

## Every Day Science and Math:

## At the Park and Playground



By Celia Chang Takahashi

Did you know that when your keiki play outside at a neighborhood park or a playground, not only are they getting a physical workout, but a mental one as well? Here are some ideas on how to exercise your child's mind next time you take her outside to exercise her body:

**Infants:** You may not know this but while your baby is looking at you with those loving, adoring eyes, he's learning! Your baby learns by watching and listening. While on a walk with baby, talk to him about what you see and hear. Say, "I wonder what that loud noise is?" Wait a few seconds then say, "Oh, it's a large, red trash truck. It must be here to empty out the two green dumpsters." At first you may feel silly talking to a child who does not "answer" your questions, but you will find comfort in knowing that your child is expanding his mathematical and scientific vocabulary (with loud, large, number and color words, etc.) and learning conversation patterns. Have fun walking and talking with baby; he'll have fun learning!

**Toddlers:** Keiki love to climb. When your toddler climbs on the jungle gym provide her with detailed instructions. Say, "Stretch up and put your left hand on the yellow rung of the ladder" or "Put your hands above your head while going down the curved slide." When you give her detailed instructions, you are keeping her safe as well as expanding her vocabulary by introducing new directional words (like up, left and curved).

**Preschoolers:** Next time you go to the park or playground with your keiki, take a zip top bag and have your child collect 20 items. Ask him to sort these items into different groups. Point to one group and ask why he grouped those items together. Give him time to tell you about their similar characteristics. Have him do this with all his groups. When your child is done telling you all about his treasure, ask him to put them back into the bag and shake it up. Then say, "May I sort your treasure?"

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Mommy,  
you forgot  
something!

“

“One night I had a phone call from a parent asking me, **“What is my daughter talking about?”** She see's an empty space on her plate, so she is saying, **“Aunty puts something over there.”** She is pointing to the empty space on her plate. The parent wanted to know what her daughter meant.

I went on to explain that we have serving trays to separate all the food groups. Fruits, grains, vegetables, protein and dairy items. Then, the parent realized that her daughter was missing her vegetables. **The child refused to eat until she had her vegetables in her plate!** This mom will not forget to serve vegetables again because she will be reminded!”



This real story was shared with us by a family child care provider participating in PATCH's USDA Food Program. Interested child care providers call 808-839-1990 to join.

PLEASE COMPLETE AND ENCLOSE DONATION FORM BELOW WITH YOUR GIFT TO PATCH.

Yes! I want to help PATCH support Hawaii's most precious resource -our keiki!

My gift of:  \$100  \$50  \$25  \$\_\_\_\_\_ is enclosed.

Please make checks payable to "PATCH," and mail to: (other amount)  
PATCH 560 N. Nimitz Hwy, Suite 218 Honolulu, HI 96817

Please charge \$\_\_\_\_\_ to my credit card. (You may also visit [www.patchhawaii.org](http://www.patchhawaii.org) or call 791-2125 to donate via credit card)

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PATCH'S MISSION IS TO SUPPORT AND IMPROVE THE QUALITY AND AVAILABILITY OF CARE FOR THE YOUNG PEOPLE OF HAWAII.

## Have you heard?

**National Association of Family Child Care (NAFCC)  
Region 16 (California and Hawaii)  
is heading to Kauai for a conference!!**

**August 10-12, 2017 at the  
Kauai Beach Resort Hotel**

## NAFCC Conference:

### Reaching Higher Heights in Family Child Care



#### Program

Thursday Night-August 10,  
Garden Welcome Reception 6:30 pm-8:00 pm

Friday- August 11 Welcome,  
Registration, Workshops 8:30 am - 2:30 pm

Friday Evening- Kauai Potluck Celebration  
Lydgate Park Outdoor Pavilion & Swimming 4:30 pm  
(Bring your family for Networking, Food & Fun)

Saturday, August 12, Registration,  
Workshops, Lunch 8:30 am - 2:30 pm

\* A Special Recognition Award Ceremony \*  
\* Raffles\*

\* Come hear about NAFCC happenings \*  
You Don't Want to Miss this Event!!  
Stay Tuned!!!!

PATCH Kauai wants to know if you want to attend?

Conference costs: \$100 for all events;  
OR \$15 for Thursday Reception &/OR \$50  
for either Friday or Saturday workshops.

