

Parenting can be hard, but can



**KNOWLEDGE OF
PARENTING
AND CHILD DEVELOPMENT.**

**PARENTING DOES NOT
COME WITH A MANUAL.
AS CHILDREN GROW FROM
BABIES TO TODDLERS TO
CHILDREN TO TEENS, THEY
CHANGE. THEIR
BEHAVIORS ARE AS
DIFFERENT AS THEIR
NEEDS. PARENTING
EVOLVES WITH THE CHILD.**

FIRST, MAKE YOURSELF POND



PARENTAL RESILIENCE

PARENTS WHO CAN COPE WITH THE STRESSES OF EVERYDAY LIFE AND THE OCCASIONAL CRISIS HAVE RESILIENCE. THERE IS NO SHAME IN OFFERING HELP AS A MEMBER OF THE COMMUNITY OR IN RECEIVING HELP WHEN WE NEED IT.

no shame



CONCRETE SUPPORTS IN TIMES OF NEED

FAMILIES WHO CAN MEET THEIR OWN BASIC NEEDS FOR FOOD, CLOTHING, HOUSING AND TRANSPORTATION, AS WELL AS SERVICES FOR CHILD CARE AND HEALTH NEEDS, ARE BETTER EQUIPPED TO ENSURE THEIR CHILDREN'S SAFETY AND WELL-BEING.



SOCIAL CONNECTIONS

TAKE THE TIME BEFORE THE JOURNEY BEGINS OR IN THE MIDST OF IT TO ACKNOWLEDGE AND CONNECT WITH THE PEOPLE WHO WILL SUPPORT YOU IN IT. WHEN PARENTS AND CAREGIVERS HAVE A SOCIAL NETWORK AND EMOTIONALLY SUPPORTIVE FRIENDS, FAMILY AND NEIGHBORS, THEY FIND IT EASIER TO CARE FOR THEIR CHILDREN AND THEMSELVES.



SHOW KEIKI ALOHA

SOCIAL AND EMOTIONAL
COMPETENCE IN CHILDREN

PARENTS AND CAREGIVERS
DEMONSTRATE LOVE AND
TEACH CHILDREN THROUGH
ACTS OF KINDNESS,
PROTECTION, AND CARING.

TIPS TO ENCOURAGE SOCIAL

SKILLS:

NAMING FEELINGS
(YOUR CHILD'S AND YOUR
OWN)
CELEBRATING YOUR CHILD'S
UNIQUE SELF
TALK ABOUT CULTURAL
IDENTITY



NURTURING/ATTACHMENT

WHEN PARENTS AND CHILDREN HAVE STRONG, WARM FEELINGS FOR ONE ANOTHER, CHILDREN DEVELOP TRUST THAT THEIR PARENTS WILL PROVIDE WHAT THEY NEED TO THRIVE, INCLUDING LOVE, ACCEPTANCE, POSITIVE GUIDANCE, AND PROTECTION.

HO'OIKAIKA PARTNERSHIP

*Working together to keep
our 'ohana safe and supported*



THE PROTECTIVE FACTORS HELP
CHILDREN FEEL NURTURED AND HELP
ADULTS PADDLE SMOOTHLY THROUGH
THE WATERS OF PARENTHOOD.

" MāLAMA 'OHANA"

NURTURING & ATTACHMENT

" PARENTING CAN BE HARD,
BUT CAN"

KNOWLEDGE OF PARENTING AND
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 SUPPORTS IN TIMES OF
NEED

USE QR CODE
TO LEARN MORE ABOUT
PROTECTIVE FACTORS

