




**No Ke Ola
Kino A Me Ka
Palekana**

He Puke Alaka'i No
Ka Mālama Keiki

 **Learning to Grow**
MAKING A DIFFERENCE TOGETHER



No Ke Ola Kino A Me Ka Palekana

He Puke No Ka Mālama Keiki

KA HUI HO'OMŌHALA

Grace F. Fong, EdD
Mary Ann Nemoto, MEd
Angela Choy, MEd
Ann Tom, Ed.M
Dana Senaha, PhD
Genee DeMello, MEd
Annalynn Macabantad, BS
Marianne Berry, PhD

KA 'ŌLELO HO'OMAIKA'I

He wahi mahalo kēia i nā kānaka ma lalo nei no ke kōkua 'ana mai iā mākou ma ka ho'omōhala 'ana o ka puke alaka'i 'o *No Ke Olakino a ma ka Palekana: He Puke Alaka'i No Ka Mālama Keiki*.

Gail Omoto
Frederika Bain
Denise Low-Liu
Gina Lewis
Dr. Ardis Eschenberg

NĀ KUHI PAIPAI 'IA:

Choy, A., Nemoto, M., Fong, G., Tom A., Senaha, D., Macabantad, A., et al. (2017).
Basic health and safety practices: Child care provider's guide (3rd ed.).
University of Hawai'i, Windward Community College, Learning to Grow Project.

Kāko'o 'ia ka ho'omōhala 'ia 'ana o kēia puke alaka'i no ke Olakino a me ka Palekana e ka waihona kālā mai ka Mahele Kāko'o Kānaka o ka Moku'āina o Hawai'i ma o kekahi palapala 'aelike me ka papahana 'o Learning to Grow o ke kula kaialu o Ko'olau Poko

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‘Ōlelo Mua

Hānau ‘ia nā keiki me ke akamai no ka hana ‘ana i nā mea like ‘ole a hiki iā lākou ke a‘o mai, ke o‘o maika‘i a ulu kūpono nō ho‘i. Nui ko lākou kauka‘i ‘ana i nā mākuā a me nā mea mālama keiki i loa‘a he wahi palekana, ke olakino maika‘i a me ke kaiaulu maika‘i i mea e ulu a o‘o kūpono ai lākou.

Ua ho‘omākaukau ‘ia ka puke alaka‘i ‘o *No Ke Olakino a ma ka Palekana: He Puke Alaka‘i No Ka Mālama Keiki* ma ke ‘ano he alaka‘i no ke olakino a me ka palekana maika‘i loa. Ua ho‘omahela ‘ia kēia puke i ‘elua mokuna: 1) Ke Olakino a me 2) Ka Palekana. Wehewehe moākaka ‘ia kēia me kēia mokuna nā hana a me ke ka‘ina hana e ho‘okō ai ‘oe i kahi e mālama ‘ia ai nā keiki no ke kōkuā ‘ana i nā keiki āu e mālama ana ma ke olakino maika‘i a me ka palekana, me ke kuhi ‘ana i nā kumu i lilo ai kēia mau ka‘ina hana i mea nui. A pēia pū ho‘i, ho‘okomo ‘ia ka papa kūmole a me kekahi mau la‘ana o nā palapala ma ka Appendices ma ka hopena o kēia puke alaka‘i. Kuhi pololei kēia puke alaka‘i i ka Department of Human Services Hawai‘i Administrative Rules (HAR) for Infant and Toddler Child Care Centers (IT Chapter §17-895), Family Child Care Homes (FCC Chapter §17.891), Group Child Care Centers and Group Child Care Homes (GCC/GCCH Chapter §17.892.1), Before and After School Care Child Care Facilities (BAS Chapter §17-896), and Child Care Services (CCS Chapter §17-798.3) ma ke kuhi ‘ia ‘ana e kekahi kuhiolalo ma nā ‘ao‘ao nona ia mana‘o.

Ma loko o kēia puke alaka‘i, ho‘ohana pinepine ‘ia nā hua‘ōlelo “kanaka mālama”, “mea mālama keiki” a i ‘ole “mea mālama” a me ka “hale mālama keiki” a i ‘ole “kahi mālama keiki”. No ka kēia mau hua‘ōlelo ‘ekolu, ke kuhi ‘ia nei kekahi kanaka nāna e mālama i ke keiki li‘ili‘i ma waena o nā makahiki o kona hānau ‘ia ‘ana a me ka makahiki ‘elima. No nā hua‘ōlelo “hale mālama keiki” a i ‘ole “kahi mālama keiki”, ‘o ia kekahi wahi e mālama ‘ia ai ke keiki li‘ili‘i; he kikowaena mālama keiki nō paha ia, he hale nona ke kuleana o ka mālama keiki, ka hale pono‘ī o ke keiki a i ‘ole ka hale pono‘ī o ka mea mālama keiki. A eia ho‘i, e ho‘ohana ‘ia ana nā hua‘ōlelo “makuā” a i ‘ole “mākuā”. Pili kēia mau hua‘ōlelo i nā lālā o ka ‘ohana a i ‘ole ka mea hānai nona ke kuleana o ia wahi keiki.

Ma ka heluhelu ‘ana, ka maopopo ‘ana a me ka ho‘ohana ‘ana i kēia mau hana no ke olakino a me ka palekana, kōkuā ‘oe i nā keiki e mālama ana ‘oe ma ia mau mea a me ka mākaukau nō ho‘i e holo mua!



Olakino

He mau kānaka 'eleu nā keiki ma ka ho'ohana 'ana i nā lonoā no ke a'o nui 'ana mai e pili ana i ka honua. Hānau 'ia lākou me ka makemake e 'auana aku a pa'a pono mai i ke kaiaulu a komo nō ho'i i ka hana no ka 'a'apo 'ana mai i ka 'ike. Ma kēia hana, 'o ia ke a'o lonoā, e ho'opā, e 'ai, e naunau a e ho'okomo nā keiki i nā mea i loko o ko lākou mau waha, no ka mea, he ho'ā'o kēia ma ke a'o 'ana mai i ka 'ike e pili ana i kēia mau mea. 'Oiai he mea nu kēia ka'inahana o ke a'o 'ana mai no nā keiki, hiki paha ke loa'a ka mū a me nā ma'i nui.

Ma ke 'ano he mea mālama keiki, he mea nui kāu hana ma ka ho'omākaukau pono 'ana a me ka ho'omau 'ana i ke kaiaulu kūpono kahi maika'i e 'auana a a'o mai ai nā keiki. Ke mālama pono 'oe iā 'oe iho ma nā mea pili i ke olakino a me ka nohona maika'i, e hana like nō paha nā keiki me kāu mau mea e hana ai. Ke paipai 'oe i nā keiki e 'ōlelo e pili ana i ke olakino kūpono a hana i nā mea e pono ai, kōkua 'oe iā lākou ma ka 'a'apo 'ana i ka hana i loa'a ke olakino kūpono no lākou iho.

Ma loko o kēia mahele Olakino, loa'a kēia mau 'ikepili:

- **NO KE OLAKINO MAIKA'I O KE KEIKI**

- *Nānā i Ke Olakino o Ke Keiki i Nā Lā A Pau*
- *'Ō Lima*
- *Ka'inahana Hō'ole No Nā Keiki Ma'i*
- *No Ka Hā'awi Lā'au Lapa'au*
- *No ka Hā'awi 'Ana i ka La'au Lapa'au*

- **NO KA MĀLAMA OLAKINO**

- *Ka'inahana Hōloi Lima*
- *Ka'inahana Komo Mikilima*
- *Ka'inahana Kuapo Kiapa*
- *Ka'inahana Ho'oma'ema'e a me Ka Pepehi Mea'ino*

OLAKINO

No Ke Olakino Maika'i O Ke Keiki

He mea nui ke olakino maika'i no ka ulu a me ke o'o 'ana o nā keiki. 'A'apo pono nā keiki nona ke olakino maika'i a hiki iā lākou ke holo mua me ka maika'i loa ma nā mea pono o ko lākou pae. Ma muli o ka mākaukau pono 'ole o ko lākou 'ōnaehana kūpalehia — he kōkua kēia ma ke kūpale 'ana i nā ma'i — a hiki i ka piha 'ana o ka makahiki 'ehiku iā lākou, pa'akīkī nui ka mālama pono 'ana i ke olakino maika'i o ke keiki. 'Oī aku ka wā e ma'i ai ke keiki li'ili'i ma mua o ke keiki o'o a 'a'ole ia he kōkua i ko lākou a'o 'ana mai a me ko lākou o'o pono 'ana. He mea nui loa ka 'ō lima i loa'a ke olakino maika'i; He kōkua nui loa kēia no nā keiki inā mālama pono nā mākau i kā lākou mau keiki i loa'a 'ole lākou i ka ma'i a me nā mea pilikia 'ē a'e o ke kino.

'O kekahi mea e hana ai 'oe no ke kāko'o 'ana i ke olakino maika'i o ke keiki, 'o ia ka nānā wikiwiki 'ana i ko lākou olakino i nā lā a pau. He kōkua kēia nānā wikiwiki 'ana ma ka 'ike 'ana i nā mea ma'a mau o ko lākou nānā 'ana a me ko lākou hana 'ana i mea e ma'alaha ai ka 'ike koke 'ana i kekahi 'ano loli. 'O kekahi hana 'ē a'e, ma ke 'ano he mea mālama keiki, no ka mālama pono 'ana iā lākou, 'o ia ke a'o 'ana mai e pili ana i nā ma'i ma'a mau o nā keiki a me ka 'ike koke 'ana i ka wā e ho'oka'awale ai i ke keiki ma'i mai nā keiki ma'i 'ole mai a e 'ūhai pololei 'oe i nā ka'inahana no ka hā'awi 'ana i ka lā'au lapa'au. 'O ka mea hope ho'i, e paipai 'oe a e 'ai pono 'oe me ka ho'oikaika kino nō ho'i i mea e kōkua ai i ka pa'a 'ana i ia mau mea no ke olakino maika'i a hiki i kēia mau mea ke hō'ole i ka momona nui a me nā mea maika'i 'ole 'ē a'e. He mea nui kou akamai a me kou mākaukau ma ia mau mea i loa'a ke olakino maika'i i nā keiki a pau.

NO KE OLAKINO MAIKA'I O KE KEIKI

NĀNĀ KEIKI OLAKINO I NĀ LĀ A PAU

No Ke Aha Ia He Mea Nui?

- He kōkua ka 'ike koke 'ana o ka mea mālama keiki i nā ma'i o ke keiki i hiki iā ia ka hana i nā mea e pono ai no ke kākō'o 'ana i ko ke keiki olakino a hō'emi i ka laha 'ana o ia ma'i i nā keiki 'ē a'e.

Ka'inahana:

1. E hana i ka nānā wiki 'ana i ke olakino o ke keiki i ka manawa mua loa e hō'ea mai ai ke keiki i kou wahi a e hana 'ia ke loa'a nā mākua ma laila. Hiki ke hana hou 'ana ke holo ka lā inā he pono.
2. E ho'omaka 'oe ma ke kukuli 'ana i like kou mau maka me ko nā keiki mau maka.
3. E NĀNĀ PONO no nā hō'ailona o ka ma'i:
 - Loli ke 'ano ma'a mau a me ka hana
 - Loli ka hana ma'a mau a i 'ole ka nui o ka 'eleu a i 'ole pa'akīkī ka ne'e 'ana
 - Loa'a ka hūpē; ka maka piapia, ka hūpē o ka pepeiao a i 'ole nā kākī'o
 - Loli ka 'ili, loa'a ke kahi, ka pehu, ka pu'u a i 'ole he 'ula'ula
 - Wa'uwa'u a hukihuki 'ia kekahi mahele o ke kini a i 'ole pa'a pono kekahi mahele o ke kino
 - Lua'i a i 'ole pu'u ka hī
4. HO'OLOHE PONO i nā mea a nā mākua e 'ōlelo iho ai e pili ana i ke keiki a i 'ole nā ma'i 'ē a'e ma ka 'ohana. E ho'olohe pono no ka namunamu 'ana a i 'ole ke kani 'oko'a mai ke keiki mai, no ka mea, he mau hō'ailona kēia no ke olakino maika'i 'ole o ke keiki.
 - Ke Kani'ū
 - Ka uē mau a i 'ole ka 'ōnēnē
 - Ka hanu, ke kihe, ka pa'akīkī o ka hanu 'ana
 - Ka leo hā
 - Ke kunukunu



NO KE OLAKINO MAIKA'I O KE KEIKI

NĀNĀ KEIKI OLAKINO I NĀ LĀ A PAU

ho'omau 'ia mai ka 'ao'ao ma mua mai

5. E HO'OPĀ no kekahi 'ano loli o ka 'ili, no ka mea, he pīwā a i 'ole he ho'omalo'o:

- *Ka ū*
- *Ka mehena 'oko'a*
- *'A'ole pī'i mai ka 'ili ke kaomi 'ia me ka li'ili'i*

6. E HONI no ka pilopili 'ano 'ē, no ka mea, loa'a nō paha kekahi 'ano ma'i:

- *Ka hā 'ano momona e like me kekahi 'ano hua'ai*
- *Ka hā pilopilo nui*
- *Ka 'oko'a o ka mimi a i 'ole ke kūkae*

7. E ho'omaopopo i kāu e 'ike ai ma ka Papahelu Olakino o ka Lā (e nānā i ka pāku'ina A). Inā 'ike 'oe i kekahi 'ano hō'ailona i helu 'ia ma luna nei, ma'i nō paha ke keiki a pono nō paha 'oe e hana i kēia mau mea inā he pono:

- *Ma ka ho'omaka 'ana o ka lā a ke loa'a nā mākuu ma laila; e ho'oholo pū me nā mākuu i ka hana no ke kāko'o 'ana i ke olakino o ke keiki. Inā pono e hō'ole i ko ke keiki komo 'ana mai, e ha'i i nā mākuu e ho'iho'i i ke keiki i ka hale a mālama pono i kona olakino ma ka hale.*
- *Inā ma'i ke keiki iā ia ma ka hale mālama keiki; e ha'i i nā mākuu a ho'oholo pū i ka hana e mālama pono ai i ke keiki. E ho'oka'awale 'ia ke keiki ma'i mai nā keiki 'ē a'e i ma'i 'ole nā keiki a pau. E ha'i i nā mākuu e kama'ilio me ke kauka nāna e mālama i ia keiki ma mua o ka ho'i 'ana mai o ke keiki i ka hale mālama keiki.*
- *Ke mana'o 'oe i ka hana'ino 'ia 'ana a i 'ole ka mālama pono 'ole i ke keiki, pono e hana 'ia kekahi palapala me ke ke'ena kōkua kanaka, 'o ia ka hana me ka Hawai'i Revised Statutes §350-1.1 (e nānā i ka puke noi'i 'o Reporting Child Abuse and Neglect).*

HAR §17-891.1-21 (4), §17-891.1-23, §17-892.1-21 (3), §17-892.1-23, §17-895-22 (d), §17-895-23, §17-896-20 (c), §17-896-22 (b) (c)

NO KE OLAKINO MAIKA'I O KE KEIKI

'Ō LIMA

No Ke Aha Ia He Mea Nui?