The Potluck on Friday night is free to all  
courtesy of PATCH Kauai.

Please email or call Mary Lu at 246-0622 by July 10<sup>th</sup> if you want to attend Thursday, August 10 reception, and/or Friday, August 11 workshops and/or Friday, August 11 Potluck and/or Saturday, August 12 workshops.

PATCH Kauai is planning a catered luau for our NAFCC friends at Lydgate Park Outdoor Pavilion on Friday evening, August 11. We want you to come out for this event and enjoy some networking and fun.

We also need your t-shirt size. Conference attendees get a special t-shirt!!

**Please email at [mkelley@patch-hi.org](mailto:mkelley@patch-hi.org) or call Mary Lu at 246-0622  
by July 10<sup>th</sup> with your dates of attendance and t-shirt size.**



# MARK YOUR CALENDAR

June 11 & 25  
July 9, 23 & 30  
2017

11th Annual KIDS FIRST FILM FESTIVAL, “Nurture Nature”  
Inspiring and just-for-fun free films for kids on the natural world  
And our place in it. Sundays in June and July at the University  
of Hawaii at Manoa, 3pm. Visit [www.summer/hawaii.edu](http://www.summer/hawaii.edu) or call  
808-956-9883. FREE! 10 short films, Door Prizes, for ages 4-12.

OAHU

## QUICK START:

**A SUPPORT AND SERVICES EXPO FOR ALL AGES**

**Saturday, July 29<sup>th</sup>, 2017**  
**10:00 am – 2:00 pm**  
**Queen Ka’ahumanu Mall Center Court**

*Your 'ONESTOPSHOP' for various community services and support!*  
**Maui's top organizations relating to childcare, family and child services,**  
**housing, women's services, health and wellness, kupuna,**  
**financial assistance, and more will be present to assist you and your ohana!**

July 29, 2017

QUICK START: A support and services expo for all ages.  
10am-2pm at Queen Kaahumanu Mall Center Court.  
Call 808-249-2461 or 808-242-9232 for more information.

MAUI

August 5, 2017

Honolulu Family FUN RUN fundraiser. 500 Meter Keiki Run & 3K  
Family Fun Run to benefit local schools. Keiki 3-10 year olds  
500-meter dash tickets are \$20 or \$25 after 7/10, Family members  
of all ages 3k run tickets are \$25 or \$30 after July 10. RUN events  
start 8:30am-10:30am, You can register your school at [https://  
honolulumagazine.wufoo.com/forms/x10w9fh01qt1lb/](https://honolulumagazine.wufoo.com/forms/x10w9fh01qt1lb/) or sign up at

OAHU

## SIGN UP TODAY!

**FOR THE 500 METER KEIKI  
RUN & 3K FAMILY FUN RUN**

**AUG. 5**

PRESENTED BY KAISER PERMANENTE. thrive

[CLICK  
HERE]

August 5, 2017

Best of Honolulu Festival at Honolulu Hale. Fun family event  
with food booths, entertainment, shopping and a keiki fun zone.  
Drop by the PATCH booth and say hi. 10:00 a.m. -5:00 p.m.  
Face-painting, balloon animals, games, rides, photos with  
Cinderella and Beauty and more! HONOLULU Family Magazine  
will hold their annual Cover Kids search. A professional photographer  
will take your 1-12 year old child's photo and HONOLULU Family will  
waive the \$10 Cover Kids entry fee just for this event.  
[http://www.honolulumagazine.com/Honolulu-Magazine/May-2016/  
Save-the-Date-2016-Best-of-Honolulu-Festival/](http://www.honolulumagazine.com/Honolulu-Magazine/May-2016/Save-the-Date-2016-Best-of-Honolulu-Festival/)  
FREE PARKING at the Frank F. Fasi Municipal Building parking  
garage located at the corner of Alapai and Beretania streets.

OAHU

August 10-12

National Association of Family Child Care Region 16 Conference  
See page 3 for details. We hope you can join us for this great event.

KAUAI

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As you sort make sure your groups are different from his and then talk about how you grouped the items. This simple activity teaches him items (his treasure) have

can run, skip, gallop and jump, just to name a few. When you take your keiki to the park, play different jumping games.

