

# Child and Youth Program

October 2025

## Parent Newsletter



**Program Address  
and Tax ID**

**Mailing Address:**  
P.O. Box 63073  
Kaneohe Bay, HI  
96863-3073

**Phone:**

**808-496-2030**

**Tax I.D. Number:**

**99-0267668**



**MARINE & Family**  
Child and Youth Programs

**Kulia School Age Care**

**Bldg. 6753**

**Phone: 808-496-2030**

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**Kupulau CDC**

**Bldg. 6111**

**808-496-1388**

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**Laulima CDC**

**Bldg. 6782**

**808-496-2038**

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**CYP Operating Hours:**  
0600-1800

### Laulima and Kupulau Child Development Center

2nd- National Custodian Day: We here at the CDC will like to say thank you everything that for us.

6th -10th- Fire Prevention week: Yes Yes!! This week will be so fun an exciting, with so many Fire Prevention activities. I can wait

10th- CYP Closed Centers Noon

13th - Happy Holiday— All CYP center Closed

17th - It's your Birthday, It's your Birthday !!!

24th- Family Fall Activity:: Wow come joins us for some family fall actives 1300-1700

28th- First Responders Day—How do you say thank you to someone who is always there whenever you need help, By Screaming Thank you.

31st- Storybook Parade- Come out and see all the CDC children dress up in their favorite story-book characters.

### Kulia School Age Care Program

2nd -National Custodian Day- Thank you very much for everything you do for us.

6th—10th Fall Break/ Fire Safety Week

7th—Field Trip Time- Lets see who can fine the biggest pumpkin

10th—CYP Closed Centers Noon

16th- Let celebrate October birthday-Its' your birthday

24th - Fall festive- Come down and join us for some fall fun, games, and crafts @1500-1700



## OCTOBER IS ADHD AWARENESS MONTH

Attention deficit hyperactivity disorder (ADHD or ADD) is a complex brain disorder that impacts approximately 11 percent of children aged 4-17 and almost 5 percent of adults in the United States. ADHD is not a behavior disorder. It is a developmental impairment of the brain's self-management system and executive functions. The purpose of ADHD Awareness Month is to spread reliable information about ADHD to dispel the harmful stories that perpetuate stigma. It also aims to encourage people affected by ADHD to seek assessment, get appropriate treatment, and share resources

### POSITIVE CHARACTERISTICS OF ADHD

**HIGH ENERGY** **EMPATHETIC**  
**Fun to be around** **Creative**  
**ACTIVE** **RESILIENCE**



# KUPUHAU CDC



Aloha families! As we move towards the holiday season, keep an eye out on our special events calendar for fun events to join. Please communicate with your child's caregiver so they are aware of what holidays you may or may not celebrate. We strive to be respectful of everyone's culture, beliefs, preferences, etc. while making our events a fun and enjoyable experience for all.

A reminder that if you need to update any of your phone numbers (work, home, cell), address, emails or emergency contacts, please let the front desk know and they can assist you in getting the information documented on your forms. Also, many families will need to complete a re-registration packet this month which will be provided by the front desk staff.

You will notice many new faces here at the center as we are always actively recruiting and hiring new child care workers. They look forward to getting to know you and your child!



# Laulima CDC

Happy October! We are looking forward to the start of the holiday season and have many exciting activities planned for the children. Keep an eye out for our special events calendars and more information posted in your child's classroom.

We ask for your understanding, as our program staff to ratio and schedules are built around the number of children in care. A friendly reminder that our classrooms open by division each morning, with one classroom per age group open at 0600. If you arrive prior to 0615, please drop your child off in the open classroom (A1—infants, B1—Pre-Toddlers, C2—Toddlers, D1—Pre-school) for their age group. The caregiver for their assigned classroom will pick them up when they arrive. This is subject to change, as ratio changes. Should more children arrive before 0615, more classrooms will open and staff schedules would change to accommodate.

Our staff has been busy preparing for our NECPA re-accreditation visit taking place this month. If you have not already done so, please assist us in this preparation by completing and returning the parent survey. Copies are available at the front desk and may be returned there as well.

Please join us in welcoming our new employees to the LCDC family and assist them in getting to know your child.