- Kōkua ka 'ō lima i nā keiki mai nā ma'i like 'ole mai.
- 'O ka 'ō lima kekahi ki'ina hana i hō'oi'a 'ia no ka laha 'ole 'ana o nā ma'i he nui.
- I holo pono ka 'ō lima, he mea nui ka loa'a 'ana o ia mau 'ō lima ma ka hahai pololei 'ana i ka papa manawa 'ō lima i hā'awi 'ia e ka Centers for Disease Control (CDC).

Ka'inahana:

1. E ho'okama'āina iā 'oe iho me ka National Immunization Recommendations a me ka State Immunization Requirements. E nānā i kēia mau pūnaewele no ka 'ikepili:
 - Centers for Disease Control and Prevention Guide, Recommended Immunizations for Children from Birth to Age 6 <http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>
 - State of Hawai'i's Important Notice to Parents: School Health Requirements <http://health.hawaii.gov/docd/requirements-by-grade/school-health-requirements-brochures/>
2. E nānā pono inā pololei nā koina 'ō lima no kou papahana me ke kōnāwai o ka moku'āina.
3. E nānā pono inā 'ike nā māku'a o ke keiki i ka lula o nā palapala olakino (e la'a me ka 'ō lima, ka TB a me ka nānā kauka) ma mua o ke kākauinoa 'ana o ke keiki ma kou hale mālama keiki i mea e kāko'o 'ia ai ka 'ae 'ana me kou mau koina.
4. E nānā i ka palapala 'o *Checking Children's Health Daily* no ka hana 'ana i ka nānā keiki ma luna o ke keiki ma kou hale mālama keiki.
5. E nānā i ka palapala 'o *Common Childhood Illness Exclusion Procedures* no ka 'ike 'ana i ka hana ke mana'o 'oe loa'a ke keiki i ka ma'i i hiki ke kūpale 'ia e ka 'ō lima.



HAR §17-891.1-20 (1), §17-892.1-9 (6), §17-892.1-20, §17-895-8 (6), §17-895-20 (3), §17-896-19 (a)

NO KE OLAKINO MAIKA'I O KE KEIKI

KA'INAHANA HO'OKA'AWALE KEIKI MA'I MA'A MAU

No Ke Aha Ia He Mea Nui?

- Hō'emi 'ia ka laha 'ana o nā ma'i inā ho'oka'awale 'ia ke keiki ma'i mai ke keiki ma'i 'ole
- Kōkua ka maopopo 'ana o nā ma'i keiki ma'a mau iā 'oe ma ke 'ano o ka mālama 'ana e pono ai ke keiki.

Ka'inahana:

1. E nānā i ka palapala 'o *Checking Children's Health Daily* no ka hana 'ana i ka nānā keiki ma luna o ke keiki ma kou hale mālama keiki.
2. E 'imi i nā hō'ailina. No ka 'ikepili hou aku, e nānā i nā palapala mea 'oia'i'o e pili ana i nā ma'i ma'a mau o nā keiki ma ka paena pūnaewele <http://health.hawaii.gov/docd/dib/disease/#C>
3. Inā 'a'ohe hō'ailona, e no'ono'o i kēia mau mea no ka ma'i
 - 'A'ole hiki i ke keiki ke komo i nā hana me ka ma'alahi
 - Pono ka mālama nui 'ana iā ia a 'a'ole hiki iā 'oe ke ho'okō me ka 'ole o ka mālama pono 'ana iā 'oe iho a me nā keiki 'ē a'e
 - 'Ike 'ia e laha ana nō paha ka ma'i i nā kānaka 'ē a'e

Inā 'ike 'ia kekahi o kēia mau mea, e ho'oka'awale 'ia ke keiki mai nā keiki 'ē a'e i loko nō o ke 'ano o ka ma'i.
4. E ho'onoho i ke keiki i kekahi wahi ma'ema'e a palekana, a hiki iā 'oe ke 'ike a i 'ole lohe i ia keiki a hiki i ka hō'ea 'ana mai o ka makua.
5. E ha'i i nā mākua e pili ana i nā hō'ailona o kekahi 'ano ma'i a hahai i nā lula (e la'a me ke noi 'ana iā lākou e ki'i i ke keiki).



NO KE OLAKINO MAIKA'I O KE KEIKI

KA'INAHANA HO'OKA'AWALE KEIKI MA'I MA'A MAU

ho'omau 'ia mai ka 'ao'ao ma mua mai

6. I ka hō'ea 'ana mai o ka makua, e paipai iā ia e kama'ilio me ke kaika ma mua o ka ho'i ho'i 'ana mai i ka hale mālama keiki. Inā he pono, e hā'awi i ka makua i kekahi palapala e hō'ike ana i ka mea i kama'ilio 'ia i hiki i ka makua ke hā'awi i ke kauka. Maika'i inā kākau 'ia ka manawa i 'ike 'ia kekahi 'ano hō'ailona o ka ma'i, nā mana'o e pili ana i ia keiki a me ka wela (e la'a me ka wela 101.5°F ma ka hola 10:30 kakahiaka) a me nā mea i hana 'ia a me ka hola i hana 'ia.
7. E maka'ala a ho'oma'ema'e i nā mea pā'ani a pau a ke keiki i pā'ani pū ai ma mua o ko nā keiki 'ē a'e pā'ani pū 'ana me ia mau mea.

HAR §17-891.1-23 (d), §17-891.1 (10), §17-891.1-21, §17-892.1-6 (15), §17-892.1-23, §17-892.1-24, §17-895-21 (d), §17-895-23 (a), §17-896-20, §17-896-22

NO KE OLAKINO MAIKA'I O KE KEIKI

NO KA HĀ'AWI 'ANA I KA LA'AU LAPA'AU

No Ke Aha Ia He Mea Nui?

- He mea nui loa ka la'au lapa'au (mai ke kauka mai a i 'ole mai ka hale kū'ai mai) i ke olakino o ke keiki, akā, pilikia nui 'a'ole hā'awi hewa 'ia.
- E waiho 'ia nā la'au lapa'au i kahi e ki'i 'ole ai nā keiki.

Ka'inahana:

1. MA MUA O o ka hā'awi 'ana i ka lā'au lapa'au:

- E nānā pono inā ua ho'opau nā mākuia i ka palapala 'o Consent for the Administration of Medication Form (e nānā i ka pāku'ina B).
- E nānā pono inā pololei ka 'ikepili a pau ma luna o ka palapala.
- E ho'one'e i ka la'au lapa'au i hiki 'ole i nā keiki ke ki'i.
- E holo i pono i kou mau lima (e nānā i ka puke noi'i 'o Hand-Washing Procedure no ka 'ike hou aku).
- E komo i nā mikilima late 'ole no ka hamohamo i nā lā'au lapa'au ma ka 'ili a i 'ole i loko o nā maka a ma nā pepeiao.
- E nānā hou a hō'ōia i ka inoa o ke keiki, ka wā e pau ai ka la'au lapa'au, ka inoa o ka lā'au lapa'au, ka nui a 'ike 'ia ka 'ōkuhi o ke kauka ma luna o ia lā'au lapa'au.
- E hā'awi i ka lā'au lapa'au i ke keiki e like me ka 'ōkuhi i hō'ike 'ia.



2. MA HOPE O o ka hā'awi 'ana i ka lā'au lapa'au:

- E kākau i ka manawa a me ka lā i hā'awi 'ia ai ka lā'au lapa'au a me ka nui.
- E waiho 'ia ka lā'au lapa'au i kekahi wahi i hiki 'ole i nā keiki ke ki'i.
- E holo i pono i kou mau lima (e nānā i ka puke noi'i 'o Hand-Washing Procedure no ka 'ike hou aku).
- E nānā i ka hana o ke keiki ma hope o kou hā'awi 'ana iā ia. Inā 'ika 'ia kekahi 'ano pilikia, e palapala 'ia kēia mau pilikia a e kelepona/ha'i pololei i nā mākuia a inā he pono, e kelepona i ka helu 911.

HAR §17-891.1-23 (b)(1), §17-892.1-23, §17-895-23 (c), §17-896-22

NO KE OLAKINO MAIKA'I O KE KEIKI

KA PĀ'ANI A ME KA MEA'AI PONO

No Ke Aha Ia He Mea Nui?

- Ua pālua ihola a 'oi loa aku ka momona o nā keiki ma loko o nā makahiki he 30 i hala aku nei. I ka makahiki 2012, he 10.2% o nā keiki ma waena o nā makahiki 'elua a me 'ehā, mai ka pae 'ilihune mai ma Hawai'i, ua momona lākou a he 12.8% o ia mau keiki, ua momona nui ho'i kau lākou.
- No nā keiki momona, e momona ana nō paha lākou a hiki i ko lākou pae mākua a e loa'a ana nō paha lākou i ka ma'i mimikō 'ano 2, ka pilikia o ka iwi a me ke ku'eku'e a me kekahi 'ano ma'i 'a'ai.

Ka'inahana:

1. E ho'ohana i nā ki'ina hana maika'i me ke kāko'o pū 'ana i ka pēpē

- E kāko'o i ka poli'ai wale nō a hiki i ka mahina 6 a e ho'ohana i ke ki'ina hana kūpono no ka hānai 'ōmole me ka waiū o ka māmā a i 'ole ka pauka piha i ka meki.

2. E hā'awi i ka mea'ai pono a me ka mea inu pono

- E hahai i nā lula o ka Child and Adult Care Food Program (CACFP) no ka mea'ai a me ka mea'ai māmā.
- E hō'ole i nā mea'ai a me nā mea inu piha i ke kōpa'a, ka pa'akai a i 'ole nā mea ho'olō'ihī i ka maika'i o ka mea'ai a me ka mea inu.



3. E paipai i ka pā'ani a me ka ho'oikaika kino no ka lā holo'oko'a no nā keiki a pau, a pēlā pū no nā pēpē a me nā keiki pono ke kōkua

- E ho'onoho i nā pēpē i kahi i hiki iā lākou ke ne'e e like me ka moe 'ana ma ka 'ōpū, ka lele 'ana, ke ka'a 'ana, ka peku 'ana a me ke kolo 'ana. He pōkole wale nō ka wā e noho ai ka pēpē i loko o kekahi noho a i 'ole kekahi lele koali.
- 'Ae 'ia ka pā'ani nui 'ana o nā keiki he 60-90 minuke no kēlā me kēia lā he 8 hola.
- 'Ae 'ia ka pā'ani mālīe a pā'ani nui 'ana o nā keiki li'ilī'i he 90-120 minuke no kēlā me kēia lā he 8 hola.
- He mau pā'ani ka pā'ani 'ana i loko a i waho o ka hale, ka pā'ani i ho'olālā 'ia a me ka wā pā'ani manawa le'a.
- E ho'olālā i nā wā mālīe no ka hiamoe 'ana a i 'ole ka ho'omaha 'ana 'oiai pili ka momona 'ana i ka nele 'ana o ka hiamoe.

NO KE OLAKINO MAIKA'I O KE KEIKI

KA PĀ'ANI A ME KA MEA'AI PONO

ho'omau 'ia mai ka 'ao'ao ma mua mai

4. E hā'awi 'ia he wā pōkole wale nō no ka nānā 'enehana (e la'a me ke kīwī, ke kamepuila, ka pā'ani wikiō, ke kelepona pa'a lima).

- *'A'ohe a i 'ole pōkole nui loa ka wā nānā 'enehana no nā keiki ma lalo o nā makahiki he 'elua.*
- *Ke loa'a ka wā nānā 'enehana, e ho'ohana 'ia no ke komo pū 'ana o ke keiki i loko o ke kama'ilio a hīmeni nō paha o ka wikiō, ka ho'ona'auao 'ana a i 'ole no ka paipai 'ana i ka pā'ani 'ana.*
- *Hō'ole 'ia ka nānā 'enehana ma ka wā 'ai a me ka wā mea'ai māmā.*

5. E hō'ike i ka 'ike e pili ana i ka 'ai pono ma nā hola like 'ole o ka lā, ma ka wā 'ai a me ka wā mea 'ai māmā nō ho'i

- *E hō'ike i ka 'ōlelo 'ana no ka 'ai pono. E hō'ole i ka hō'ike 'ana i ka 'ike no ka 'ai pono 'ole.*
- *E paipai i nā ha'awina me nā lima e like me ka ho'omākaukau mea'ai, ke kanu 'ana, ka ho'ā'o i ka mea'ai a me ke kipa 'ana i ka māla'ai.*

6. E paipai i nā 'ohana e kāko'o i ka nohona olakino maika'i o nā mo'omeheu a me nā lāhui like 'ole

- *E hana pū me nā mākuu ma ka haku 'ana i nā ha'awina no ka 'ai pono a me ka pā'ani 'ana. E no'ono'o i ka mea hiki, ke koho a me ka mo'omeheu o ke keiki i ka wā e ho'omākaukau 'ia ana ka ho'olālā mea'ai.*
- *E hā'awi mau i ka 'ike no ka nohona maika'i i nā 'ohana i nā wā like 'ole.*



No loko mai o ka Wellness Guidelines for Nutrition and Physical Activity in Hawai'i's Early Care and Education Settings

HAR §17-891.1-25, §17-891.1-13, §17-892.1-26, §17.892.1-13, §17-895-25, §17-895-12, §17-896-24, §17-896-13

OLAKINO

Mālama Kino

He mea nui ka mālama pono ‘ana i ke kino i laha ‘ole nā mū — ke ko‘ohune i hiki ke ho‘oma‘i a me nā ma‘i i hiki ke ho‘oma‘i nui aku. ‘O ka mālama pono kekahi mea e hō‘oku i ka lele ‘ana o ia mau mū. No ka mālama pono ‘ana i ke kino, he mea ia e hana ‘ia ma ka wā e pono ai no ka ho‘omake ‘ana i ka mū ma mua o kona laha nui ‘ana aku.

