

## Program Address and Tax ID

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**MARINE & Family**  
Child and Youth Programs

### Kulia School Age Care

Bldg 6753

Phone: 808-257-2030

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### Kupulau CDC

Bldg 6111

808-257-1388

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### Laulima CDC

Bldg 6782

808-257-2038

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## Upcoming Events



**6th: Monthly Birthday Celebration**

7th: Pearl Harbor Day to Remember

**10th: Winter Sensory Activity**

**13th: Holiday Cookie Decorating 3:00 PM (CDC's)**

**16th: MERRY, MERRY, Monday—Wear festive holiday attire! (CDC's)**

**17th: Traditional Tuesday show how you celebrate the**

**Holidays bring in a picture, book, recipe, toy, or game (CDC'S)**

**18th: Long Winter Nap - Get cozy and wear your favorite pajamas (CDC'S)**

**19th: Hang the Stockings !! Wear your silly holiday socks**

**20th: Holiday in the Sun! Happy Aloha Friday, wear your aloha attire**

**20th: Holiday Cookie Decorating @ 3: 00 p.m.**

**23rd: Dec - 3rd Jan: SAC Winter Camp**

**23rd: MERRY, MERRY, Monday Wear festive holiday attire! ( SAC)**

**24th: Polar Express Day - Get cozy and wear your favorite pajamas ( SAC)**

**25th: Happy Holidays - CYP CLOSED**

**26th: Happy Kwanzaa**

**27th : Holiday in the Sun! Happy Aloha Friday, wear your holiday aloha attire**

**27th: LEGO DAY**

**31st: Happy New Year Eve**



### Holiday-time tips for managing your child's undesired behavior

While the holidays are often fun and exciting for many, they can also bring a unique set of challenges. Holiday gatherings, being on school break, having a full agenda of activities, or simply having more downtime than usual are changes in routine which can lead to children experiencing feelings that are difficult to cope. Keep in mind that tantrums, defiance, and back-talking are undesired and may create negative feelings, but they are often a means of communication. Your child may be trying to tell you that they need something to keep them engaged, they don't want to do something, or that they've had enough of a particular task or activity. Challenging behaviors can be tough, but with some preparation and behavior management techniques, you can turn a stressful season into a successful season!

**Stick to a routine:** (as much as possible): Maintaining predictability during the day can help your child build structure and have a sense of security. Stick to awake times, hygiene routines, bedtime activities, play time, etc. When your child knows what to expect, they may be less likely to engage in behaviors you don't want.

**Offer choices:** While your child may not have a choice in some of the things you have to do or events you must attend, you can increase the control your child feels by offering choices. For example, if you're running errands and need to go to multiple places, you can offer a choice of where to go first (e.g., "Would you like to go to post office first, or the grocery store?").

**Give rewards:** One way to help your child engage in desired behaviors is to offer lots of praise and rewards for good behavior! Set expectations for your outings by offering a reward for desired behavior (e.g., "If you stay with me, look with your eyes and not your hands and use your inside voice while we're in the store, we can go to the park after we're done.") Remember to be as clear as possible about how they will earn the reward and only provide the reward if they're successful. You can control what you are willing to offer, and bonus points if you offer a choice to increase motivation and buy-in!

**Stay calm:** If your child does start to act out, take a deep breath! If you maintain your composure, use a calm voice, and respond to your child in a non-defensive manner, they may be more likely to stay calm as well. Using validating statements that acknowledge how they're feeling and naming their emotions can help (e.g., "I see that you are very angry right now because you want to go home to play with your new toys. It's hard not being at home with all your fun things").

**Do fun things and get creative:** If your child has too much downtime, there are many activities you can do at home and in the community such as: a scavenger hunt, building a fort, doing a puppet show, make up a dance, making an ornament, craft, or sensory activity (such as a "calm down bottle" or a "worry jar," slime or a vision board of favorite things), writing a letter or drawing a picture and mailing it to someone, etc.



## CYP Administrator

Parents,

As we prepare to bring another year to a close, I would like to take this opportunity on behalf of the Child & Youth Programs Management and Staff, to extend the warmest holiday wishes and season greetings to the host of CYP children and parents. We are appreciative of your patronage in our program and cherish the treasured moments.

