DECEMBER 2026

CHILD AND YOUTH PROGRAMS PARENT NEWSLETTER

MARINE CORPS BASE HAWAI'I

Program Address and Tax ID

Mailing Address:
P.O. Box 63073

Phone:
808-496-7430

Tax I.D. Number:
99-0267668

MCCS HAWAII

MARINE & Family Child and Youth Programs

Kulia School Age Care

Bldg. 6753

808-496-2030

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Kupulau CDC

Bldg. 6111

808-496-1388

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Laulima CDC

Bldg. 6782

808-496-2030

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CYP Operating Hours:
0600-1800

ACCREDITED PROGRAM

COA Accreditation ACCREDITED A Service of Social Current



CDC's Events

2nd: Share Family Tradition

7th: Remember Pearl Harbor

11th: Cookie Decoration - 3: 00 p.m.

Holiday Spirit Week: 14th — 18th

14th: Holiday socks

15th: Red & Green Day

16th: Wear Flannel

17th: Holiday Hat

18th: Wear Holiday Attire

24th: Christmas Eve (CYP Close at Noon)

25th: Happy Holiday (Centers Closed)

30th: Birthday Celebration

31th: New Year Eve's Aloha Friday

SAC Events

3rd: National Make a Gift Day

7th: Pearl Harbor Remembrance Day

9th: Make and Decorate a Ginger Bread House

15th: National Cupcake Day

17th: Birthday Celebration

Winter Camp 21st - 31th (No School)

21st: DIY Moldable Snow

23rd: Cozy Christmas Movie Day

25th: Happy Holiday (Center Closed)

30th: Vision Board Craft

31th: Glow –In– the– Dark –Dance– Party











SAFE SLEEP ENVIRONMENT FOR BABY

A safe sleep area can help reduce baby's risk for Sudden Infant Death Syndrome (SIDS) and other sleep-related deaths, such as from accidental suffocation.

What does a safe sleep environment look like?

A safe sleep environment for baby is: Firm (returns to its original shape quickly if pressed on) Flat (like a table, not a hammock) Level (not at an angle or incline) and covered only with a fitted sheet

Why does baby's sleep surface have to be firm, flat, and level?

Although adults may prefer soft surfaces for sleep, research shows that babies who sleep on top of soft surfaces or with items are at higher risk of SIDS and other sleep-related death. Soft surfaces, like couches, sofas, waterbeds, memory foam, air or pillow-top adult mattresses, quilts, blankets, and sheepskins are not safe for babies to sleep on. Sleeping under quilts, blankets, sheepskins, and other soft coverings also increases the risk of sleep-related infant death from suffocation and strangulation. Sleep surfaces with one end higher than the other are not safe for babies to sleep on, because baby's body can slide down and their head can slump forward. This can cause positional asphyxia, which is when baby's body position gets in the way of their breathing. Similarly, sleep surfaces that elevate both baby's head and feet, like a hammock, also increase the risk for positional asphyxia. Sitting with the head down and the chin on or near the chest could block baby's airway and cause suffocation. For these reasons, baby's sleep surface should be firm (returns to its original shape quickly if pressed on), flat (like a table, not a hammock), and level (not at an angle or inclined).

Can I put a pillow, blanket, or a favorite toy in baby's sleep area?

Even though a crib with nothing in it except a fitted sheet covering the mattress may seem bare, it is the safest option for baby.
Things in the sleep area can pose dangers for baby, especially if they are:
Soft or squishy (e.g., pillows, stuffed toys, crib bumpers)
Under or on top of baby (e.g., comforters, quilts, blankets, positioners)
Non-fitted, even if they are lightweight, small, or "tucked in" (e.g., loveys/cloths, non-fitted sheets, tucked-in blankets)
Weighted (e.g., weighted blankets, weighted swaddles)
Research also links crib bumpers and bedding other than a fitted sheet covering the baby's mattress to serious injuries and deaths from SIDS, suffocation, entrapment, and strangulation.
Keeping these things out of baby's sleep area is the best way to avoid these dangers.

https://safetosleep.nichd.nih.gov/reduce-risk/safe/sleep-environment



Kupulau CDC



Aloha Kupulau families! We hope you are all having a wonderful holiday season. We want to thank you for your understanding with the occasional wait at the front desk, as the front desk staff conduct ID checks and provide other assistance to patrons. Your patience is much appreciated.

Our front desk phone numbers are 808-496-1388 and 808-496-1356. If you cannot get through using these phone numbers, you may call the alternative phone number at 808-478-7398.