Eia kekahi mau kumu o ka ma‘i:

- *NĀ KĀNAKA* ‘o nā kānaka kekahi wahi e ola ai ka ma‘i
- *KA MEA‘AI* ‘o ka mea‘ai maka a i ‘ole ka mea‘ai i ho‘okomo ‘ole ‘ia ma kona wahi kūpono
- *KA WAI* ‘o kahi loa‘a wai e la‘a me ke kinika, ka lua, ka meahana ho‘oma‘ema‘e a me ke kāwele
- *NĀ HOLOHOLONA*

Ma ke ‘ano he mea mālama keiki, ‘o ‘oe ka mea kokoke loa i nā keiki ma kou hale mālama keiki a nāu nō ia e paipai nui i ka mālama kino kūpono i mea e maika‘i ai ke olakino, ka mākaukau a me ka ‘eleu o ke keiki ma ke a‘o ‘ana mai.

He mea nui ka ho‘oma‘ama‘a ‘ana i ka mālama pono i ke olakino i kēlā me kēia lā. I loko nō o kou hahai pololei ‘ana i ke kuapo kiapa, ka holo lima a me ke komo miki lima no ka hō‘ole ‘ana i nā mū a i ‘ole ka ho‘oma‘ema‘me ‘ana, ke kāwele ‘ana a me ke kīkī wai kopa ma nā pākaukau a me nā mea pā‘ani a nā keiki e ho‘opā mai ai, ‘a‘ole ‘oe e mālama ana i kou olakino; ke a‘o aku nei ‘oe iā lākou e pili ana i ke olakino maika‘i a he ha‘awina maika‘i loa kēia no ko lākou ola holo‘oko‘a.

MĀLAMA KINO

KA'INAHANA HOLOI LIMA

No Ke Aha Ia He Mea Nui?

- 'O ka holoī lima ka mea mua loa no ka hō'ole 'ana i ka laha 'ana o nā mū nāna e ho'oma'i aku; 'o kēia ka hana helu 'ekahi no ka hō'ole 'ana i ka ma'i a he emi loa ke kumu kū'ai.

Ka'inahana:

1. E ho'oholo i ka wai.
2. E ho'opulu i nā lima me ka wai.
3. E hamohamo i ke kopa.
4. E holoī pono i nā lima me ke kopa no 20 kekona (like ka lō'ihī me ka hīmeni 'ana i ke mele "Hau'oli Lā Hānau" he 'elua manawa). Mai pōina i ka hamohamo iā luna a iā loko o nā lima, ma lalo o nā miki'ao a iā waena o nā manamana lima.
5. E ho'oholo i nā lima ma lalo o ka wai no 'umi kekona ma ka li'ili'i.
6. E ho'omalo'o i nā lima me kekahi kāwele pepa ma'ema'e i hiki ke kiola 'ia.
7. E ho'opa'a i ka wai me kekahi kāwele pepa.
8. E kiola i nā kāwele pepa i loko o ke kīni 'ōpala i loa'a ke po'i.



MĀLAMA KINO

KA'INAHANA HOLOI LIMA

ho'omau 'ia mai ka 'ao'ao ma mua mai

Ka Nui E Pono Ai:

- *Ma ka hō'ea 'ana*
- *Ma mua a ma hope o ka 'ai 'ana, ka ho'omākaukau mea'ai a i 'ole ka hānai keiki*
- *Ma hope o ka lua/kuapo kiapa a i 'ole ke kōkua 'ana i ke keiki ma ka lua*
- *Ma hope o ke kunu 'ana, ke kihe 'ana a i 'ole ka ho'opā 'ana i kekahi 'ano wai o ke kino (ka hupe, ke koko, ka palu)*
- *Ma mua a ma hope o ka ho'ohana 'ana i nā pākaukau wai i ho'ohana 'ia e nā kā naka he nui*
- *Ma hope o ka pā'ani 'ana i waho*
- *Ma hope o ka mālama 'ana i nā holoholona a i 'ole ke kūkae holoholona*
- *Ke 'ike 'ia ka lepo ma nā lima*
- *Ma mua o ka ho'i 'ana i ka hale*



HAR §17-891.1-34, §17-892.1-35, §17-895-31, §17-896-33

MĀLAMA KINO

KA'INAHANA KOMO MIKI LIMA

No Ke Aha Ia He Mea Nui?

- He kōkua nui nā miki lima ma ke kūpale 'ana i ka laha 'ana o nā mū i piha i nā mea 'ino.

Ka'inahana:

1. E holoi lima ma mua o ke komo 'ana mai o nā miki lima (e nānā i ke ka'ina hana holoi lima no ka 'ike hou aku).
2. E komo i nā miki lima ma'ema'e. Hō'emi i nā manawa no ka "ho'opā a ma'i": 'A'ole 'oe e ho'opā i nā mea like 'ole (e la'a me nā kukui, nā pahu waihona) a i 'ole 'a'ole 'oe ho'opā iā 'oe iho (e la'a me ka hamohamo ihu a i 'ole ka ho'onohonoho hou 'ana i ka maka aniani), no ka mea, he mea ia e ho'olepo i nā miki lima ma'ema'e a i 'ole he mea ia e laha ai nā mū i nā kānaka 'ē a'e.
3. E kuapo i nā miki lima 'oiai 'oe e hana ana inā lepo loa lāua a i 'ole he puka ko kekahi miki lima.
4. E ho'ohemo i nā miki lima me ka maka'ala i mea e ho'opā 'ole ai 'oe i nā mea 'ē a'e:
 - E huki i ka miki lima ma ka poho lima a wehe wale aku a hemo.
 - E ho'ohana i ka lima 'ē a'e i pa'a ka miki lima no ke kiola 'ana i ka miki lima lepo.
 - Me ka lima i loa'a 'ole kekahi miki lima (ma'ema'e kēia lima), e huki i ka miki lima 'ē a'e ma kahi o ka pu'ulima a wehe a 'ike 'ia 'o loko o kēia miki lima lepo.



MĀLAMA KINO

KA'INAHANA KOMO MIKI LIMA

ho'omau 'ia mai ka 'ao'ao ma mua mai

5. E kiola i nā miki lima lepo i ka wā 'ānō i loko o kekahi kini 'ōpala i loa'a ke 'eke 'ea a me ke po'i. 'A'ole loa e komo hou 'ia nā miki lima lepo.
6. E holoi lima ma hope o ke komo 'ana i nā miki lima (e nānā i ke *Ka'inahana Holoi Lima* no ka 'ike hou aku).

Paipai nui 'ia nā miki lima no kēia mau mea:

- *Ke loa'a ke koko a i 'ole kekahi 'ano wai i loa'a ke koko mai ke keiki mai a he mea nui ia inā moku kou 'ili a i 'ole he mau kāki'o ko kou kino (e la'a me ke kōkua 'ana ma ka wahi 'eha a i 'ole ke kuapo kiapa i loa'a ke koko ma ka hī)*
- *E ho'oma'ema'me i nā wahi a i 'ole nā lole a me nā meahana i loa'a ke koko a i 'ole loa'a kekahi 'ano wai mai ke kino mai e la'a me ka lua'i, ka mimi a i 'ole ke kūkae*
- *Ke mālama 'oe i ka 'ili me kekahi 'ano wai e kahe mai ana a i 'ole kekahi moku ma luna o ka 'ili*
- *Ke mālama 'oe i ka waha a i 'ole ka maka a pono kekahi 'ano lā'au lapa'au e la'a me ke kū i ke kui no ke ana 'ana i ke kōpa'a no ka ma'i mimikō.*

MĀLAMA KINO

KA'INAHANA KUAPO KIAPA

No Ke Aha Ia He Mea Nui?

- He mea nui loa ke kuapo 'ana i ke kiapa me ka ma'ema'e loa i mea e laha 'ole ai ka mū a me nā meaola ma'i i loko o ke kūkae a me ka mimi.
- Mālama pono ke kuapo kiapa nui 'ana a me ke kūpale 'ili 'ana mai ka pilikia nui mai o ka 'ili, no ka mea, 'a'ole maika'i ka ho'opā 'ana o ka mimi a me ke kūkae i ka 'ili o ke keiki no ka wā lō'ihī.

Ka'inahana:

1. E holoi lima ma mua o ke komo 'ana mai o nā miki lima (e nānā i ka puke noi'i 'o *Hand-Washing Procedure* no ka 'ike hou aku).
2. Maika'i inā loa'a nā lako a pau e pono ai ma kahi kokoke loa i nā wahi e kuapo kiapa ai. E waiho 'ia kēia mau mea:
 - *Kiapa ma'ema'e*
 - *Kekahi 'ano pepa kūpale no ka waiho 'ana ma luna o kahi e kuapo kiapa ai a kūpale 'ia nā po'ohiwa a hiki loa aku i kona mau manamana wāwae a i 'ole kekahi 'ano papa malino i hiki ke pulu 'ole a hiki ke ho'oma'ema'me 'ia me ka ma'alaha*
 - *Nā kāwele pulu*
 - *Kekahi 'eke no nā lolo pulu*
 - *Kekahi 'ano 'aila hamo a i 'ole kekahi 'ano mea hō'olu'olu 'ili a e ho'ohana 'ia me ka 'ae 'ana mai o nā mākuu no ka mālama pono 'ana i ka 'ili mana'o. E hamohamo 'ia ma luna o ke keiki me kekahi 'ano kāwele ma'ema'e a i 'ole pepa ho'okē ihu*
3. E ho'omoe i ke keiki ma luna o kekahi papa ma'ema'e, ma kahi mamao no kahi o ka 'ai 'ana a me kahi o ka ho'omākaukau mea'ai. E ho'opa'a 'oe i ke keiki i nā manawa a pau 'oiai 'o ia ma luna o ia wahi kuapo kiapa.
4. E ho'oma'ema'me i ke keiki:
 - *E wehe i ke kiapa, akā, e waiho 'ia ke kiapo lepo ma lalo o ke keiki.*
 - *E hāpai i nā wāwae o nā keiki, inā pono, no ke kāwele 'ana i ke keiki mai kahi o mua a i kahi o hope.*
 - *E ho'ohana 'ia ke kāwele hou no kēlā me kēia manawa e kāwele 'ia ai ke keiki.*
 - *E ho'okomo i nā kāwele lepo i loko o ke kiapa a i 'ole ke kuni 'ōpala me ke po'i.*



MĀLAMA KINO

KA'INAHANA KUAPO KIAPA

ho'omau 'ia mai ka 'ao'ao ma mua mai

5. E ho'ohemo i ke kuapo lepo a me ka lole lepo:

- *E pelu i kahi lepo o ke kiapa i loko.*
- *Inā lepo nā lole, e ho'opa'a pono 'ia ke 'eke e waiho ana nā lole lepo me kekahi 'ano kaula, a laila, e waiho 'ia ma kahi mamao no nā keiki. E hā'awi 'ia kēia 'eke i nā mākuu ke hō'ea mai lāua i ka hale mālama keiki.*

6. E ho'opa'a i ke kiapa ma'ema'e ma luna o ke keiki.

- *E ho'omoe i ke kiapa hou ma lalo o ke keiki.*
- *E ho'ohana i ke kāwele inā pono ka 'aila hamo me ke kiola 'ana i ia kāwele i loko o ke kini 'ōpala me ke po'i.*
- *E ho'opa'a i ke kiapa.*
- *E kāwele i kou mau lima a me nā lima o ke keiki me ke kāwele hou a kiola.*
- *E ho'okomo i ka lole o ke keiki ma luna o ke keiki.*

7. E holoi i kou mau lima a me nā lima o nā keiki (e nānā i ka puke noi'i 'o Hand-Washing Procedure no ka 'ike hou aku).

8. E ho'oma'ema'e a kīkī wai kopa ma luna o kahi e kuapo 'ia ai nā kiapa.

- *E kiola i ka pepa kūpale iā loko o ke kini 'ōpala me ke po'i.*
- *E kāwele pono i kēlā wahi a e ho'oma'ema'e a kīkī wai kopa i kēlā wahi nō ho'i (e nānā i ka puke noi'i 'o Cleaning, Sanitizing, and Disinfecting no ka 'ike hou aku)*

9. E holoi i kou mau lima (e nānā i ka puke noi'i 'o Hand-Washing Procedure no ka 'ike hou aku).

10. E palapala 'ia nā mea 'ē o ka 'ili a i 'ole ke 'ano o ke kūkae ('ili 'eha; kūkae 'ano 'ē, ka waiho'olu'u, ke 'ala a i 'ole ka nui) ma ka pepa no ka hō'ike 'ana i nā mākuu i nā lā a pau.

He 'ōlelo pōkole no ke 'ano o ke kiapa: *Ma nā wahi mālama keiki, paipai nui 'ia nā kiapa kiola me ka pulupulu maika'i. 'Ae 'ia nā kiapa 'ē a'e inā ma'i ke keiki i ke kiapa kiola. Inā ho'ohana 'ia ke kiapa 'āpana, pono kekahi 'ano pepa kūpale i loko no ka momoni 'ana a pono kekahi 'ano kūpale ma waho o ia kiapa 'āpana i hiki ke pulu 'ia. Maika'i kēlā 'ano kiapa 'āpana nona ke kūpale ma waho. Inā ho'ohana 'ia ke kiapa 'āpana me ka pepa kūpale ka'awale, e ho'ololi 'ia ke kiapa a me ka pepa kūpale ma ka manawa like a 'a'ole e ho'ohana hou 'ia. 'A'ole hiki ke holoi a i 'ole kiola 'ia nā lepo o loko ma ka hale mālama keiki. E wahi pono 'ia nā kiapa 'āpana me ke 'eke 'ea a e waiho 'ia ma kahi mamao no nā keiki. E hā'awi 'ia kēia kiapa 'āpana lepo i ka makua i kona hō'ea 'ana mai i ka hale mālama keiki.*

MĀLAMA KINO

KA'INAHANA HO'OMA'EMA'E A KĪKĪ WAI KOPA

No Ke Aha Ia He Mea Nui?

- He mea nui loa ka ho'oma'ema'e 'ana a me ke kīkī wai kopa ma nā mea a pau o ka hale mālama keiki no ka laha 'ole 'ana i ka ma'i i nā keiki.
- Hō'ole 'ia ka hanu 'ana mai o nā keiki a me nā mea mālama keiki i nā mea 'ino ke hahai pololei 'ia ke ka'inahana no ka ho'oma'ema'e 'ana a me ke kīkī wai kopa.
- E ho'ohana wale 'ia nō nā mea me ka lēpili 'o U.S. Environmental Protection Agency (EPA). Ua hō'oiā 'ia ka pono o kēia mau mea ma ka hō'emi 'ana a me ka ho'omake 'ana i nā mū a 'a'ole paha e ho'oma'i i ke olakino o ke kanaka a me nā wahi i ho'ohana 'ia inā hahai pololei 'ia nā 'ōkuhi.