Bring jump ropes so you can jump next to each other. If there are enough adults/children, bring a longer jump rope so two can turn the rope while one child jumps. Another affordable jumping game that acquires gross motor as well as foot-eye coordination is Chinese jump rope. Leap frog lets children use their imagination, gross motor and social skills. These gross motor skills

many attributes/characteristics and can be sorted into more than one category--a valuable science and math skill.

**Kindergarten/Lower Elementary:** By the time keiki reach Kindergarten they have a variety of gross motor skills. They

require hand/foot-eye coordination, an important skill used in conducting mathematical and scientific observations and experiments.

**So remember to get outside and play with your keiki. You'll be giving your child a mental and physical workout!**



**11TH ANNUAL** UNIVERSITY OF HAWAII' I AT MĀNOA • OUTREACH COLLEGE

# KIDS FIRST!

FILM FESTIVAL

A project of the Coalition for Quality Children's Media, KIDS FIRST! films are free of gratuitous violence; race, gender, or religious bias; and condescension towards children.

SUPPORTED IN PART BY THE SIDNEY STERN MEMORIAL TRUST.

**SUNDAYS • JUNE 11 & 25; JULY 9, 23 & 30, 2017**  
**3PM • UH MĀNOA ART AUDITORIUM • FREE!**

[www.PatchHawaii.org](http://www.PatchHawaii.org)

# RESOURCES

## Early Childhood Community Resources

### Local

**Arbor/ResCare Child Care Connections** is a federal subsidy program helping families pay for child care. Call their Honolulu, Oahu Office at 566-2600.

### 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/parents-and-guardians/newsletters/are-you-aware](http://www.childcareaware.org/parents-and-guardians/newsletters/are-you-aware).

**Healthline.com Asthma animation:** A comprehensive overview of asthma as a critical starting point for individuals and/or their loved ones. Reviewed for medical accuracy by an M.D. visit: <http://www.healthline.com/asthma/anatomy-animations#1/airway-inflammation>

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

### National

**Child Care Aware:** [www.childcareaware.org](http://www.childcareaware.org)

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

**Healthy Habits for Healthy Kids - A Nutrition and Activity Guide for Parents:** an interactive resource with activities, recipes, mealtime tips, guides and much more! Visit [www.wellpoint.com/healthy\\_parenting/index.html](http://www.wellpoint.com/healthy_parenting/index.html).

## PATCH Offices Statewide

### PATCH Oahu

560 North Nimitz Highway  
Suite 218  
Honolulu Hawaii 96817  
Phone: 808-839-1988

### PATCH East Hawaii

26 Waiuanue Avenue  
Hilo, Hawaii 96720  
Phone: 808-961-3169

### PATCH Maui County

Puuone Plaza #C217 1063  
Lower Main Street  
Wailuku, HI 96793

### PATCH Kauai

4485 Pahe'e Street  
Suite 124  
Lihue Hawaii 96766  
Phone: 808-246-0622

### PATCH West Hawaii

79-7393 Mamalahoa Hwy  
Unit 4a  
Kealahou, Hawaii 96750  
Phone: 808-322-3500

### Lanai & Molokai Toll-Free

Phone 1-800-498-4145



[Facebook.com/PATCHHI](https://www.facebook.com/PATCHHI)

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

- Online child care referrals
- Early childhood development resources
- Child care subsidy information



**PATCH: SUPPORTING HAWAII'S CHILD CARE NEEDS SINCE 1976**

Mahalo to the State Department of Human Services, Benefit, Employment and Support Services Division. PATCH is a local 501(c)(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.

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Lisa Ann N. Nishihara  
Little Footsteps  
Liune Faagai  
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Maggie Brown (owner)  
Body Glove Cruises  
Makana Academy  
Maui Free Range Comedy  
Milega Hawaii  
Mindful Living Group  
Miranda Greenleaf-Wolf  
Monkeypod Art & Creative  
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**PATCH**

Supporting Hawaii's Child Care Needs

560 N Nimitz Highway Suite 218  
Honolulu, Hawaii 96817

PATCH@PatchHawaii.org  
PatchHawaii.org

HAWAII VISITOR INDUSTRY

89TH ANNUAL

# Charity Walk

**THANK  
YOU**  
FOR  
WALKING  
WITH  
US!



This year's  
event raised  
more than  
\$2 million  
For Hawaii's  
Charities!!



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& TOURISM**

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*A Tradition of Giving*  
SINCE 1978

CHARITYWALKHAWAII.ORG

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