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. They love when their pets are included too!

By now I'm sure you have noticed that the exterior of our facility is being painted. During this process, we will work to keep you abreast of classroom impacts. Please keep an eye out for notices pertaining to your child's class.





Laulima CDC

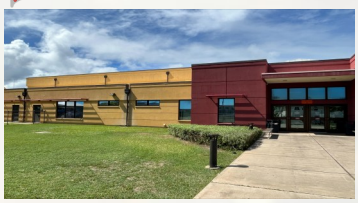
Happy December!

Thank you to the families who joined us last month to celebrate the Marine Corps Birthday and for our Pie with Parents event. We appreciate your ongoing participation. We will be having our last quarterly PAB of the year this month. Keep an eye out at the front desk for more details.

This month we are looking forward to learning about your family holiday traditions, celebrating the holiday season with a spirit week, and having a cookie decorating event. We hope you can join us!

Don't forget flu shots for all CYP children are due by December 31st!

Kulia SAC



Happy Holidays to all of our families. Thank you to all who joined us for our Fall Fest, the Marine Corps birthday celebration, and our Pie with Parents. The children had a great time sharing all our November activities with you.

Winter Camp will run from 21 December through 1 January 2027. Don't forget to send a healthy lunch each day for your child that is peanut, nut and shellfish free. Please keep an eye out for our special events calendar for all the fun activities planned.

We will be having our quarterly PAB meeting this month. Also keep an eye out for the date and time.



Holiday Decorating Safety

- Let kids decorate within their reach with non-breakable items. –Hang breakable decorations and ornaments, lightbulbs, and tinsel out of kids' reach
- Some holiday decoration can be poisonous or unsafe for children:

  Plants, such as mistletoe, holly, yew, bittersweet, Jerusalem cherry, and amaryllis can be poisonous if consumed.

  Bubble lights contains a chemical that's harmful if swallowed or get on skin

  Snow spray are hazard if the powder is swallowed or the eyes or on the skin

https://kidshealth.org/en/parent/hoilday-dangers.html

Pizza Orzo



Ingredients

- 3 Tbsp. extra-virgin olive oil
- 8 oz. baby bella or white mushrooms, thinly sliced
- 1 small yellow onion, finely chopped
- 1 small green bell pepper, seeds and ribs removed, finely chopped
- 4 cloves garlic, finely chopped
- 1 Tbsp. tomato paste
- 1 (28-oz.) can whole peeled tomatoes
- 1/2 tsp. dried oregano
- 1/4 tsp. crushed red pepper flakes
- Kosher salt Freshly ground black pepper **1/4 cup** fresh basil leaves, finely chopped, plus whole leaves for serving
- **3 cups** (**12 oz.**) shredded mozzarella
- 1/3 cup pepperoni slices

Direction **Step 1**

In a large, high-sided, ovenproof skillet over medium heat, heat oil. Add mushrooms and cook, stirring occasionally, until tender, about 3 minutes. Add onion, bell pepper, and garlic and cook, stirring occasionally, until slightly softened, about 3 minutes. Add orzo and tomato paste and cook, stirring, until incorporated, about 1 minute.

Step 2

Stir in tomatoes, oregano, and red pepper, then add 3 cups water; season with salt and black pepper. Increase heat to high and bring to a boil while breaking up tomatoes with the back of a wooden spoon into bite-sized pieces. Reduce heat to medium and simmer, stirring frequently, until liquid is mostly absorbed and orzo is tender, 12 to 14 minutes

Step 3

Meanwhile, place a rack in upper third of oven; heat broiler. Remove skillet from heat and stir in chopped basil; season with salt and black pepper. Top orzo mixture with mozzarella, then pepperoni.

Step 4

Broil pizza until cheese is bubbly and golden brown, 2 to 4 minutes. Top with basil leaves

Fun things to Do in December

1st-Twas the Light before Christmas on Ice (Hawaii Convention)

2nd—Block Party at the Library (Kbay Library)

3rd– Story Time (Kbay Library)

3rd– Merry Christmas to you with Henry Kapono

(Blue Note)5th– Holiday Ornament Crafting (Hawaii Theatre Center)

6th—Waipa Annual Christmas (Waipa Community Center)

11th– The Nutcracker (KCC Performing Art)

12th—Annual Kauai Made Holly Jolly Holiday Fair

20th—Holly Jolly Breakfast with Santa (Ala Moana Mall)

20th—Elf in Concert (Hawai'i Symphony Orchestra)

24th– Charlie Brown Christmas (Blue Note)

