



Family Routines And Rituals

www.childcareaware.org

Routines are familiar patterns and habits families rely on to manage their daily lives. As parents often look for ways to save time and be organized, routines become a much needed helping hand. By setting daily schedules, creating family message centers, and arranging storage for personal belongings, families can stay in control of activities and troubleshoot potential problems.

Rituals are traditions families inherit or create from personal beliefs.

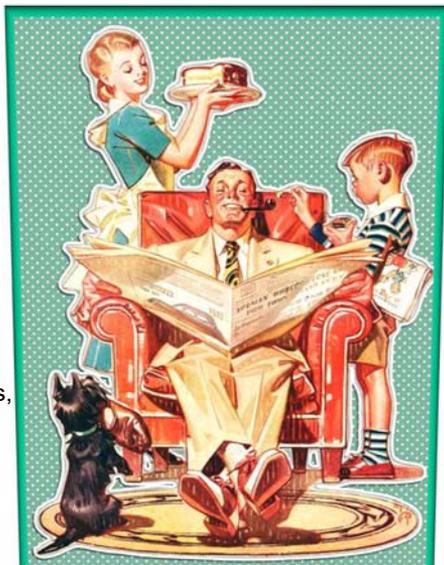
Parents will often blend customs from their own childhoods with new ones. These will provide memories for children to take into adulthood. Although many rituals are created to celebrate holidays, others celebrate family togetherness, seasons, charitable giving, or community events.

Rituals and routines provide children with a sense of identity, stability and consistency that is a cornerstone to growing up. Traditions have always been important in how we function as families. As families grow and change, so do their rituals.

Daily Routines

Children need predictable boundaries.

Repetition of daily routines gives your child the security of knowing what is expected and helps build a sense of responsibility. The ability to organize yourself and your belongings is a critical skill best learned at an early age. Dependable patterns will make each day easier for the entire family.



It is up to you as a parent to plan how your family can be efficient. **Take a minute to think about organizing your family's daily schedule. Create set times for activities such as meals, brushing teeth, leaving for school, homework, and bedtime. Post your schedule where everyone can see it and use pictures with captions for young children.**

A working calendar can also provide daily reminders. As your child gets older you can teach him to make lists for himself.

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for you

Support Hawaii's most precious resource, our keiki!



PATCH is Agency #96420 in the 2017-18 Aloha United Way campaign. Or designate in Kauai United Way, Hawaii Island United Way, & Maui United Way campaigns.



For Federal Employee giving PATCH Combined Federal Campaign # is 64544.

**Or, make a tax-deductible donation at patchhawaii.org.
THANK YOU FOR YOUR SUPPORT.**

Contact Virginia Lord: 808.550.3852 / VLord@Patch-Hi.org.

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 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.

Need help paying for preschool?

Preschool Open Doors

Accepting Applications

September 11-October 31, 2017

Applications accepted for children born August 1st 2012 through July 31st 2013.

Preschool Open Doors (POD) program provides monthly preschool tuition subsidies to qualified families. Parents may choose any DHS-licensed preschool. This application period is for program participation during January 1-June 30, 2018.

For information and applications please call:

POD Oahu

(808) 791-2130

POD Toll-Free

1-800-746-5620

Download an application at www.patchhawaii.org

Applications must be received at the Oahu office by October 31, 2017

to be considered. Return completed applications to:



PATCH-POD

**560 N. Nimitz Hwy, #218
Honolulu, Hawaii 96817**

FAX: 808-694-3066



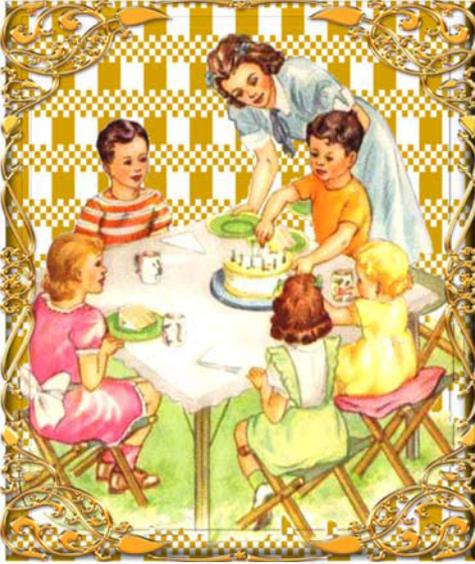
PATCH

Supporting Hawaii's Child Care Needs



Family Routines And Rituals

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Be clear with your family about your expectations. Start with a few routines that may help or eliminate some stressful parts of the day. You can add new routines as you need them.

Selecting clothes the night before may avoid a scramble in the morning and having toys picked up at the end of the day can create an order for everyone.

Holiday Celebrations

Take a few minutes to think back to previous holidays and remember the parts that were the most enjoyable and those that caused the most stress.

Consider what you will keep and what you might eliminate. Anticipate the rough spots for your family and prepare for them.

The key is to plan ahead. Good advance planning can minimize problems. Keep a little notebook handy to keep track of lists you don't want to forget. If you can get something done ahead of time, it can save you the last minute rush later.

At holiday times it can be difficult to keep to your daily patterns. Try to stick to year-round routines that work for your family especially around eating and sleeping schedules. Speak with friends and relatives to let them know what works best for you.

Helpful Tips For Daily Routines

- Share household responsibilities with your child whenever possible. Feeding pets, setting the table, loading the washer can be accomplished together.
- Do as much as possible the night before. You can make lunches, organize backpacks, layout clothes and shoes.
- Create designated spaces in your home for children's belongings so each family member knows where everything belongs.
- Use calendars, charts, or planners to help keep track of schedules and commitments.

