

✓ **Mālama 'Ohana** **NURTURING & ATTACHMENT**

The parenthood journey begins with Aloha, connecting us as one 'ohana. As we build lōkahi, our unity and connection, we create a strong foundation for our keiki to grow.

When parents and children have strong, warm feelings toward one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection.

Nurturing and attachment with caring adults in early life is associated with better grades, healthier behaviors, stronger friendships, and an better ability to cope with stress later in life.

- Read, sing and talk to keiki
- Snuggle, cuddle and hug
- Promote eye gazing and skin-to-skin contact with infants
- Spend time and eat meals together



✓ **No Shame** **CONCRETE SUPPORT**

We lean on our community when needed, like we rely on the others in the wa'a during our journey.

All families need food, clothes, a place to live, and help taking care of their kids. When families have these basic needs met, it's easier to keep their kids safe and healthy. Asking for help is a sign of strength, not weakness. There are people and places in the community that can assist.

- There is no shame in asking for and receiving help
- Barter and trade for goods and services
- Offer to drive a parent to the doctor, school, and/or store

REDUCING ABUSE & NEGLECT

Ho'oikaika Partnership is a hui that welcomes community members who are concerned with ensuring our keiki and youth grow up healthy, safe and supported.



www.HooikaikaPartnership.com

If you suspect child abuse or neglect in Maui County, call **888-380-3088** anytime.

When it comes to parenting,

Who's in your canoe?



Parenting is an extraordinary journey, a huaka'i, that can be both challenging and rewarding. Like the ocean voyages of the ancient Hawaiians, parenting requires skill, teamwork, and Aloha values.

Both paddling and parenting can be unpredictable. Sometimes strong currents or waves make it tough to keep moving in the right direction. Patience and resilience are needed to navigate through choppy waters and the ups and downs of parenthood.

Each person in your wa'a, or canoe, brings strengths to help your family succeed. Whether you are a caregiver, relative, neighbor, or teacher, you are in someone's parenting canoe. Journey with us to learn more about creating the conditions to help keiki thrive.

STRENGTHENING FAMILIES

Protective Factors help keiki and youth feel nurtured and help adults paddle more smoothly through the waters of parenthood.

Ancient voyagers were physically and mentally ikaika, or strong, to face the challenges of ocean voyaging. Like these voyagers, parents and communities can become ikaika with Protective Factors to increase the well-being of our 'ohana.

Protective Factors help 'ohana feel nurtured, stay informed, build social connections, maintain resilience, and access resources when needed.

- ✓ **Mālama 'Ohana**
Nurturing and Attachment
- ✓ **Parenting Can Be Hard, But Can**
Knowledge of Parenting & Child Development
- ✓ **Show Keiki Aloha**
Social and Emotional Competence in Children
- ✓ **How You Stay**
Social Connections
- ✓ **First, Make Yourself Pono**
Parental Resilience
- ✓ **No Shame**
Concrete Support in Times of Need

✓ **Parenting Can Be Hard, But Can
KNOWLEDGE OF PARENTING &
CHILD DEVELOPMENT**

With the right tools, it's easier to stay on course for the journey of parenting.

Parenting does not come with a manual – it's a learning process. Each child is unique and as they grow, their behaviors & needs change. Parenting evolves with the child, with help from trusted advisors along the way.

- Parenting can be challenging. Your feelings are normal.
- Be open to receiving support from friends, family and your community
- Share experiences – knowing what to expect can help you feel more confident
- Learn about how children grow and change, ways to be a good parent, and places to get help when you need it

✓ **Show Keiki Aloha
SOCIAL & EMOTIONAL
COMPETENCE OF CHILDREN**

Celebrating the journey as it occurs, showing love and empathy.

Parents and caregivers demonstrate love and teach children through acts of kindness, protection, and caring. Modeling positive behaviors helps your child develop healthy relationships with others, manage their emotions, and communicate effectively.

- Tell your child “Wow, what a great job!” “I love you no matter what.” “I’m proud of you.”
- Do fun things together as a family everyday without phones or tablets
- Name feelings - your own and/or your child's
- Teach about cultural identity and celebrate differences

✓ **How You Stay?
SOCIAL CONNECTIONS**

Connect with people who will support you in the parenting journey.

Parenting is easier with help from others. Our parenting team includes people who love, care for, teach, and protect our children. When parents and caregivers have supportive friends, family, and neighbors, it's easier to care for their children and themselves.

- Remember: "I can't do it alone."
- Reach out to others and don't give up until you connect
- Attend your children's events or community activities and get to know the other parents
- Talk story with grandparents who are caring for their grandchildren
- Ask a stressed out, overwhelmed parent, “How can I help?”
- Invite a parent to join you at a meeting or social gathering

✓ **First, Make Yourself Pono
PARENTAL RESILIENCE**

Sometimes we journey through rough waters. We face the troubles, push through and regain our balance, showing our children how to navigate life's challenges.

Parents who can cope with the stresses of everyday life and the occasional crisis have resilience – the ability to bounce back from challenging situations. Caregivers who prioritize their own well-being can be more present and effective in caring for their children.

- Take care of yourself physically, emotionally, and spiritually
- Find your way back to center (piko)
- Cultivate your strengths
- We all make mistakes. We can try again tomorrow.
- Set realistic goals, practice stress-reducing techniques, and seek help when needed