Ka'inahana:

1. E no'ono'o inā he pono ka ho'oma'ema'e 'ana a i 'ole ke kīkī wai kopa 'ana ma nā lako a i 'ole ma nā mea pā'ani.
 - E 'a'apo i nā 'ōlelo:
 - **HO'OMA'EMA'E** 'o ia ka hana maoli 'ana o nā lima no ke kāwele pono a ho'oma'ema'e pono 'ana i nā lepo. He mea holo'i pono 'ia ka hana maoli 'ana o nā lima i pau nā mū a hō'i'ke 'ia mai nō nā mū ma lalo loa i hiki ke ho'omake 'ia.
 - **KĪKĪ WAI KOPA** 'o ia ka ho'ohana 'ana i kekahi mea nā na e hō'emi i nā mū a maika'i nō ho'i ia mea no nā lula olakino lehulehu a i 'ole nā kāmāwai, akā, 'a'ole nō paha 'o ia e ho'omake a make loa 'o ia. Hiki paha ke ho'ohana 'ia ma luna o nā wahi e ho'omākaukau 'ia ai nā mea'ai (nā ipu, nā 'ō, nā puna, nā pahī, nā papa 'oki a me ka pākaukau o ka noho keiki), nā mea pā'ani a nā keiki e naunau ai a me nā 'ū no ka waha.
 - **KĪKĪ WAI KOPA** 'o ia ka ho'ohana 'ana i kekahi mea ho'oma'ema'e no ka ho'omake 'ana i nā mū. loa'a kekahi mau kīkī wai kopa i 'olu'olu i nā lime a me nā papa e like me kahi e kuapo ai ke kiapa, nā pākaukau, nā puka komo, nā waihona, ka lua a me nā wahi 'ē a'e o ka lumi ho'opau pilikia.



KA'INAHANA HO'OMA'EMA'E A KĪKĪ WAI KOPA

ho'omau 'ia mai ka 'ao'ao ma mua mai

2. E nānā i ka *Papamanawa No Ka Ho'oma'ema'e a me Ke Kīkī Wai Kopa* (e nānā i ka pāku'ina C) no ka 'ike 'ana inā pono e hana 'ia kekahi o kēia mau mea.
3. E ho'omākaukau i ka wai kopa no ka ho'oma'ema'e 'ana a i 'ole ke kīkī wai kopa 'ana:
 - E nānā i ka lēpili inā loa'a ka helu EPA.
 - E ho'okomo i ka helu EPA ma kēia paena pūnaewelee <http://iaspub.epa.gov/apex/pesticides/f?p=PPLS:1>
 - E heluhelu 'oe i ka 'ikepili e pili ana i kēia mea a ma lalo o ia 'ōlelo, loa'a kekahi palapala PDF nāna e hō'ike ana i nā lā i kākauinoa 'ia ai e ka EPA. E kaomi 'oe ma luna o ia PDF ma luna o ka papahelu e loa'a ai nā 'ōkuhi i 'āpono 'ia mai nei no ka ho'ohana 'ana i kēia mea ma ke 'ano he mea kīkī wai kopa.
 - Ke ho'omākaukau 'ia ka wai kuakea:
 - E koho i ka 'ōmole i hana 'ia me ka mea opaque.
 - E komo i nā miki lima a me ka makaaniani kūpale.
 - E ho'ohana i kekahi kānuku.
 - E ho'ohui i ke kuakea me ka wai ma kahi o ka wai me ke kuakea no ka hō'emi 'ana i ke 'ala.
 - E wehe 'ia ā puka aniani a me nā puka komo e pā mai ke ea.
 - 'A'ole loa e ho'ohui 'ia a i 'ole waiho 'ia ka 'amonía me ke kuakea a i 'ole kekahi mea i loa'a ke kuakea.
 - E hana 'ia kekahi wai kuakea hou; e lēpili i ka 'ōmole me nā mea o loko a me ka lā i ho'ohui 'ia.



KA'INAHANA HO'OMA'EMA'E A KĪKĪ WAI KOPA

ho'omau 'ia mai ka 'ao'ao ma mua mai

4. E ho'ohana i ke kuakea a i 'ole kekahi mea i 'āpono 'ia e ka EPA me ka maka'ala nui:

- *Ke 'ike 'ia ka lepo, e ho'oma'ema'e i kēlā wahi me ke kopa a e holoī me ka wai ma mua o ke kīkī 'ana i kekahi 'ano wai pa'ipa'i.*
- *Inā ho'ohana 'ia kekahi 'ōmole kīkī, e ho'onohonoho pono i ka nuku i loa'a ke kīkī nui ma kahi o ke kīkī li'ili'i.*
- *E waiho 'ia no ka manawa i hō'ike 'ia ma ka lēpili o ka mea.*
- *E kīkī 'ia ke loa'a 'ole nā keiki ma kēlā wahi e ho'oma'ema'e 'ia ana.*
- *E wehe i nā puka a pau i mea e pā mai ai ka makani no ka ho'omalo'o 'ana i kēlā wahi a i 'ole e kāwele ma hope o ka manawa e pono ai ma mua o ka ho'i 'ana mai o nā keiki i kēlā wahi.*
- *E ho'onohonoho 'ia nā kemikala a pau i hānini 'ole lākou a e waiho 'ia ma ka waihona me nā lāka a i 'ole kekahi mea ho'opa'a pono ma kahi 'ē o nā keiki.*

HAR §17-891.1-34 (6), §17-891.1-36 (c), §17-892.1-35 (6), §17-892.1-38, §17-895-14 (d), §17-895-30 (a) (4), §17-895-32 (a) (c), §17-896-35



Palekana

No ka mālama pono ‘ana i nā keiki — he mea nui kahi palekana o lākou e noho ai no ka hō‘emi ‘ana i nā manawa e ‘eha nui ai lākou — he kūleana nui ho‘i kau kēia no nā mākuia nāna e mālama ana i nā keiki. Ke nui a‘e nā keiki, ho‘ā‘o lākou i nā mea hou, pā‘ani ‘oko‘a lākou me nā mea pā‘ani a komo i nā mea hou loa ma ko lākou ola. Nui ko lākou hoihoi a pīhoihoi. Hiki paha iā lākou ke pilikia i kēia mau ‘ano, a laila, nui hou aku nā manawa e ‘eha ai lākou. ‘Oiai nui ko lākou ‘i‘ini e huaka‘i wale aku, na nā mākuia nō ia e mālama pono me ka paipai pū ‘ana i ka ho‘onui ‘ana i ko lākou ‘ike. He mea nui ka hō‘emi ‘ana i nā manawa e ‘eha nui ai lākou.

‘O ke ka‘a ulia ka mea helu ‘ekahi no ka ‘eha nui a me ka make no nā keiki li‘ili‘i a hiki nō ke pakele ‘ia. E loli ana ka hana no ka mālama pono ‘ana i nā keiki ke loli ko ke keiki hoihoi, kona mau makahiki a me nā mea hiki iā ke hana. E ‘oko‘a ana nā hana no ka mālama ‘ana i nā pēpē a e ‘oko‘a ana nā hana no nā keiki li‘ili‘i. He mea nui ka nānā mau ‘ana o ka mea mālama keiki i nā keiki ma ka hale mālama keiki. He mea nui nō ho‘i nā hana ma mua o kekahi mea a e nānā pono ‘ia nā keiki i nā manawa a pau.

Nui nā kūleana i pili i ka nānā ‘ana a me ka mālama ‘ana o ka mea mālama keiki. ‘O ia ka maka‘ala ‘ana i nā keiki no ka hana‘ino a i ‘ole mālama ‘ole a me ka palapala ‘ana o ia mau mea ‘ino inā he pono. ‘O ka nānā ‘ana i ka noho keiki kekahi kūleana a me ka hahai ‘ana i ke ka‘inahana no ka mālama ‘ana i ka mea‘ama nā pahu waihona mea‘ai kūpono. ‘O ka waihona ‘ana i nā mea ‘ino a me nā mea kīkī wai ho‘omake ma kahi mamao no nā keiki kekahi kūleana. ‘O ka māka‘i ‘ana i nā mea pā‘ani a me nā pā‘ani ma ke kahua pā‘ani i ‘ike i ka pono no ko nā keiki mau makahiki kekahi kūleana. ‘O ka maopopo ‘ana ika hana ke loa‘a ka pō pilikia a me ka hahai ‘ana i ka hana no ka hiamoe pono ‘ana nā kūleana ‘ē a‘e o ka mea mālama keiki.

Loa‘a ka ‘ike Palekana e pili ana i kēia mau mea:

- **PALEKANA HOLO KA‘A**
 - *Palekana Noho Keiki*
 - *Ka‘inahana Holo Ka‘a*
 - *Hō‘ole Ma‘i Wela*
- **PALEKANA MEA‘AI A WAIHONA**
 - *Palekana Mea‘ai*
 - *Ma‘i Mea‘ai*
 - *Palekana Waiū*
- **HANA E PILIKIA ‘OLE AI KE KEIKI**
 - *Nā Hana E Pilikia ‘Ole Ai Kahi O Nā Keiki*
 - *‘Ōlelo Hō‘ole Mea ‘Ino*
 - *Palekana Wai*
- **PALEKANA MEA PĀ‘ANI A ME KE KAHUA PĀ‘ANI**
 - *Palekana Mea Pā‘ani*
 - *Palekana Mea Pā‘ani o Ke Kahua Pā‘ani*
- **HANA‘INO KEIKI A MĀLAMA ‘OLE**
 - *Hō‘ike I Ka Hana‘ino a i ‘ole Ka Mālama ‘Ole*
 - *Hō‘ole Ma‘i Ho‘olulululi Keiki*
- **HIAMOE PALEKANA**
 - *Hana Hiamoe Me Ka Palekana*
 - *Palekana Moe Kamali‘i*
- **KA‘INAHANA ULIA PŌPILIKIA**
 - *Ka‘inahana CPR*
 - *Ho‘omākaukau Ulia Pōpilikia*

PALEKANA

Palekana Noho Keiki

He mea nui ka mālama pono 'ana i nā keiki ma luna o nā ka'a (e la'a me ke ka'a li'ili'i, ke ka'a nui a me ke kalaka). Pono e maka'ala nui i nā keiki li'ili'i 'oiai hiki ke 'eha nui i ke kū 'ana o ke ka'a a i 'ole ke ka'a ulia. 'A'ole nānā 'ia inā he ka'a ulia nui a i 'ole li'ili'i, no ka mea, he mea ia e ho'olele ai i ke keiki inā 'a'ole 'o ia i ho'opa'a pono 'ia mai ma ka noho keiki. 'O 'oe ka mea e kōkua nui, no ka mea, 'o 'oe ka mea e koho i ka noho keiki kūpono no ke keiki a me ke ka'a a ho'ohana 'oe i kēia noho keiki kūpono ma kēia me kēia holo. Loli nā noho keiki ke nui a'e ke keiki. Ma ka 'ike 'ana i ia mau mea loli, hiki iā 'oe ke ho'ololi i nā mea e pono ai i mālama pono 'ia ke keiki iā 'oukou e holo ana ma luna o ke ka'a. He ha'awina nō ho'i kēia no nā keiki, no ka mea, hele a ma'a nui lākou i ka noho 'ana ma ka noho keiki a me ka ho'opa'a 'ana i ke kaula iā hana 'ia i nā manawa a pau a lākou e kau ai ma ke ka'a.

He mea pō'ino nō paha ke ka'a no nā keiki i loko nō o ka holo 'ole 'ana o ke ka'a. Hiki ke make i ka wela nui o loko o ke ka'a inā waiho 'ia ke keiki ma ke ka'a. I ka lā, pi'i nui ka wela i loko o ka wā pōkole. 'Oiai 'oi aku ka nui o ka wela o ke keiki ma muli o ko lākou li'ili'i, 'o nā keiki nā mea make koke i ka wela nui o ke ka'a. 'A'ole mākaukau ka hō'olu'olu 'ana o ko lākou kino iā lākou iho e like me nā mākuā, no laila, maika'i ke ka'inahana kūpono no ka halihali 'ana i nā keiki ma luna o ke ka'a. He kōkua nui ka nānā 'ana iā loko o kou ka'a ke puka 'oe i waho a ma mua o ka hele 'ana i kahi 'ē i mea e pōina 'ole 'ia ai ke keiki. 'A'ole loa ho'i e waiho ho'okahi 'ia ke keiki ma ke ka'a a e laka 'ia ke ka'a i kau 'ole lākou ma luna me lākou wale nō. 'O kēia ke kūleana o ka makua i pilikia 'ole ke keiki i nā manawa a pau loa a 'oukou e holo ana ma luna o ke ka'a.

PALEKANA NOHO KEIKI

PALEKANA NOHO KEIKI

No Ke Aha Ia He Mea Nui?

- 'O ka noho keiki kekahi mea e mālama pono i ke keiki ke ho'ohana pololei 'ia i nā kaula. He mea ia e hō'ole ai i ka 'eha nui (a i 'ole ka make) ke kū nui a i 'ole kū 'oko'a ke ka'a a he mea ia e kūpale ai i ke keiki ma ke ka'a ulia li'ili'i a me ke ka'a ulia nui.

Ka'inahana:

1. E koho i ka noho keiki kūpono a i 'ole ka palaka noho keiki i kūpono no ka paona, ka nui a me ka makahiki o ke keiki a me ke ka'a e pa'a ai kēia noho keiki (e nānā iā *Car Seat Recommendation for Children* ma ka pāku'ina D a i 'ole ka paena pūnaewe www.safercar.gov no ka 'ike hou aku).

- E noho ke keiki ma luna o ka noho keiki i 'āpono 'ia e ka Pekelala.
- 'A'ole loa e ho'ohana 'ia kekahi noho keiki i piha he 'eono makahiki a 'oe a i 'ole kekaho noho keiki i komo i kekahi ka'a ulia (i loko nō o ka nānā maika'i 'ana o ia noho, mali'a paha he pilikia nui kona). Inā kānalua 'oe i ka noho keiki a i 'ole 'ike 'ia nā puka a me nā pilikia, mai ho'ohana 'oe i kēia noho.



