

NOVEMBER 2026

CHILD AND YOUTH PROGRAMS PARENT NEWSLETTER
MARINE CORPS BASE HAWAII

Program Address
and Tax ID

Mailing Address:
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808-496-7430

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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



CDC Events

- 4th— Create a story w/ Family—3:00 p.m.
- 10th—Marine Corps Birthday Cake Cutting—3:00 p.m.
- 11th—Veterans Day, all Centers Closed
- 13th- World Kindness Day
- 16th— Make Art out of Recycled Materials
- 20th— Pie w/Parents —3:00 p.m.
- 24th—Birthday Celebration
- 26th— Thanksgiving Day — All Centers Closed
- 27th—Aloha Friday



SAC Events

- 2nd— A Charlie Brown Thanksgiving Movie Day—3:00 p.m. (SAC Full Day)
- 3rd— Thanksgiving Display Project (SAC Full Day)
- 10th— Marine Corps Birthday Celebration —4:00 p.m.
- 11th— Veteran's Day - All Centers Closed
- 19th— Pie with Parents —4:00 p.m.
- 23rd— Create your own Parade Ballon
- 25th— Thanksgiving Ballon Parade
- 26th— Thanksgiving Day — All Centers Closed
- 27th— Apple Cider Bar (SAC Full Day)



How to Plan a Balanced Thanksgiving Meal for Picky Eaters

Thanksgiving—a holiday often full of elaborate food traditions—can be extra challenging for parents of picky eaters. Who wants a holiday dinner turned into a battle zone filled with whispered bargaining? Fortunately, with a little planning, you can create a balanced Thanksgiving meal the whole family will enjoy!

- Choose at least one food you know your child will like. Whether Thanksgiving will be served at your house or if you will be going to someone else's home to celebrate, make sure to offer or bring at least one food that you know your child will like. This way, your child is guaranteed to eat something during the meal; it also shows your child you care about their preferences when planning meals.
- Engage your child in meal planning. Ask your child if they would be interested in helping you plan a Thanksgiving feast. Let them know you plan to offer at least one protein, a grain, a vegetable and fruit. You can tell your child about any foods you are definitely planning to include (such as turkey as a protein and stuffing as a grain). But also ask if they have ideas for the other food groups. For example, "What kind of vegetable do you think we should include? How about a fruit?" Then, together find recipes that use those foods as ingredients. A child who helps choose a food that will be offered is much more likely to actually eat it.
- Engage your child in meal prep. Invite your kids in the kitchen to help prepare your Thanksgiving meal. For example, ask your toddler to help clean the vegetables, or your school-aged child to help mash the potatoes, or your teenager to boil the cranberries. When kids help cook food, they often sample what they are preparing, and are more likely to eat their masterpieces later.

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/How-to-Plan-a-Balanced-Thanksgiving-Meal-for-Picky-Eaters.aspx?>

Kupulau CDC



Aloha Kupulau CDC families! We cannot believe it is November already! In October, the children enjoyed the visit from the fire truck, ambulance, and Sparky the fire dog. They also took part in decorating pumpkins and marching for the storybook parade.

We would like to take a minute to thank all of you for taking the time in the morning to ensure your child has been swiped in to our system at the front desk. Helping ensure your child is properly swiped in helps us ensure your child is accounted for in the event of an emergency but also for our monthly fire drills as well.

We are always hiring! If you or someone you know is interested in applying, please see a manager for more info. CYP staff get a 100% discount on child care for the first child and 25% for each additional child.

**FLU SHOTS DUE
SOON...**



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



Laulima CDC

Happy November!

Last month, the children enjoyed learning about fire safety and the visit from the fire fighters. Thank you to all the families who joined us for the Storybook Parade.

This month, we look forward to celebrating the Marine Corps Birthday and Thanksgiving with events in the center. Keep an eye out at the front desk and your child's classroom for more specifics about events.

As a reminder, please let the front desk know by 0900 if your child will not be in care for the day or will be out on vacation.

We hope you all have a wonderful Thanksgiving, and get to spend time with your loved ones. We are grateful for our amazing staff and the opportunity to be part of your child's development.

Kulia SAC



Here it is November already. This year has just flown by. The children had a spectacular Fall Camp with a field trip to the Waimanalo Farms and a visit from the Fire Department.

In November we'll celebrate the Marine Corps Birthday. We we'll having a cake cutting ceremony on Monday, 10 November at 1600. All are welcome to join us.

On 13 November, we celebrate World Kindness Day. This is a day where we encourage everyone to perform acts of kindness throughout the day. Of course we encourage acts of kindness every day.

We will be having our annual Pie with Parents on Thursday, 19 November at 1600. Come and enjoy delicious pie with your children.

Kulia SAC would like to extend our appreciation and thanks to our families for your patience and understanding during our temporary relocation. Special thanks to the Kupulau CDC for providing us a place to continue programming. Here's to a great month!!!

How to Take in the Field in Fall

In fall, you can “take in the field “ by combining seasonal farm work with outdoor experiences like harvest visits, nature walks, and community events.