As I look back over the year, I am grateful for so many things. As the Program Administrator I am deeply appreciative of your trust and for allowing us to provide a developmental program for your child. Recognizing parents as their child's primary educator and role model, and the importance of children's play, CYP remains committed to keeping parents involved and engaged and have planned several special events for the month of December and invite you to take part.

If you are not able to attend a scheduled event, but want to share your talent, or stop in and read a story to the children, please know that you are always welcome. Remember, when parents and staff work together, children benefit.

May you have a safe and joyous holiday season and may you enter into 2025 with a promise of new opportunities.

Respectfully,



Patricia Barrera  
Family Care Branch Head /CYP Administrator

In October 2024, the Department of Defense kicked off a three-year pilot program meant to reimburse service members up to \$1,500 for travel-related expenses incurred for a temporary child care provider following a permanent change of station move. When an active duty service member makes a permanent change of station move to a new duty location and finds that child care at the local child development center won't be available within 30 days of their report date, they can hire their own provider, typically a relative or family friend, and then later file for reimbursement of transportation-related expenses.

The process begins with a service member visiting the military child care website to apply for child care at their new duty location, said Christopher Woods, chief of the policy branch within the Defense Travel Management Office. "If the scheduling shows that care could not be provided within 30 days of the member's report date, then the member would become eligible to bring a child care provider to their permanent duty station to look after the child while the member reports to work and their spouse begins to do all those things like unpacking or finding their next job," Woods said. The military child care website is the DOD's official tool to sign up for child care. When the program begins in October, the website will provide instructions to affected service members and generate the necessary forms that allow service members to obtain the needed childcare. What would happen at that point is the member takes that documentation that they have from MilitaryChildCare.com... and they begin to coordinate with their local travel office to treat that child care provider much like they would treat a dependent to begin to make the commercial travel reservations," he said. Reimbursement is limited to commercial transportation expenses, including flights, rail tickets, transportation to or from an airport and an enroute and departure rental car. Reimbursement for privately owned vehicle mileage is not authorized, while reimbursement for fuel used in a privately owned vehicle is.

For a permanent change of station move between locations within the continental United States, reimbursement is limited to \$500. For a move to or from a duty station outside the continental United States, the reimbursement is limited to \$1,500. Typically, a child care provider in these situations would be a relative or family friend, Woods said. But it could also be an au pair, for instance. But Woods also said that reimbursement is for transportation only — both at the start of the period needed for child care and at the end, to send the child care provider home. There is no reimbursement to pay a child care provider a salary or to provide for room and board. As part of the program, only one child care provider is authorized per military family, and only one service member in a military-to-military couple can request reimbursement.

The pilot program, which lasts three years and runs Oct. 1, 2024, through Sept. 30, 2027, comes after direction by Congress in the 2023 National Defense Authorization Act, Woods said. While the program is active, said Heidi E. Welch, the associate director for child and youth programs operations, it's expected to relieve a burden on military families from the child care perspective, this is going to help families, so they have less strain," Welch said. "PCSing is a challenge and it's very difficult. I think this is going to relieve some of the strain and burden that families have as they're making those PCS transitions."





The classrooms would love to have updated family photos. If you take a family photo over the holidays, please give one to your child's classroom to post on their ohana boards. The children enjoy looking at their family photos throughout the day and showing off their family to their friends. We'd love to see your pets as well!


Don't forget, flu shots for your child(ren) are due by DEC 31. Please provide documentation to the front desk by DEC 31 or care will be suspended until received.

Please join us on 09 Dec at 1400 for our last Parent Advisory Board Meeting of the year. We will post a reminder notice at the front desk as the date nears. We hope to see you there!

Aloha to Assistant Director Justine Seei who transferred to Kulia/SAC.

We truly hope that everyone has a safe and enjoyable holiday season!!

As the year 2024 comes to an end, new beginnings are




## Laulima CDC

Happy Holidays! We are looking forward to all the activities we have this month. Please check for details at our front desk or in your child's classroom.

As a reminder, flu shots are required for all staff and children enrolled at the CDC. Documentation is due by December 31st. Children without current documentation will be denied care until documentation is provided.

Please join us in welcoming our new Assistant Training and Curriculum Specialist, Deana Espaniola. We are excited to have her as part of our management team!

**Congratulations** to our staff who are celebrating their years of service this month! Thank you for your hard work and dedication.