2. E a'o pono mai i ka hana no ka ho'opa'a noho keiki.

- E heluhelu pono i ka puke no ka noho keiki. Inā pono ke kōkua ma ka ho'okomo 'ana i ka noho keiki a i 'ole makemake 'oe i kekahi kanaka e nānā inā maika'i kāu hana, e kipa 'oe i kekahi wahi e nānā 'ia ai ka ho'onohonoho pono 'ia 'ana o ka noho keiki e ke kanaka kūhelu ma ia kūleana. Loa'a kēia mau wahi i 'ō a i 'ane'i o ka moku'āina ma nā hale ma'i a me ka hale kinai ahi.
- E ho'okomo 'ana ke keiki noho i ka noho o hope o ka mea kalaiwa, 'o waena ho'i kahi maika'i loa. E nānā ke keiki iā hope o ke ka'a a hiki i ka piha 'ana o 'elua makahiki iā ia a i 'ole like kona mau paona a me kona ki'eki'e me ka 'ōlelo kūhelu o ka 'oihana i hana i ia noho:
 - Ā 'a'ohe koho a pono e ho'onoho 'ia kekahi noho keiki i mua (inā ho'i 'elua wale nō noho o ke ka'a a i 'ole 'a'ole lawa ka lumi o hope), e ho'onoho 'ia ka noho i hope loa aku nō (e nānā i ka helu 'ehā).
- E heluhelu a e hahai i nā 'ōkuhi i ka puke hō'ike hana no ka 'ike 'ana i ka ho'ohana pololei 'ana i nā kaula a i 'ole ka 'ōnaehana LATCH (Lower Anchors and Tethers for Children) me kekahi noho keiki.

PALEKANA NOHO KEIKI

ho'omau 'ia mai ka 'ao'ao ma mua mai

3. E heluhelu i ka puka holo'oko'a. E nānā pono i kahi ho'omoe no ka noho keiki nānā i mua a me ka noho keiki nānā i hope.
4. 'A'ole e ho'onoho 'ia kekahi noho keiki e nānā ana i hope ma ka noho mua o ka 'ao'ao o ka mea kalaiwa, kahi ho'i e loa'a ai kēlā 'eke 'ea no ke ka'a ulia.



- *Paipai nui ka National Highway Traffic Safety Administration inā pono ka ho'onoho 'ana i ka noho keiki i mua a loa'a kekahi lā'au hili no ka ho'opau 'ana i ke 'eke ea i mea e ho'opiha 'ole 'ia ai ia 'eke ea no ka lō'ihi o ka holo 'ana. Mai poina i ka ho'ihō'i 'ana i ke 'eke ea i kona 'ano holo nō.*

5. E noho pono ka ho'onoho 'ia 'ana o ka noho keiki ma mua o ka ho'ohana 'ana.

6. E ho'opa'a pono i ke keiki no kēlā me kēia holo ma luna o ke ka'a.

- *E noho ke po'o o ka pēpē he 'elua 'īniha (6 kekemika) mai luna iho o ka noho keiki.*
- *E nānā pono inā aia nā kaula i loko o nā puke a aia lāua ma kahi a i 'ole ma lalo o nā po'ohiwi o ka pēpē.*
- *E nānā inā pa'a pono nā kaula a pau a he mea nui kona pa'a ma kahi o nā po'ohiwi a me nā 'ūhā. E moe pono nā kaula, 'a'ohe wili. Inā hiki iā 'oe ka 'ūmi'i i ke kaula a pa'a ma kou manamana lima, 'a'ole 'o ia pa'a pono.*
- *E komo i ka lole kūpono ma luna o ka pēpē i hiki ke 'ūmi'i pono 'ia 'o waena o kona mau wāwae. Inā anunau 'o waho, ho'opa'a mua 'oe i ke keiki, a laila, e uhi 'oe i ke keiki i ke kapa moe ('a'ole e uhi i kona po'o). 'A'ole e 'ūmi'i 'ia he kapa moe ma lalo a i 'ole ma hope o ka pēpē.*
- *Inā noho pololei 'ole ka pēpē a hiō 'o ia i kekahi 'ao'ao (he mea ma'a mau kēia no nā pēpē hou loa), e kau i kekahi kiapa a i 'ole kekahi kāwele ma ka 'ao'ao o ka po'ohiwi o ka pēpē. 'A'ole e kau 'ia kekahi 'ano uluna a i 'ole kapa moe ma lalo o ka pēpē — hiki ke pilikia nā kaula no ka ho'opa'a pono 'ana i ke keiki.*
- *Inā mū'olo ke po'o i lalo (he mea ma'a mau kēia no nā pēpē hou loa), e nānā i ka huina o ka noho keiki. E ho'ohana i ke kāwele a i 'ole ke kapa moe i kīkī'i ka noho keiki i hope (he 30 – 45 kēkelē ka mea maika'i loa).*
- *E hana hou i nā kaula ke nui a'e ke keiki.*

7. E waiho 'ia ke keiki ma ka noho keiki no ka wā pōkole wale nō a he mea nui kēia inā 'a'ole 'o ia ma luna o ke ka'a. 'A'ole hiki i ke keiki ke ne'e inā nui kona manawa ma loko o ka noho keiki a he mea maika'i loa ka ne'e 'ana no ka 'ike a me ka 'onina mākala.

HAR §17-891.1-12 (4), §17-892.1-12, §17-895-11, §17-895-17

PALEKANA NOHO KEIKI

KA'INAHANA HOLO MA KE KA'A

No Ke Aha Ia He Mea Nui?

- 'O ke ka'a ulia ke kumu helu 'ekahi e pau ai nā keiki ma waena o nā makahiki he 'ekahi a i ka makahiki he 'umikūmāhā ma 'Amelika Huipū 'Ia.

Ka'inahana:

MA MUA O KA LAWE 'ĀNA I NĀ KEIKI:

1. Pono kekahi palapala kākau maoli nāna e ka'analike 'ia a pūlima 'ia e ka makua. Hō'ike 'ia ke ka'inahana holo ma ke ka'a 'oiai he keiki nō ia keiki ma kou hale mālama keiki. E nānā i ke Ka'inahana Palekana Keiki Noho no ka hana a me ka 'ike hou aku. Pono e loa'a pū kēia mau mea:
 - *Ka lākiō like o ke keiki a me ka mea mālama keiki*
 - *Kekahi hana 'ē a'e ke loa'a kekahi pō pilikia*
 - *Pono e hana pono nā kaula a me nā noho keiki, ka mea i 'āpono 'ia no ke keiki li'ili'i a me ka mea no ke keiki 'ano nui (<http://hidot.hawaii.gov/highways/safety-communities/child-passenger-safety/>)*
 - *Loa'a ka pahu hō'olu'olu 'eha, nā helu o nā kānaka kōkua a me ka 'ikepili olakino no nā keiki a me kekahi kelepona pa'a lima*
 - *Ka laikini, ka palapala hō'oiā ka'a a me ka 'inikua o ke ka'a a me ka mea kalaiwa*
 - *Ka palena o ka manawa o ka holo 'ana*
 - *Ke ka'ihana no ka hō'oiā 'ana, 'a'ohe keiki waiho 'ia ma luna o ke ka'a a me ka hopena o ka huaka'i a i 'ole waiho 'ia ke keiki me ka 'ole o ka mea mālama keiki i loko a i waho o ke ka'a ma ka wā e ho'omākaukau 'ia ana ko 'oukou holo 'ana (e nānā i ka puke noi'i 'o Preventing Heat Stroke no ka 'ike hou aku).*
2. He hō'oiā no ka palekana o ke ka'a, ka mālama pono 'ia 'ana o ke ka'a, ka palapala hō'oiā ka'a a me ka 'inikua.
3. E a'o aku i nā keiki i ka hana no ka holo 'ana me ka palekana no ka pono o ko lākou mau makahiki a me ko lākou o'o.



KA'INAHANA HOLO MA KE KA'A

ho'omau 'ia mai ka 'ao'ao ma mua mai

MA KA LĀ O KA HOLO KA'A:

1. E hana i kekahi hō'ike o nā mekala o ka noho keiki, ke kaula a me ka uhi ea no ka ho'omalua 'ana mai ka 'ā mai. Ma ka lā wela, e ho'omalua i kēlā mau mea me ke kapa moe a i 'ole ke kāwele ke holo 'ole ke ka'a. Hele a wela loa ka mekala o ia mau mea.
2. E kau i ke keiki ma ke ka'a ma kahi mamao no nā mea 'ē a'e.
3. E ho'ohana 'ia kēlā mau mea ho'opa'a i kūpono no nā makahiki o ke keiki me ka pa'a pono 'ia 'ana o nā kaula (e nānā i ka puke noi'i 'o *Car Safety Seat* no ka 'ike hou aku).
4. E hea 'ia nā inoa me ka nānā pū 'ana i ka maka o ke keiki iā lākou nō a kau ma luna o ke ka'a.
5. E maka'ala i ke ea ma ke ka'a. E hō'olu'olu no nā keiki.
6. I ka hō'ea 'ana i kēlā wahi, e kōkua i nā keiki ma ka puka 'ana ma kahi mamao no nā mea 'ē a'e a ma ka 'ao'ao like o ke alanui ma kahi a 'oukou e kipa ana.
7. E hea 'ia nā inoa me ka nānā pū 'ana i ka maka o ke keiki iā lākou nō a puka mai luna mai o ke ka'a.
8. E nānā iā loko o ke ka'a holo'oko'a i 'ike 'ia ua puka nō nā keiki a pau.
9. 'A'ole loa e waiho ho'okahi 'ia nā keiki ma kekahi ka'a no kekahi manawa pōkole a i 'ole lō'ihi i loko nō o ke ea 'olu'olu o loko o ke ka'a.



HAR §17-891.1-6 (8), §17-891.1-12, §17-892.1-5 (12), §17-892.1-12, §17-895-11, §17-895-17, §17-896-12

PALEKANA NOHO KEIKI

KĀOHI I KA MA'I WELA

No Ke Aha Ia He Mea Nui?

- Hiki ke 'eha nui a i 'ole make ke keiki ma ke ka'a wela nui
- Hiki ke pale 'ia kēia ma'i wela a me ka make i ka wela nui.

Ka'inahana:

1. 'A'ole loa e waiho ho'okahi 'ia kekahi keiki ma luna o ke ka'a no kekahi wā, i loko nō o ka 'ā 'ana o ka mīkini hō'olu'olu ea a i 'ole inā wehe 'ia nā puka aniani.
2. E maka'ala a hana pono i mea e waiho hewa 'ole ai i kekahi keiki ma luna o ke ka'a:
 - E kākau i wahi leka iā 'oe iho a e waiho i kēia 'ōlelo ma kahi i hiki ke 'ike 'ia ma mua o ka holo 'ana.
 - E waiho i kāu mau 'eke i ka noho o hope i mea e nānā hou ai 'oe i hope ma mua o ka ha'alele 'ana i ke ka'a.
3. E lāka 'ia nā puka a me ka puka 'o hope ma hope pono o kou ha'alele 'ana i ke ka'a a e waiho 'ia nā kī ma kahi mamao loa no nā keiki.
4. 'A'ole loa e 'ae 'ia ke keiki e pā'ani ma luna o ke ka'a a i 'ole e ho'okomo i ke kī no ka ho'ā 'ana i ke ka'a.
5. Inā ua nalowale kekahi ka'a, e nānā i nā ka'a a pau loa a me ka puka o hope.



HE MANA'O: I mea e hana pono ai, inā hō'ea 'ole ke keiki, e 'aelike 'olua 'o ka makua i ka hola kiko'i e hō'ea ai ke keiki, a laila, e kelepona 'oe i ka makua me ka 'ōlelo no ia lohi a 'a'ole 'oe i ha'i 'ia no ka loli o ka hola e hō'ea ai.

HAR §17-891.1-31, §17-892.1-32, §17-895-34, §17-896-30

PALEKANA

Palekana A Mālama Pono Mea 'Ai

'O ka ho'omākaukau a hā'awi mea 'ai kekahi hana o nā lā a pau o ka hale mālama keiki a he mea nui loa ka maika'i o ka mea 'ai āu e hā'awi aku ana iā lākou. Hiki i nā kānaka ke hele a ma'i i ka mea 'ai piha i ke ko'ohune, 'oi loa aku kēia 'ano ma'i no nā keiki, no ka mea, mau nō ka ulu 'ana o ka 'ōpū. He li'ili'i wale nō ka 'ai i hiki iā lākou ke 'ai a 'a'ole nō paha lawa ko lākou ikaika no ke ola o ka ma'i mai kēia mau ko'ohune mai. He mea ho'opau i ke ola kekahi o kēia 'ano ma'i.

Ma ke 'ano he mea mālama keiki, 'a'ole e ma'i ke keiki ke hana maiāu a hana pono 'oe ma ka ho'omākaukau 'ana, ka ho'okomo 'ana ma ka pahu waihona, ka hā'awi 'ana i ka mea 'ai, ka hānai waiū 'ana a me nā mea 'ē a'e e pau ai ke ko'ohune ma ka mea'ai. 'A'ole paha e loa'a ke keiki i ka pāheu inā nīnāu 'oe i ka makua e pili ana i ka mea 'ai pāheu a ho'omaopopo 'oe, 'a'ole loa 'oe e hā'awi aku i kēia mau mea 'ai.

PALEKANA A MĀLAMA PONO MEA 'AI

PALEKANA MEA 'AI

No Ke Aha Ia He Mea Nui?

- He li'ili'i loa iho nō ka ma'i lā'au make inā ho'omākauka pono 'ia a mālama pono 'ia ka mea.
- He mea pō 'ino nō paha ka 'ai 'ana i ka mea'ai piha i ke ko'ohune, a pēlā nō ke 'ai nā keiki .