1. Engage in Seasonal Farm Activities –if you have access to a farm or agricultural field, fall is prime time for:

- Harvesting crop such as apples, pumpkins, squash, and vegetables.
- Learning about farm life– visit local farms to see livestock, harvest processes, and storage and methods
- Preserving produce through canning, drying, freezing, or pickling to enjoy summer crops into winter,

2. Clean and Tidy the Field

- Remove leftover plant material, weeds, and debris from field edges, walkways, and beds
- This reduces pest carryover and improves soil health for the next season



Pumpkin Cheesecake Heaven



Ingredients

For the Crust:

- 1/2 cup unsalted butter
- 1/3 cup light brown sugar, packed
- 1 cup all-purpose flour
- 1/2 teaspoon pumpkin pie spice (or pumpkin pie filling)
- Pinch of fine sea salt

For the Pumpkin Bar Layers:

- 1 cup pumpkin pie filling
- 11 ounces butterscotch chips
- 1 cup toffee bits
- 2 cups chopped pecans
- 14 ounces sweetened condensed milk

For Pumpkin Pie Spice:

- 2 teaspoons ground cinnamon
- 1/8 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground allspice

Directions

1. **Prepare the Crust:** Preheat your oven to 350°F. Line an 11×7 baking dish with foil and spray it with cooking spray; set aside. In a large bowl, cream together the butter and brown sugar until light and fluffy, about 2 minutes. Add the flour, pumpkin pie spice, and salt, and mix until combined with no dry patches. Press the mixture into the bottom of the foil-lined baking dish and bake for 15 minutes until it no longer looks raw and is lightly browned.
2. **Layer the Pumpkin:** Spread the pumpkin pie filling evenly over the baked crust.
3. **Add the Toppings:** Layer the butterscotch chips, toffee bits, and chopped pecans over the pumpkin filling. Pour the sweetened condensed milk on top, ensuring it is evenly distributed.
4. **Bake:** Bake for an additional 30-35 minutes until the top is golden brown. Let the bars cool completely in the pan.
5. **Cool and Serve:** Once the bars are completely cool, refrigerate them before cutting them into squares. Store in the refrigerator until ready to serve.

How to Reduce the Risk for Sleep-Related Infant Deaths

The American Academy of Pediatrics recommends the following for reducing the risk for sleep-related deaths from birth to 1 year old: Know the ABCD of safe baby sleep:

- **A** is for alone. Put baby to sleep alone in their crib. Keep soft items like toys, crib bumpers and blankets out of the crib.
- **B** is for back. Place your baby on their back to sleep. Do this during naps and at night. Studies show this is the best way to reduce the risk for Sudden Unexpected Infant Death (SUID) or other sleep-related causes of infant death. Don't put a baby on their side or stomach to sleep.
- **C** is for crib. Use a safe sleep surface. Babies should sleep on a firm, flat surface. Don't use one that is at an angle or inclined. Safe examples are a crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission. Check their website at cpsc.gov to make sure the product is not recalled. This is especially important for used cribs. Don't use broken cribs or cribs with missing instructions or missing parts. Many babies have died in cribs that were broken or had missing parts. The space between crib bars must be no more than 2-3/8 inches apart. This way, the baby can't get their head stuck between the bars.
- **D** is for don't smoke. Do not smoke or use nicotine around your baby. Keep smoke of any kind away from your baby. No cigarettes, marijuana or vaping in your home. Babies exposed to smoke have more colds and other illnesses. Smoke of any kind increases a baby's risk of dying while sleeping, especially babies who are sick.
- Don't share a bed with your baby. This is extra important if your baby is very young or small or was born prematurely. This is also very important if you have been drinking alcohol, used marijuana, or have taken any medicines or illegal drugs. Don't put your baby to sleep in a bed with other children or adults. You can bring your baby to your bed for feedings and comforting, but return your baby to the crib or bassinet for sleep. Don't fall asleep with your baby. Bed-sharing is also not advised for twins or other multiples.
- Share your room instead of your bed with your baby. The American Academy of Pediatrics recommends that babies sleep in the same room as their parents, close to their parents' bed. But, babies should be in a separate bed or crib appropriate for babies. This sleeping arrangement is recommended for at least the first six months.
- Use correct bedding. Your baby should sleep on a firm, flat mattress or firm surface with no slant. The mattress should fit tightly and be designed just for the crib. Cover the mattress with a fitted sheet. Don't use fluffy blankets or comforters. Don't let your baby sleep on an adult bed, waterbed, air mattress, sofa, sheepskin, pillow or other soft material. Don't put soft toys, pillows or bumper pads in the crib. Don't use weighted blankets, sleepers, swaddles or other weighted items. Make sure nothing is covering your baby's head. These increase a baby's risk of suffocating.
- Put your baby in other positions while they are awake. This helps your baby grow stronger. It also helps prevent your baby from having a misshaped head. When your baby is awake, hold your baby. Give your baby time on their tummy while awake and supervised for short periods of time, beginning soon after coming home from the hospital. Slowly increase tummy time to at least 15 to 30 minutes each day by 7 weeks old. Try not to let your baby sit in a seat or swing for long periods of time.
- Don't use sitting devices for routine sleep. Infant seats, car seats, strollers, infant carriers and infant swings are not advised for routine sleep. These may lead to blockage of a baby's airway or suffocation. If your baby is in a sitting device, remove them from the device and put them in the crib or other appropriate surface as soon as is safe and practical.

Make sure your baby doesn't get overheated when sleeping. Keep the room at a temperature that is comfortable for you and your baby. Dress your baby lightly. Instead of using blankets, keep your baby warm by dressing them in a sleep sack, or a wearable blanket. Don't use a hat on your baby indoors.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/infant-safe-sleep>