# Kulia SAC



Thank you to the parents who attended our September Parent Involvement activity of making fall crafts. We hope you enjoyed. Thanks also to those who attended the quarterly PAB meeting.

Welcome to Mr. Seth, who joined our team in September. We are excited to have him join us.

We are also excited to start the holiday season and have planned a host of fun and engaging activities for the children. We didn't forget about you, our parents, and have plans some creative parent participation activities. Please keep your eyes out for our announcements.

Fall break is October 6th-10th and SAC will offer Fall Camp. A field trip to Waimanalo Country Farms pumpkin patch has been scheduled, along with a visit from the fire department, in recognition of Fire Prevention Week.

October 10th is the CYP Quarterly All-Hands Training and all sites will close at 12:00. Thank you for your understanding as we work to ensure our staff are meeting training standards to support quality programming.



**Q: Did you hear about the farmer who planted crops in a boat?**

**A: It sprung a leak**

**Q: What do ghost like to eat?**

**A: Spookgetti**

**Q: What was Humpty Dumpty favorite month?**

**A: October, because he had a great fall!!!**



#### RECIPE OF THE MONTH CRANBERRY BLISS BARS

##### INGREDIENTS:

1 cup Unsalted Butter  
1/2 Kosher Salt  
1 1/2 cups Light Brown Sugar  
2 cups All-Purpose Flour  
2 Large Eggs  
1/2 cup White Chocolate Chips  
1 Teaspoons Vanilla Extract  
3/4 cup Dried Cranberries  
1 Orange Extract  
1/2 Teaspoon Ground Ginger  
1 Teaspoon Baking Powder

##### TOPPING

8 oz. Cream Cheese softened  
1 1/2 cups Powdered sugar  
1/2 Teaspoon Vanilla Extract  
1/2 Teaspoon Orange Extract  
1/4 cup Dried Cranberries Chopped  
1/4 cup White Chocolate Melted

##### INSTRUCTIONS

1. Preheat oven to 350 degrees F. Line a 13x 9 baking dish with parchment paper. Set aside.
2. For the bars, in mixture bowl, beat butter and brown sugar until well blended. Add in eggs and extract, beating until combined.
3. Add in ginger, baking powder, salt, and flour, and beat, just until blend (do not over mix). Fold in white chocolate chips and cranberries.
4. Spread evenly in the bottom of the prepared baking dish. Bake for 22 minutes, until lightly browned. Remove and cool completely.
5. For the frosting, beat cream cheese with powdered sugar for 3 minutes, until creamy, Add in extracts and beat an additional 2-3 minutes, scraping down the sides of the bowl as needed. Spread over cooled bars and sprinkle with chopped cranberries.
6. Melt white chocolate and drizzle over the bars.



#### NEW PARENT SUPPORT CORNER

##### POSTPARTUM SUPPORT GROUP

Adjusting to life with a new baby can feel overwhelming—but you don't have to do it alone! Join other moms in a supportive space led by a licensed professional and postpartum specialist. Share, connect, and gain helpful tips and learn practical tools to feel more like \*you\* again.

Mondays | 10–11 a.m. | Bldg. 216 | Contact Information: 808-496-8803

##### OPERATION DAD

Calling all dads! Come hang out with your little one and connect with other fathers in a laid-back, supportive setting. Build friendships, swap stories, and grow your dad network. Led by Michael Hester, LPC, LCDC, LVN, NCC, CCS.

2nd & 4th Thursdays | 🕒 11:30 a.m.–12:30 p.m. | Bldg. 216 | Contact Information: 808-496-8803



##### BABY BOOTCAMP

Expecting your first little one? This all-day class covers all the essentials—newborn care, safety, nutrition, postpartum tips, and more. Perfect for soon-to-be parents who want to feel prepared and confident.

2nd Monday of the month | 🕒 All day | Bldg. 216 | Contact Information: 808-496-8803



#### FUN THINGS TO DO IN HAWAII IN OCTOBER

- ♦ Island Pacific Academy Open House & Craft—October 4
- ♦ Free Video Game Music Concert—October 4
- ♦ Bubble Run Honolulu 2025—October 11
- ♦ Magnum PI Hughes Helicopter Ride
- ♦ Friday Night Waikiki Fireworks
- ♦ Pearl Harbor USS Arizona Memorial & Battle Missouri