Ka'inahana:**1. E ho'oma'ema'e pono i kahi e ho'omākaukau 'ia ai ka mea 'ai:**

- *E holo i kou mau lima ma mua o ka ho'opā 'ana i ka mea 'ai, iā 'oe e ho'omākaukau ana i ka mea 'ai a ma hope nō ho'i (e nānā i ka puke noi'i 'o Hand-Washing Procedure no ka 'ike hou aku).*
- *E holo i kīkī wai kopa i nā mea a pau āu i ho'ohana ai no ka ho'omākaukau 'ana i ka mea 'ai (e nānā i ka puke noi'i 'o Cleaning, Sanitizing, and Disinfecting no ka 'ike hou aku).*
- *E mālama i nā wahi ho'omākaukau mea 'ai mai nā 'iniseka, nā mū a me nā holoholona 'ē a'e.*

**2. E ho'oka'awale 'ia ka mea 'ai maka a me ka mea 'ai kuke 'ia:**

- *E ho'oka'awale 'ia ka 'i'o pipi maka, ka pua 'a a me ka i'a ma kahi 'oko'a o nā mea 'ai 'ē a'e.*
- *E ho'ohana i nā 'ō, nā puna a me nā pahi 'oko'a no ka ho'omākaukau 'ana i ka mea 'ai maka.*
- *E ho'okomo 'ia ka mea 'ai i loko o kēlā mau pahu hanini 'ole i ho'opā 'ole nā mea 'ai maka a me nā mea 'ai kuke 'ia.*

3. E kuke pono 'ia:

- *E kuke pono 'ia ka mea 'ai, ka 'i'o pipi, ka pua'a, ka hua moa a me ka i'a no ke wela e 'ōlelo 'ia ai.*

4. E waiho 'ia ka mea 'ai ma ka mehana a i 'ole ke anuanu e pono ai:

- *E maka'ala i ka wela a anuanu o ka mea 'ai.*
- *'A'ole e waiho 'ia ka mea 'ai ma ka wela a me ke anu o kekahi lumi no 'elua hola.*

5. E ho'ohana i ka wai ma'ema'e a me ka mea 'ai maka ma'ema'e:

- *E ho'ohana i ka wai ma'ema'e no ka holo 'ana a me ke kuke 'ana.*
- *E holo i nā hua 'ai a me nā lau 'ai, he mea nui kēia inā 'ai 'ia ma kona 'ano he mea 'ai maka.*
- *'A'ole loa e 'ai 'ia ka mea 'ai i hala ka lā e pau ai.*

HAR §17-891.1-35, §17-892.1-36, §17-892.1-37, §17-895-38, §17-895-39 (a) (b), §17-896-34

PALEKANA A MĀLAMA PONO MEA 'AI

MA'I MEA 'AI

No Ke Aha Ia He Mea Nui?

- No ka ma'i nui loa i ka mea 'ai, hiki ke ho'opilikia i ka hanu 'ana, ka pu'upu'u, ka pailua, ka lua'i a me ka iho pololei 'ana o ke koko pi'i inā 'a'ole mālama pono 'ia me ka wikiwiki.
- Hiki ke hele a ma'i ke keiki i ka mea 'ai no ka manawa mua lua ma ka hale mālama keiki, a no laila, he mea mui ka 'ike 'ana o ka mea mālama keiki i nā ma'i mea 'ai ma'a mau a maopopo ka mālama 'ia 'ana o ia mau ma'i i ka mea mālama keiki.

Ka'inahana:

1. Ke kākau inoa 'oe i kekahi keiki hou ma kou papahana hale mālama keiki:

- E ki'i i ka 'ike mai ka 'ohana mai e pili ana i nā ma'i mea 'ai o ke keiki i 'ike 'ia.
- E nīnau i ka 'ohana no ka hā'awi 'ana mai i kekahi 'ōkuhi i ho'omākaukau 'ia e ke kauka o ke keiki me kēia mai 'ikepili:
 - Nā mea 'ai e ho'oma'i i ke keiki
 - Nā hō'ailona nāna e hō'ike pono ka lā'au lapa'au
 - Nā inoa, ka nui a me ke 'ano o ka hā'awi 'ana i nā lā'au lapa'au
- Inā hā'awi ka 'ohana iā 'oe i kekahi peni Epi no ka hā'awi 'ana i ke keiki, pono kekahi makua e kōkua ma ke a'o 'ana iā 'oe i ka hana.
- Pono ka 'ohana e ho'opihapiha i ka palapala 'aelike 'o Consent for Administration of Medication Form (E nānā i ka la'ana ma ka pāku'ina B).



2. Eia ke ka'inahana no ka hō'ike ākea 'ole 'ana i nā pāhehu:

- E ho'opa'a 'oe i kekahi hō'ailona e pili eana i kēlā me kēia pāhehu no nā keiki pākahi a pau ma kahi e ho'omākaukau 'ia ana ka mea 'ai i hiki i nā limahana a pau ke 'ike i ka manawa e hānai aku ai i ke keiki.
- E no'ono'o i ke kiola 'ana i ka mea 'ai maika'i loa mai kou hale mālama keiki mau i mea e loa'a 'ole ai ka pō pilikia.
- E ha'i i nā 'ohana e pili ana i nā pāhehu a pau i 'ike 'ia o nā keiki ma kou hale mālama keiki a noi iā lākou e lawe 'ole mai i kēia 'ano mea 'ai.

PALEKANA A MĀLAMA PONO MEA 'AI

MA'I MEA 'AI

ho'omau 'ia mai ka 'ao'ao ma mua mai

3. No ka 'ike 'ana i nā hō'ailona e loa'a ai ka hopena pāhehu:

- *E noho pū me ke keiki. E nānā inā 'ike 'oe i nā hō'ailona o ka hopena pāhehu e la'a me ke kihe 'ana, ka 'ula'ula, ka pu'upu'u, ka mane'o o ka 'ili, ka pehu a i 'ole he polū ka waiho'olu'u o ka 'ike a i 'ole ka lehelehe, ka laoa a i 'ole ka pilikia o ka ho'opuka 'ana i ka 'ōlelo.*
- *E ho'olohe ana nānā i ka 'olu'olu o ke keiki. Inā hiki i ke keiki ke 'ōlelo, e ha'i nō paha 'o ia*
 - *'Ano 'ē ku'u waha*
 - *Ke 'ō 'ia nei ku'u ālelo*
 - *Mane'o ku'u ālelo (a i 'ole ku'u waha) a i 'ole he 'ā ko loko*
 - *Wela ku'u ālelo*
 - *Pa'a kekahi mea ma ku'u pu'u*
 - *Piliki'i ku'u mau lehelehe*
 - *He mū ko loko o ku'u mau pepeiao*

4. No ka mālama 'ana i ka hopena pāhehu:

- *E hā'awi koke 'ia ka lā'au lapa'au me ka hahai 'ana i ka.*
- *E ha'i i nā mākua o ke keiki inā mana'o 'oe, ua loa'a nō paha ke keiki i ka pāhehu a i 'ole ua ho'opā 'o ia i kekahi mea ho'opilikia iā ia.*
- *Inā hā'awi 'ia ka epinephrine, e kelepona koke iā 911.*
- *E hāpai lima i ka 'ōkuhi mālama keiki, kekahi kelepona, nā helu ulia pō pilikia no nā mea/kānaka e pono ai a me nā lā'au lapa'au me 'oe ma nā huaka'i a i 'ole e lawa pū 'ia me 'oe ma nā mea holo mai kou hale mālama keiki mai.*
- *E kelepona i ka helu 911 inā pono.*

HAR §17-891.1-25 (e), §17-892.1-26 (f), §17-895-25 (f)(g), §17-896-24 (h)

PALEKANA A MĀLAMA PONO MEA 'AI

PALEKANA WAIŪ MA KA WAIHONA

No Ke Aha Ia He Mea Nui?

- He li'ili'i wale nō ka wā e ma'i ai ke keiki a me ka pēpē inā mālama pono 'ia ka waiū ma ka pahu waihona kūpono.

Ka'inahana:

1. E māka 'ia nā pahu a 'ōmole waiū a pau me ka lā.
2. E ho'okomo 'ia ka waiū hou i pauma 'ia nei ma ka pahu hau:
 - E ho'okomo i nā 'ōmole waiū ma waena konu o ka pahu hau, 'a'ole ma ka puka.
 - E inu 'ia ka waiū ma loko 5 – 8 lā.
3. No ka halihali 'ia 'ana ma ka huaka'i:
 - E mālama 'ia ka waiū ma ka pahu kula me nā 'eke hau; e maika'i ana 'o ia no 'ehā hola inā pa'a mau ke anuanu o ka pahu kula ma lalo o 100 kēkelē.
4. No ka ho'okomo 'ana ma ka pahu pa'ahau:
 - E ho'okomo i ka waiū i ho'opa'ahau 'ia ma loko o kekahi pahu o ka pahu pa'ahau no 2 pule.
 - E ho'okomo i ka waiū i ho'opa'ahau 'ia ma loko o kekahi pahu me kekahi puka 'oko'a no 3 - 4 pule.
5. No ka ho'ohehe'e 'ana i ka waiū i ho'opa'ahau 'ia:
 - E ho'ohehe'e 'ia ka waiū i ho'opa'ahau 'ia ma loko o ka pahu hau a i 'ole ma lalo o ka wai mehena e holo ana.
 - 'A'ole loa e ho'ohehe'e 'ia ka waiū i loko o ka 'oma wawe a i 'ole e paila 'ia ma ke kapuahi.
 - E inu 'ia ka waiū i ho'ohehe'e 'ia ma ka pahu hau ma loko o 24 hola o kona ho'ohehe'e 'ia 'ana.
 - E inu 'ia ka waiū i ho'ohehe'e 'ia ma ka wela o ka lumi a ma loko o ho'okahi hola.
 - 'A'ole loa e ho'opa'ahau hou 'ia ka waiū i ho'ohehe'e 'ē 'ia.



HAR §17-895-39(a)(b)

PALEKANA

Ho'omākaukau Pono No Nā Keiki

He mea ma'a mau ka 'a'apo 'ike 'ana o nā keiki ma o ka 'auana wale 'ana aku i 'ō a i 'ane'i a he mea nui kēia. No ko lākou hoihoi nui a 'auana wale 'ana aku, hiki ke pilikia a 'eha nui nō paha ma kekahi 'ano ulia. Pono ka maka'ala 'ana o nā mea mālama keiki i nā wahi a lākou e pā'ani ai i 'eha 'ole lākou a e ho'ololi 'ia nā mea e pono ai i maika'i a palekana kēlā wahi no ko lākou pono a me ko lākou ulu 'ana.

Ma muli o ko nā keiki li'ili'i hana maoli 'ana, holo wale 'ana aku a pā'ani nui 'ana, 'a'ole maopopo loa inā hiki iā lākou ke hō'eha 'ia. Ma ke 'ano he mea mālama keiki, hiki iā 'oe ke kōkua ma ka mālama 'ana iā lākou i 'eha 'ole lākou ma kekahi 'ano ulia. Hiki iā 'oe ke a'o aku iā lākou i ka pā'ani 'ana me ka palekana iā lākou e ulu ana ma nā mahele like 'ole o ka nui 'ana o ke keiki a hiki iā 'oe ke kōkua ma ka pā'ani mālie 'ana ma kahi o nā mea pā'ani a i 'ole e ho'one'e i nā mea pā'ani o kēia wahi i 'eha 'ole lākou po'e keiki.

Maika'i ka hana pono 'ana i kou hale mālama keiki a me nā wahi 'ē a'e o ka mālama keiki 'ana me ka ho'omalua nui loa ma o ka hahai 'ana i nā ka'inahana no ka ho'omākaukau pono 'ana no nā keiki. E nānā pono i nā wahi a pau o nā keiki e noho a pā'ani ai no ka 'ike 'ana i ka palekana o ia mau wahi no lākou a pau. E nānā pono i nā keiki ma ka pā'ani 'ana e 'ike i nā mea pō'ino. E iho 'oe a noho ma ka papahale no ka 'ike 'ana i ia wahi mai ko lākou mau maka mai. E ho'one'e a i 'ole e ālai i nā mea 'ino i 'eha 'ole nā keiki. E nānā pono i nā keiki āu e mālama ana i nā manawa a pau iā lākou ma loko a i 'ole ma kahi o ka wai. Hiki i nā keiki ke piholo i loko o kekahi mau 'īniha wai wale nō.

'O ka mea nui ho'i, 'o ka nānā pono 'ana ka mea helu 'ekahi. He pōkole wale nō ka manawa e 'eha ai lākou. 'O ka palekane a me ka nānā pono nā mea maika'i loa no ka mālama pono 'ana i nā keiki.

HO'OMĀKAUKAU PONO NO NĀ KEIKI

NĀ HANA E HO'OMĀKAUKAU PONO KAHI O NĀ KEIKI

No Ke Aha Ia He Mea Nui?

- Hō'emi 'ia ka manawa e 'eha nui loa ai ke keiki ma ka ho'ohana 'ana i nā mea no nā keiki i 'āpono 'ia a me ka mālama 'ana i nā hana palekana 'ē a'e.

Ka'inahana:

1. E nānā pono i kahi o nā keiki no ka 'ike 'ana i nā mea pō 'ino. E iho 'oe i like kou ki'eki'e me ke ki'eki'e o ke keiki a kolo aku i nā lumi a pau a ma loko o nā lumi a pau. E nīnau 'oe iā 'oe iho inā hoihoi kekahi mea i ke keiki a hiki i ke keiki ke ki'i (he 40 'īniha kēia kōwā ma waena o ka papahale a me ke ea).
2. E ho'ohemo a i 'ole e ho'opa'a i nā mea e hō'eha i ke keiki. E lāka 'ia nā pū, nā mea kaua (nā pahī, nā pua no ka pana 'ana a pēlā aku) a me nā lako kaua ma kekahi wahi 'oko'a.
3. E maka'ala i ka pono o ka puka i pa'a lākou a 'a'ohē mea o mua i hiki ke pakele koke.
4. E ho'okomo i nā mea palekana ma nā lako hale, nā mīkini home a me nā pono hale i 'eha 'ole ke keiki. Eia ho'i he mau la'ana:
 - **NĀ LAKA A ME NĀ KĪ LĀ'AU PALEKANA** no nā pahu waihona a me nā pahu'ume o ka lumi kuke, nā lua a me nā wahi 'ē a'e. E 'imi i kēia mau kī lā'au a me nā lāka i hiki i nā mākuā ke ho'okomo a ho'ohana, a laila, lawa ka ikaika no ka huki 'anao ke keiki i kēia mau mea.
 - **NĀ 'ĪPUKA PALEKANA** no ke alapi'i a me nā lumi mākaukau 'ole no nā keiki. E 'imi i nā 'īpuka palekana i hiki 'ole ke huki 'ia, akā, hiki i nā mākuā ke wehe a pani me ka ma'alahi.
 - **NĀ PO'I NO KA PŌHEO PUKA A ME NĀ LĀKA** no nā puka. E nānā inā ikaika ka lāka a hiki i ka puke ke wehe koke 'ia e kekahi makua inā loa'a ka pō pilikia.
 - **HO'OPA'A WAI WELA** no nā piula wai. E ho'onoho i ka pahu wai wela ma ka wela he 120° palanaheika i 'ā 'ole ke keiki i ka wai wela.



