

Connect with parents and other educators who work with young children and their families. Choose from over 100 workshops and seminars and explore the popular Exhibit Hall full of vendors, sharing materials, activities and information on the early learning years.

Sessions include the areas of:

Child Growth & Development, Learning Environments,  
Working with Families, Relationships & Guidance and more.

#### **Contact HawaiiAEYC**

at (808) 942-4708 or email

[conference@hawaiiayec.org](mailto:conference@hawaiiayec.org)

## Water Play — All they're doing is splashing, right?

Wrong! Water play is a very important part of a young child's development. Water play whether it's in the bathtub, at the beach, in the backyard or at the water table at preschool, helps young children in a variety of ways. It helps children to:

**Develop their hand-eye coordination and encourages the manipulative skills of lifting, pouring, controlling, squeezing, stirring, painting, scrubbing, and squirting.** *These skills are the prerequisites for helping children develop their writing abilities and helps prepare them for using scissors, using their small motor skills to create puzzles, string beads and to build things using small blocks.*

**Explore the early mathematical and scientific concepts of heavy/light, float/sink, full/empty, shallow/deep, same/different, and learn about measuring like greater/less than, estimating, and conservation of volume like full/empty.** *It helps them to develop concentration and problem solving skills as they become absorbed in their experimentation. As young children manipulate water play materials they begin to understand why and how things happen. Young children feel the thrill of discovering new things and ideas.*

**Widen their sensory and creative experiences as they feel different textures (gritty, squishy, slimy) and**



**feel different temperatures (warm, cool, cold) develop social and language skills as they play alongside and communicate with others.**

*Young children's social skills expand as they play cooperatively; negotiate; share equipment, space and materials with other children or with adults. Adults can help young children learn new vocabulary related to water play experiences such as the words; funnel, stream, moisture, and evaporation.*

Children and adults are naturally drawn to water. Water not only is soothing and comforting but can be turned into a learning experience as well. Provide more fun opportunities for your child by adding new materials to their outdoor water experiences or during bath time like different size bowls and containers, colanders with holes, funnels, water wheels, egg beaters, sponges, watering cans, more items to sink and float, lengths of hose, and ice cubes. Have fun and be creative.

By Shelley Weatherwax



**Attention: All Licensed Family Child Care Providers  
Interested in becoming a USDA  
Food Program Participant?**

**Call your local PATCH offices for more information.**

## Early Childhood Community Resources

### Local

**Preschool Scholarships:** Contact DHS on O'ahu (808) 587-5254 or on Neighbor Islands call (toll free) 1-800-746-5620. Download forms at [www.PatchHawaii.org](http://www.PatchHawaii.org)

**The Parent Line:**

Oahu: 526-1222 Neighbor Islands: 1-800-816-1222.

**Aloha United Way - 211:**

Available Monday-Friday, 6am-9pm, it's fast, free and confidential. Call 211 now to GET or GIVE HELP. Or visit [www.auw.org/211/](http://www.auw.org/211/).

### Online News

**Daily Parent:** Visit [www.childcareaware.org/dailyparent](http://www.childcareaware.org/dailyparent).

**KidSource OnLine:** Visit [www.kidsource.com](http://www.kidsource.com) today!

### National

**National Association of Child Care Resource & Referral Agencies (NACCRRA):** Visit [www.naccrra.org/parent/index.php](http://www.naccrra.org/parent/index.php).

**Born Learning:** Visit [www.bornlearning.org](http://www.bornlearning.org).

**Healthy Habits for Healthy Kids - A Nutrition and Activity Guide for Parents:** Visit [www.wellpoint.com/healthy\\_parenting/index.html](http://www.wellpoint.com/healthy_parenting/index.html).

## Become a PATCH Member!

Only \$25 per year!

Receive news and information about child care in Hawaii, and other benefits and special discounts!

*Please join us in our mission to support and improve the quality and availability of care for the young people of Hawaii.*

Contact your local PATCH office.

## Child Care for Military Families



*On Active Duty? Deployed?*  
*We can help you with special referral services to quality child care programs.*  
Contact your local PATCH office today!



650 Iwilei Road  
Suite 205  
Honolulu, Hawaii 96817  
[PATCH@PatchHawaii.org](mailto:PATCH@PatchHawaii.org)  
[www.PatchHawaii.org](http://www.PatchHawaii.org)

**Supporting Hawaii's Child Care Needs**