The School Connection

Part of being organized with your daily routines includes having good communication with your child's school or child care provider. Stay informed of assignments and special activities and be sure to read notices and bulletin boards. Make your child's provider or teacher aware of your family's routines and needs as she may be able to offer helpful suggestions.

Sometimes the simplest of ideas can have a great impact. Having sneakers by the door in the morning and having that requested snack waiting in your car for the ride home may mean that it's that much easier to get in and out of the child care center on time.

Family Routines And Rituals

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A good starting point is thinking through rituals of your childhood. If you are a two-parent family, discuss your beliefs and compare them with those of your partner.

Together, you will create a blend of rituals to reflect who you are and what delights your family. You'll probably be enhancing some rituals, displacing others, and creating entirely new traditions for your family.

Although many rituals are tied to seasonal holidays, some rituals may be created for other reasons. For many parents these rituals fill the need to accomplish a task and create quality family time. Here are some ideas that may work for you:

- ☑ Have every person share what it is they are thankful for around the table at mealtime or during a holiday.
- ☑ Consider having a breakfast treat, a note in your child's lunchbox, and comparing photos and stories of past birthdays to make your child's birthday special all day long.
- ☑ Gather friends and family for an end of the school year celebration.
- ☑ Keep at least some time each week for just immediate family. This may mean saying no to some invitations or other activities.
- ☑ Participate in a charitable giving activity as a family.

Charitable Giving As A Family Ritual

No matter what the age of your child is, volunteering as a family can be a wonderful ritual for everyone to participate in. Here are a few suggestions to get you started:

- ☑ Create a double dinner by making twice as much as your family needs and take it to a homeless shelter or a house-bound senior citizen.
- ☑ Shop for some toys or books with your child on her birthday and give them to a shelter.
- ☑ Create a holiday food gift basket for a family in need.
- ☑ Recycle your bottles and cans and donate the money to your favorite charity.



Setting Up the Family Calendar

A multi-month working calendar, from end of school to the beginning of school next fall, placed where everyone in the family will read it, is a wonderful way to organize new routines and schedules. Children gain a sense of control over their own activities and parents can troubleshoot potential problems. The calendar takes over the task of daily reminders and can also serve as a family message center and emergency phone list.

The Daily Parent is prepared by NACCRRRA, the National Association of Child Care Resource and Referral Agencies.



www.childcareaware.org

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/.

Online News

Daily Parent: Visit 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

National

Child Care Aware: www.childcareaware.org

Born Learning: Visit 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.

PATCH Offices Statewide

PATCH Oahu

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

PATCH Kauai

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

PATCH East Hawaii

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

PATCH West Hawaii

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

PATCH Maui County

Puuone Plaza #C217
1063 Lower Main Street
Wailuku Hawaii 96793
Phone: 808-242-9232

Lanai & Molokai toll-free

Phone: 1-800-498-4145



www.facebook.com/PATCHHI

Visit our website at
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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MAHALO

for partnering with PATCH
to help us make a better
future for Hawaii's keiki!

MARK YOUR CALENDAR



- | | | |
|---------------|---|-------|
| November 9 | CPK Fundraiser for Oahu Family Child Care Workshop at Ala Moana California Pizza Kitchen. <i>Bring in flyer on back page and California Pizza Kitchen will donate 20% of your check to PATCH</i> | OAHU |
| October 21 | Ho'oulu 'Āina Community Workday Volunteer Opportunity | OAHU |
| November 18 | Kids of all ages can help weed, harvest, and tend to Kokuu Kalihi Valley's garden. Call 841-7504, email aina@kkv.net, or visit http://www.hoouluaina.com/volunteer | |
| December 16 | | |
| December 9 | Tom Copeland Family Child Care Maui Workshop 10am-2pm. First ever Maui presentation. Space is limited. For inquiries and registrations, contact Monet Becker at mbecker@patch-hi.org . | MAUI |
| December 16 | Tom Copeland Family Child Care Provider Appreciation/Training 8 a.m.-12 noon. Register by calling 808-246-0622. | KAUAI |
| December 1-24 | Festival of Lights on Kauai—Historic County Building 6-8:00 p.m. Friday through Saturdays. See the park lights glow at 4396 Rice St. | KAUAI |
| December 31 | New Year's Eve Celebration at Poipu Beach Park includes food trucks, live entertainment OR a movie in the park, activities for the keiki & spectacular fireworks. Event is FREE (except for food/drink) 2179 Hoone Rd from 5:30-9pm on the grounds of Poipu Beach Park. | KAUAI |



Supporting Hawaii's Child Care Needs

560 N Nimitz Highway Suite 218
Honolulu, Hawaii 96817

PATCH@PatchHawaii.Org
PatchHawaii.Org

Pizza with a purpose

Bring in this flyer, present it to your server and we'll donate 20% of your check to the organization listed below. Purchases include dine-in, takeout, catering and all beverages.

Please show your support for: **People Attentive to Children**
Date: **November 9, 2017**
Time: **All Day Event**

Valid at the following location:
California Pizza Kitchen
1450 Ala Moana Blvd., Ste 3241
(808) 941-7715



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california
PIZZA KITCHEN

Fundraiser offer valid only on the date(s) and at the CPK location identified on the flyer. Only 501c organizations and non-profit schools are eligible to participate in CPK's fundraiser program. CPK will donate 20% (twenty percent) of all food and beverage sales to the organization. Tax, gratuity, gift card and retail sales are excluded from the donation. Offer valid for dine-in, takeout, online, catering, curbside or delivery orders placed directly with CPK. Not valid for third-party delivery. Offer void if flyer is distributed in or near restaurant. For more information about the 501c organization participating in the fundraiser, please contact the organization directly.