HO'OMĀKAUKAU PONO NO NĀ KEIKI

NĀ HANA E HO'OMĀKAUKAU PONO KAHI O NĀ KEIKI

ho'omau 'ia mai ka 'ao'ao ma mua mai

- **NĀ KĀHEA UAHĪ A ME KE KARABONA MONOKESASIDE** ma nā papahēle a pau a me nā lumi a pai o kahi o ke keiki. E nānā i ka maika'i o ka iho he ho'okahi manawa o ka makahiki ma ka li'ili'i.
 - **NĀ PALE PUKA ANIANI A ME NĀ 'UPENA PALEKANA** ama nā pukaaniāni, nā lānai, nā papahēle a me nā paena. E wehe 'ia nā pukaaniāni he 'ehā 'īniha wale nō a i 'ole ma lalo o kēlā a pēlā pū no ke kōwā ma waena o nā pou pale o nā puka aniāni.
 - **NĀ KIHI A ME NĀ PALE LAKO HALE** ma luna o nā lako hale. E ho'ohana 'ia nā mea pale ma luna o nā noho, hiki'e, pākaukau a pēlā aku.
 - **NĀ PO'I NO NĀ KUMU HO'OPUKA UILA** ma luna o nā kumu ho'opuka uila. E nānā pono i hiki 'ole i nā keiki ke ho'ohemo a lawa ka nui i laoa 'ole nā keiki.
 - **NĀ PALE PUKA ANIANI KAULA 'OLE** no nā pukaaniāni (a i 'ole nā kaula i waiho 'ia ma kahi 'ē).
 - **NĀ MEA HO'OPA'A LAKO HALE** no nā mea pono hale a me nā mīkini lumi kuke (e la'a me nā kiwī, nā kū, nā hakakau puke, nā pahu lolo, nā pākaukau hana a me nā kapuahi) i mea e pa'a pono ai lākou i ka papahēle a i 'ole ka paia.
 - **NĀ PALE E PUNI ANA I NĀ KI'OWAI A ME NĀ WAHI WAI 'Ē A'E** He ho'onohonoho 'ia kekahi 'ano pale a puni ke ki'owai a i 'ole kahi wai 'ē a'e, me kekahi pā he 'ehā kapua'i i hiki ke ho'opa'a a lāka 'ia.
5. E nānā i kahi o nā keiki i kēlā me kēia lā no ka 'ike 'ana i ka pono o nā mea palekana a/a i 'ole e ho'oponopono 'ia a i 'ole pono ka ho'okomo 'ana i kekahi mea hou i 'eha 'ole ke keiki i ko lākou nui 'ana a'e.

HAR §17-891.1-31, §17-891.1-32, §17-891.1-36, §17-892.1-32, §17-892.1-33, §17-895-34 (1), §17-895-32, §17-895-35, §17-896-30, §17-896-31

HO'OMĀKAUKAU PONO NO NĀ KEIKI

NO KE KAOHI 'ANA I KA LĀ'AU MAKE

No Ke Aha Ia He Mea Nui?

- 'O kā mea maika'i e hō'emi 'ia ai ka ulia me ka lā'au make no nā keiki, 'o ia ka maopopo pono 'ana i ka palekana no ka lā'au make a me ka nānā pono 'ana i nā keiki.

Ka'inahana:**1. E MAKA'ALA:**

- E waiho 'ia nā kemikala ho'oma'ema'e hale a me nā lā'au lapa'au i kahi e 'ike 'ole ai nā keiki, i loko o kekahi pahu waihona i hiki ke laka 'ia a i 'ole loa'a kekahi 'ano mea ho'opa'a i hiki 'ole i nā keiki ke wehe.
- E waiho 'ia nā lā'au lapa'au a me nā kemikala ho'oma'ema'e hale ma loko o ko lākou mau ipu kumu.
- E noi a ho'ohana i nā kemikala ho'oma'ema'e hale a me nā lā'au lapa'au ma ko lākou mau ipu/eke i hiki 'ole i ke keiki ke wehe.
- E koho i kekahi wahi 'oko'a no ka mālama 'ana i nā kemikala ho'oma'ema'e hale ma kahi o kahi like e mālama 'ia ai nā lā'au lapa'au a me nā mea 'ai.
- 'A'ole paha e inu i nā huaale/lā'au lapa'au i mua o nā keiki, no ka mea, he mea ma'a mau ka hana like o nā keiki me ka hana o ka makua.
- E ho'opuka i ka inoa maoli o nā lā'au lapa'au. 'A'ohe ia he "kanakē."
- E heluhelu 'oe i ka lēpili ma mua o ka ho'ohana 'ana i kēlā mea.

**2. E ho'ohana i ka papahelu no ka ho'omākaukau pono 'ana i kou hale mālama keiki (e nānā i ka pāku'ina E) no ka māka'i 'ana i kēlā me kēia lumi no nā mea e ho'oma'i i nā keiki.**

- E iho 'oe i like kou ki'eki'e me ko ke keiki a 'imi pono i mea e hala 'ole ai kekahi mea ho'oma'i iā o.

3. Iā 'oe e māka'i ana i kēlā me kēia lumi, e māka i nā papa helu ma kēia ka'inahana.

- Inā pane 'oe " 'a'ole" i kekahi o kēia mau mea ma ka papahelu, e hahai i ka hana no ka ho'oponopono 'ana i palekana kēlā wahi no nā keiki.

4. E ho'ohana 'oe i kēia papahelu no ka 'ike 'ana inā he lā'au make nō paha kekahi mea i hiki i nā keiki ke ho'opā.**5. Inā mana'o 'oe loa'a kekahi ulia lā'au make, e kelepona koke i ka Poison Help Hotline at 1-800-222-1222 a i 'ole e kelepona i ka helu 911. E mālama pono i kēia mau helu ma kahi koke i kāu kelepona.**

HAR §17-891.1-32 (6), §17-891.1-23, §17-891.1-29, §17-891.1-36, §17-892.1-33, §17-892.1-23, §17-892.1-30, §17-892.1-32, §17-895-32 (b), §17-895-23, §17-895-35 (9)(10), §17-896-22, §17-896-30, §17-896-31

HO'OMĀKAUKAU PONO NO NĀ KEIKI

PALEKANA WAI

No Ke Aha Ia He Mea Nui?

- Hiki i nā keiki li'ili'i ke piholo i loko o nā 'īniha wai he li'ili'i wale nō a i loko nō ho'i o ko lākou komo 'ana i kekahi 'ano papa a'o i ka 'au'au.

Ka'inahana:

1. 'A'ole loa e waiho ho'okahi 'ia ke keiki ma loko a i 'ole ma kahi o ka wai.

2. E maka'ala i ka wai e pilikia ai nā keiki:

- E waiho 'ia ke kapu 'au'au, ka pahu kula a me nā pākini ma kahi 'ē no nā keiki a e ninini 'ia ka wai o loko o ia mau mea i waho.
- E ho'opa'a pono 'ia ka po'i o ka lua a e ho'ohana 'ia nā lāka.
- E ho'omalū 'ia kahi o nā ki'owai a me nā mea wai 'ē a'e. E ho'onoho i nā pale a puni ke ki'owai a i 'ole mea pā'ani wai me ka pā he 4 kapua'i me ka puka komo i hiki ke lāka 'ia.

3. Inā aia ke keiki ma loko a i 'ole ma kahi o ka wae, e hahai 'oe i kēia mau lula no ka palekana:

- Maika'i ka maopopo 'ana o ka CPR i nā mea mālama keiki a maika'i ka loa'a 'ana o ke kelepono ma kahi koke i ke ki'owai a i 'ole nā mea pā'ani wai i nā manawa a pau.
- E paipai a hahai 'ia nā lula e la'a me ka holo 'ole 'ana.
- No nā keiki a pau e 'au'au ana, i loko nō kekahi ki'owai keiki li'ili'i, pono ke keiki e 'au'au ma kahi kokoke loa i ka mea mālama keiki, he lima wale nō ka lō'ihi o kahi e 'au'au ai ke keiki mai ka mea mālama keiki mai. Pono ka 'au'au 'ana ma ia wahi kokoke aku nō i ka mea mālama keiki i nā manawa a pau.
- Inā komo 'ia kēlā 'ano lakeke lana wai, e nānā pono i ka maika'i o ke komo 'ana ma ke kino (e la'a me ka hemo 'ole 'ana o ia lakeke ma hope o kona ho'opa'a 'ia 'ana ma ke kino). No nā keiki ma lalo o 5 makahiki, pono ka 'ā'ikala lana wai ma luna o ia lakeke i mea e pa'a pono ai ke po'o i luna a piholo 'ole i lalo iā lākou e 'au'au ana.
- E nānā i nā puka ho'okahe wai i 'ike 'oe, pa'a pono nō lākou me ka 'ole o nā māwae a ho'ohana 'ia nā mea e la'a me ke po'i o ia mau puka ho'okahe wai a loa'a kēlā 'ano 'ōnaehana wākiuma-ho'oku'u.
- Pono ke kia'i ola hō'oi'a'i'o 'ia no:
 - Nā hana ma nā kahakai a i 'ole nā ki'owai
 - No ka helekū 'ana ma nā ki'owai he 24 'īniha wale nō a i 'ole ma kahi hohonu loa.



HAR §17-891.1-37, §17-892.1-39, §17-895-40, §17-896-36

PALEKANA

Palekana Mea Pā'ani A Me Ke Kahua Pā'ani

He mea pono ka pā'ani 'ana no ka ulu pono 'ana o ke keiki. Pono nā wā he nui loa no ka pā'ani 'ana me nā mea pā'ani maika'i a palekana no ka ho'onui 'ana i ko lākou 'ike. Maika'i nā mea pā'ani no nā mahele like 'ole o ke ola o ke keiki, akā, 'a'ole palekana kēia mau mea pā'ani i nā manawa a pau.

Hō'ike 'ia ka 'ikepili no ka palekana ma ke 'eke o ka mea pā'ani, pono ka maka'ala hou aku ma luna a'e o ka 'ōlelo o ka 'ikepili. Ma ke 'ano he mea mālama keiki, 'o kāu koho maiāu ka mea helu 'ekahi ma ka mālama 'ana i ke keiki. E koho pono 'oe i ka mea pā'ani no loko a no waho o ka hale i kūpono no ka makahiki o ke keiki a me ka ulu 'ana ma nā pae like 'ole o ke keiki. 'O ka ho'ohana pono a me ka nānā pono nā mea kōkua nui ma ka ho'omalū 'ana i ke keiki iā lākou e pā'ani ana i 'eha 'ole lākou. 'O ka 'ike kūpono ma ke koho 'ana i ka mea pā'ani, ka mālama pono 'ana a me ka nānā pono 'ana nā mea nui loa i hau'oli a palekana ke keiki iā lākou e pā'ai ana.

PALEKANA MEA PĀ'ANI O WAHO A ME LOKO

PALEKANA MEA PĀ'ANI

No Ke Aha Ia He Mea Nui?

- E koho pono i ka mea pā'ani, e mālama pono a e nānā pono. 'O ia nā alahahele maika'i loa no ka ho'omalua 'ana i nā keiki mai ka 'eha nui mai.

Ka'inahana:**1. Ma ke kū'ai 'ana mai i nā mea pā'ani:**

- E koho i nā mea pā'ani me ka no'ono'o pono. E no'ono'o 'oe i ka makahiki, ka hoihoi a me ka mā kaukau no kēlā mea pā'ani.
- E 'imi no ka maika'i o kona lau a me ka pa'a o kēia mea pā'ani no nā makahiki a pau.
- E maopopo nā 'ōkuhi a me nā mea e maka'ala ai iā 'oe a ke hiki aku ke keiki i ka pae kūpono, e maopopo kēia mau mea i ke keiki.
- E heluhelu 'oe i ka lēpili. E 'imi a pa'a pono i nā mea paipai 'ia e la'a me kekahi 'ano 'ōlelo "A'ole maika'i no nā keiki ma lalo o 'ekolu makahiki." E 'imi i nā lēpili no ka palekana e la'a me "Hiki ke 'ā koke" ma ka 'āpana a "Hiki ke holo 'ia" ma ka mea pā'ani palupalu ki'i pēpē.
- **E kiola i nā 'eke ea a i 'ole ka pepa 'ōwiliwili ma luna o ka mea pā'ani ma hope o ka wehe 'ana.**

**2. Ma ka mālama 'ana i nā mea pā'ani:**

- E nānā hou i nā mea pā'ani a pau no ka 'ike 'ana i kekahi pilikia. Inā poloke ka mea pā'ani, e ho'oponopono 'ia a i 'ole e kiola 'ia.
- E ho'ōne i nā wahi 'o'oi ma nā mea pā'ani lā'au i hiki ke 'ō a i 'ole loa'a nā māmala.
- E nānā pinepine i nā mea pā'ani ma ke kahua pā'ani no ka nāwaliwali a me ke kūkauhao i hiki ke ho'oma'i.
- E a'o aku i ke keiki no kona ha'i 'ana iā 'oe e pili ana i kekahi mea pā'ani poloke.
- E ha'i i ke keiki, 'a'ole hiki iā 'oe ke pā'ani me nā mea pā'ani poloke.
- E kiola 'ia nā mea pā'ani poloke i ho'ohana hou 'ole 'ia.

PALEKANA MEA PĀ'ANI O WAHO A ME LOKO

PALEKANA MEA PĀ'ANI

ho'omau 'ia mai ka 'ao'ao ma mua mai

3. No ka mālama 'ana i nā mea pā'ani ma ka waihona:

- *E a'o aku i nā keiki e ho'okomo i nā mea pā'ani ma ka hakakau a i 'ole ka pahu mea pā'ani ma hope o ka pā'ani i palihuli 'ole ke keiki.*
- *E nānā i nā pahu mea pā'ani no nā hi'ohi'ona palekana. E ho'ohana i kekahi pahu mea pā'ani i loa'a ke po'i a 'a'ole hā'ule ia po'i ma luna o ke keiki. Maika'i loa inā loa'a nā puka ma ka pahu mea pā'ani no ke ea.*
- *E ho'oma'ema'e a kīkī wai kopa ma luna o nā mea pā'ani ma mua o ka ho'okomo 'ana ma ka waihona (e nānā i ka puke noi'i 'o Cleaning, Sanitizing, and Disinfecting no ka 'ike hou aku).*
- *E nānā pinepine i nā mea pā'ani i ho'ohana 'ia a waiho 'ia ma waho. Hiki i ka ua ke hana i ke kūkaehao a i 'ole pilikia nui, a laila, hiki ke 'eha ke keiki.*



4. 'O ka nānā pono a me ka mālama pono i ke keiki ma ka wā pā'ani ka mea nui no ka ho'omalua 'ana iā ia i loa'a 'ole ka ulia pō pilika:

- *Ma ka nānā pono 'ana i nā keiki me nā mea pā'ani, hiki iā 'oe ke kōkua inā pono i 'eha 'ole ke keiki.*
- *E kōkua i ke keiki ma ka ho'ohana pono 'ana i nā mea pā'ani ma o ka maka'ala 'ana i nā mea pā'ani a nā keiki e hoihoi nui ai i ka pā'ani pū 'ana i hiki iā 'oe ke kākō'o a loiloi i ka pono o ia mea pā'ani.*

HAR §17-891.1-32 (10), §17-891.1-15, §17-892.1, §17-892.1-33 (8), §17-892.1-15, §17-895-14 (d), §17-895-35 (8), §17-896-31 (7), §17-896-15

PALEKANA MEA PĀ'ANI O WAHO A ME LOKO

PALEKANA KAHUA PĀ'ANI

No Ke Aha Ia He Mea Nui?