Sabrina (1yr), Ashley (1yr),

Tricia (4yrs)

4th Quarter Parent Advisory Board Meeting:



Happy Holidays to all our families. Kulia SAC has a busy month ahead with lots of fun activities happening. Winter Break runs from December 23rd through January 3rd. We are looking forward to days full of fun and exciting events and activities. As always, please take a look at our event calendar for those special days.

A reminder to those families receiving their annual packet renewals to return them to the front desk complete and in a timely manner. We appreciate your time and effort in completing.

During Winter Break remember to bring your child's lunches. Please have nutritional lunches that are peanut, nut and shellfish free. We are unable to refrigerate or warm lunches.

We wish everyone a safe, fun and joyful holiday season!!



## Sugar Cookie Christmas Fudge

### Ingredients

- \* 1 1/4 oz. Can Sweetened Condensed Milk
- \* 2 1/2 cups White Chocolate Chips
- \* 1 1/4 cup Sugar Cookie Mix recommend heat-treating as per note below
- \* 2 Tablespoons butter
- \* Christmas Sprinkles



### Instructions

- ◆ Prepare a 9×9 baking dish with parchment paper and a thin layer of non-stick spray. Set aside.
- ◆ Add sweetened condensed milk to a large pot and heat over medium heat, stirring often. Once hot, stir in the white chocolate chips, sugar cookie mix, and butter. Continue stirring until melted and smooth. Remove from heat.
- ◆ Stir in a generous amount of Christmas sprinkles.
- ◆ Pour fudge mixture into the prepared and top with more sprinkles
- ◆ Place in refrigerator and allow to set overnight, or until firm (at least 2 hours.) Slice into Bite-size piece and serve.

### Notes:

How to heat-treat cookie mix: Sugar cookie mix contains raw flour which should be "heat-treated" by heating it to 165°F to kill any potentially harmful bacteria. You can do this easily in the microwave or oven. Simply place the mix in a large microwave-safe bowl and microwave in 30-second increments, stirring between each, until the temperature of the mix reaches 165°F on an instant-read thermometer. It shouldn't take longer than 2 minutes in total. Or to heat-treat the mix in the oven, spread it onto a baking sheet and toast the mix at 350°F for 5 minutes, or until it reaches 165°F. Storage: Store in an airtight container at room temperature for up to 1 week. For longer storage keep in the fridge for up to 3 weeks.



<p><b>1.</b></p> <p><b>Have a Coloring Contest with a family member</b></p>	<p><b>2.</b></p> <p><b>Make home-made chocolate</b></p> 	<p><b>3.</b></p> <p><b>Family Game Night</b></p> 	<p><b>4.</b></p> <p><b>Random Act of Kindness</b></p>	<p><b>5.</b></p> <p><b>Decorate A Tree</b></p> 
<p><b>6.</b></p> <p><b>Make a Christmas Card</b></p>	<p><b>7.</b></p> <p><b>Go look at Christmas Lights After Dark</b></p>	<p><b>8.</b></p> <p><b>Decorate a Gingerbread House</b></p>	<p><b>9.</b></p> <p><b>Watch A Christmas Movie</b></p>	<p><b>10.</b></p> <p><b>Make Paper Snowflakes</b></p>
<p><b>11.</b></p> <p><b>Read a Christmas Book</b></p>	<p><b>12.</b></p> <p><b>Donate to a Food Pantry</b></p>	<p><b>13.</b></p> <p><b>Create a Pinecone Birdfeeder</b></p>	<p><b>14.</b></p> <p><b>Make Reindeer Food Snacks</b></p>	<p><b>15.</b></p> <p><b>Donate to toy-for-tots</b></p>
<p><b>16.</b></p> <p><b>Make Snow globe</b></p> 	<p><b>17.</b></p> <p><b>Make a Holiday Headband</b></p>	<p><b>18.</b></p> <p><b>Make a Sock Snowman</b></p>	<p><b>19.</b></p> <p><b>Make a stain glass aluminum foil nativity</b></p>	<p><b>20.</b></p> <p><b>Make a ribbon wreath</b></p> 
<p><b>21.</b></p> <p><b>Take family pictures in front of</b></p>	<p><b>22.</b></p> <p><b>Play Christmas Bingo</b></p>	<p><b>23.</b></p> <p><b>Learn how other countries</b></p>	<p><b>24.</b></p> <p><b>Have a Marshmallow Fight</b></p>	<p><b>25</b></p> <p><b>Share one thing you love about each</b></p>