- 'O ka māka'i 'ana i nā mea pā'ani me ke kahua pā'ani kekahi mea nui i pa'a 'o ia a holo pono 'o ia i 'eha 'ole ke keiki.

Ka'inahana:

1. E nānā pono i nā keiki ma ka pā'ani 'ana ma luna o nā mea pā'au i palekana 'o ia a kūpono kēlā mea no kona mau makahiki.
2. E nānā inā loa'a ka pale kūpono ma luna a ma kahi o ka mea pā'ani ma ke kahua pā'ani.
 - *Maika'i loa ke okaoka, ka one a i 'ole kekahi moena laho lio no ka palahuli 'ana. He 12 'īniha ka momona o kēia 'ano moena a he 6 'īniha kona loloe a puni ka mea pā'ani.*
3. E hana 'oe i ka 'imi palekana ma mua o ka ho'ohana 'ana i nā mea pā'ani o waho, 'o ia ho'i ka nānā pono 'ana i nā mea pā'ani me ke kahua pā'ani i palekana lākou a pau ma mua o ka pā'ani 'ana o nā keiki ma luna o ia mau mea.



- **NO KA LELE KOALI** e ho'onoho 'ia ma kahi mamao no nā mea pā'ani 'ē a'e i 'eha 'ole nā keiki ke ho'ohana 'ia. He 'elua wale nō lele koalu ko loko o kekahi haka kaula'i e kākō'o ana iā lāua a he 24 'īniha ke kōwā ma waena o lāua. 'O ka noho i like me kekahi 'ano pākeke ka noho maika'i loa no nā keiki li'ili'i.
- **NO KA PAHE'E** e ho'opa'a pono 'ia e nā mea heleuma a loa'a nā lima kākō'o pa'a a me nā alapi'i me nā one no ka pa'a pono 'ana o nā wāwae. 'A'ohe kōwā ma waena o ka pahe'e a me ke kahua o mua o ka pahe'e. He pono kekahi 'ano lā'au ma luna o ka pahe'e i mea e noho ai ke keiki ma kahi o ke kū 'ana i kona iho 'ana ma ia pahe'e.
- **NO KA PAPA HULEI** 'o ka papa hulei i loa'a nā pilina pa'a 'ē ka mea maika'i no nā keiki li'ili'i. 'O ka papa hulei ma'a mau, loa'a kekahi 'ano kaia a i 'ole kekahi mea ma lalo o ka noho i ku'i 'ole 'ia ka 'āina.

PALEKANA MEA PĀ'ANI O WAHO A ME LOKO

PALEKANA KAHUA PĀ'ANI

ho'omau 'ia mai ka 'ao'ao ma mua mai

- **NO KA MEA PĀ'ANI E HOLO A PUNI** pono ka lā'au kāko'o no nā lima a e hō'iliwai pono 'ia ke kahua me ka 'ole nā mea 'oi'oi. He pono nō ho'i ke kōwā kūpono ma waena o ka papahēle a me ke kahua.
 - **NO KA MEA PĀ'ANI I HIKI KE PĪ'I** 'a'ole e nui ana kona ki'eki'e he 32 'īniha no nā keiki li'ili'i. No ke alapi'i, 'a'ole e nui ana kona ki'eki'e he 60 'īniha no nā keiki nona nā makahiki 4 – 5. E nānā i ka pono o nā 'anu'u a me nā lā'au kāko'o
 - lima a e nānā inā puni kekahi paia, kekahi mau lā'au kūpale a i 'ole kekahi 'ano pale i kēia mea pā'ani i hiki ke pī'i ma kahi e pī'i ai nā keiki.
4. E nānā i nā 'o'oi a pō 'ino e la'a me ka lou “S” a i 'ole nā kui e 'ō ana. Inā 'a'ole palekana kēlā mea pā'ani o ke kahua pā'ani, 'a'ole e pā'ani nā keiki ma luna ona a ho'oponopono 'ia.
- E ho'oponopono 'ia a i 'ole e ha'i aku no ka pono 'ole i ke kanaka/ka hui nāna e mālama i kēlā mea pā'ani o ke kahua pā'ani.
5. E ho'okomo i ke keiki me ka lōle kūpono no ka pā'ani 'ana i waho. E ho'ohemo i nā papale i pa'a i ka lōle a i 'ole nā kaula ma ka lōle, no ka mea, hiki ke pa'a ma loko o ka mea pā'ani. E maka'ala i ka lō'ihi o ko lākou pā'ani 'ana ma lalo o ka lā.

HAR §17-891.1-15 (e), §17-891.1-32 (2), §17-892.1-15 (e), §17-892.1-33 (2), §17-895-14 (e), §17-895-35 (2), §17-896-31 (2)

PALEKANA

Hana 'Ino A Mālama 'Ole O Ke Keiki

Pono nā keiki li'ili'i e 'ike i ko lākou ho'omalū 'ia 'ana i 'eha 'ole i mea e ulu a a'o pono ai lākou. Nui ko lākou ulu pono 'ana ke loa'a nā mākuā e mālama pono iā lākou me nā 'ōlelo paipai, 'olu'olu a ho'omaika'i i ho'okō 'ia ko lākou na'au. Inā hana 'ino 'ia ke keiki ma ka hili 'ana, ka hana kolohe 'ana, ka 'ōlelo 'ino 'ana, 'a'ole maika'i ko lākou 'ano a pilikia nui lākou no ko lākou ola holo'oko'a.

No ka hana 'ino nui e la'a me ka ho'olulululi keiki, hiki ke pilikia ka waihona lōlō a i 'ole hiki ke make. 'O ka hopena o nā 'ano hana 'ino like 'ole, 'a'ole maika'i ke kino a me ke 'ano o ke keiki. Nui ke ko'ikoi o ke keiki ke hana 'ino mau 'ia a he mea ia e ho'opilikia ai i ka 'ōnaehana kūpalehia a ho'opokole 'ia ka ulu 'ana o ka waihona lōlō. A no ia mea keiki i hana 'ino 'ia, nui hou aku nā pilikia hiki aku i ka pae 'ōpio a me ka pae makua. 'O ka inu lama 'ana, ke kaumaha nui, ka hana 'ana i ka lā'au 'ino, ka 'ai hewa 'ana, ka momona, ke kolohe nui 'ana, ka puhi paka 'ana, ka makemake e make a me nā ma'i 'ē a'e.

'O ka ho'omalū 'ana i ke keiki i hana 'ino 'ole 'ia, 'o ia ke kuleana o kākou a pau. Hiki i nā keiki a pau ke hana 'ino 'ia ma nā makahiki like 'ole. 'A'ole e noi'i 'ia e ka mea mālama keiki i kēia mau mea, he mea nui kou 'ike 'ana i nā hō'ailona no ka hana 'ino a he kuleana kou no ka ha'i 'ana i ka Department of Human Services no ka hahai 'ana i ke kānāwai Hawai'i Revised Statutes §350-1.1 inā mana'o 'oe, ke hana 'ino 'ia nei ke keiki.

HANA'INO A MĀLAMA PONO 'OLE O NĀ KEIKI

HŌ'IKE MAHU'I HANA 'INO A I 'OLE MĀLAMA 'OLE KEIKI

No Ke Aha Ia He Mea Nui?

- He pono ka ha'i 'ana inā mana'o 'ia ua hana'ino 'ia ke keiki ma ka hahai 'ana i ke kōnā wai Hawai'i Revised Statutes §350-1.1.
- He kōkua nui ka 'ike 'ana i nā hō'ailona a me nā 'ōuli o ka hana 'ino 'ana a me ka ha'i 'ana i maika'i ke olakino o ke keiki a i mālama pono 'ia 'o ia.

Ka'inahana:

1. Inā 'ike 'oe i kekahi 'ano hana 'ino, hana 'ino kolohe a i 'ole hana 'ino 'ōlelo a i 'ole 'a'ole mālama pono 'ia a i 'ole ha'i ke keiki iā 'oe no kona hana 'ino 'ia 'ana, e kākau 'oe i nā 'ike a pau i palapala 'ia kāu i lohe a 'ike ai; e kākau pū i ka lā a me ka hola (No ka 'ike hou aku e pili ana i nā hō'ailona a me nā 'ōuli o kekahi keiki āu e mana'o ai ua hana'ino 'ia a i 'ole mālama pono 'ole 'ia, e nānā i ka helupapa puke noi'i 'o Understanding Child Maltreatment na ka Centers for Disease Control and Prevention a me ka National Center for Injury Prevention and Control).
2. Inā mana'o 'oe ua hana 'ino 'ia kekahi keiki a i 'ole 'a'ole 'o ia e mālama pono 'ia nei, e ha'i pololei aku 'oe i ke ke'ena. No ka hana 'ana i wahi palapala ha'i pilikia, e kelepona i ka State of Hawai'i Department of Human Services:
 - no O'ahu: 832-5300 (available 24 hours)
 - no nā mokupuni 'ē a'e: 1-800-494-3991 (toll free and available 24 hours).
3. Inā he pō pilikia a i 'ole he pu'u make, e kelepona iā 911.

HAR §17-891.1-13 (3)(E), §17.892.1-13 (4)(E), §17-895-12 (2)(F), §17-896-13 (2)(E)

HANA'INO A MĀLAMA PONO 'OLE O NĀ KEIKI

HŌ'OLE MA'I HO'OLULILULI KEIKI

No Ke Aha Ia He Mea Nui?

- He hana 'ino ka ho'oluliluli keiki, 'o ia ka Shaken Baby Syndrome (SBS) a hiki ke pakele i kēia 'ano hana 'ino ma ka maopopo 'ana o ke kumu o ka SBS, ka hana no ka pakele 'ana a me ka hopena o ka ho'oluliluli keiki 'ana.
- Uē nā pēpē a pau no ho'okahi — 'elua hola o ka lā, akā, li'ili'i mai no kekahi mau pē pē a nui hou aku no kekahi mau pēpē. Uē lākou no ho'okahi kumu: he 'ōlelo kēia no ka ha'i 'ana i ko lākou makemake (e la'a me ka pōloli, ka makemake hiamoe a me ka makemake kuapo kiapa).

Ka'inahana:

1. Ke uē ka pēpē, e nānā mua 'ia nā mea ma'a mau no kona olakino; e nānā inā pōloli a i 'ole lepo kona kiapa.
2. E 'imi i kekahi 'ano 'eha e pono ai ke kōkua.
3. E ho'ā'o 'oe i nā mea like 'ole e hō'olu'olu i ka pēpē:
 - E kāhulihuli a i 'ole hāpai i ka pēpē me ka hele nō ho'i
 - Ka hō'au'au me ka wai mehana
 - E hā'awi aku i ka mea pā'ani i lilo kona no'ono'o i kahi 'ē
 - E hele 'olua o ka pēpē ma ke ka'a holo pēpē a i 'ole kekahi ka'a
 - E hīmeni a i 'ole e 'ōlelo i ka pēpē
 - E hā'awi i ka mea omo
 - E pa'ipa'i a i 'ole e hamohamo i ke kua o ka pēpē



HANA'INO A MĀLAMA PONO 'OLE O NĀ KEIKI

HŌ'OLE MA'I HO'OLULILULI KEIKI

ho'omau 'ia mai ka 'ao'ao ma mua mai

Inā 'a'ole hō'olu'olu 'ia ka pēpē e kekahi o kēia mau mea, e nui ana nō paha kou ukiuki a i 'ole kou huhū, akā, 'a'ole pōina, 'a'ole loa e ho'oluliluli 'ia kekahi pēpē.

- *E ho'omoe i ka pēpē ma kona kua ma loko o kekahi wahi palekana e la'a me ka moe kamali'i.*
- *E ho'omaha 'oe — ua hana 'ē 'oe i nā mea a pau i hiki ma ka hō'olu'olu 'ana i ko ka pēpē pono.*
- *E nānā 'ia ke keiki i kēlā me kēia minuke 10-15.*
- *E ho'omaopopo, 'a'ole pilikia inā uē ka pēpē — he mea ma'a mau a 'a'ole ia he mea e hō'eha iā lākou.*
- *Inā mau nō kou ukiuki a i 'ole huhū, e noi i ke kōkua! E kelepona i ka makua, ka hoaaloha a i 'ole kekahi lālā o ka 'ohana a noi i ke kōkua ma ka mālama 'ana i ke keiki i hiki iā 'oe ke ho'omaha.*
- *E kama'ilio me ka makua no ka 'ike 'ana inā 'o kēia ke 'ano o ke keiki. Inā pēlā nō, e paipai i ka 'ohana e kama'ilio me ka mea akamai olakino/kauka no ka 'ike 'ana i ke kumu no kona uē nui 'ana.*



HAR §17-891.1-13 (3)(E), §17-895-12 (2)(F)

PALEKANA

Hiamoe Pono

Nui ho'i kau ka wā hiamoe no nā pēpē a me nā keiki li'i'li'i. He mea nui ia no ko lākou ulu 'ana a me ke o'o 'ana. A he mea nui loa ka maopopo 'ana o ka hana no ka hiamoe pono a he mea nui ho'u kau kēia no nā mea mālama i nā pēpē.

Hiki ke loa'a ka ma'i SIDS ke hiamoe 'ē ke keiki (e la'a me ka moe 'ana ma ka 'opū a i 'ole kona 'ao'ao), a no laila, nui hou aku ka manawa e pilikia ai ka pēpē ke hiamoe 'ē 'o ia. Ho'ēmi 'ia ka SIDS inā ho'omoe 'ia ka pēpē ma kona kua..

Hiki ke ho'omau 'ia neia kāko'o 'ana i ka hiamoe pono ma o ka lawe 'ana aku i nā uluna, nā mea pā'ani palupalu, nā kapa moe palupalu, nā uluna palupalu e puni ana kahi e moe ai i kahi 'ē. He kōkua nui nō ho'i ka hō'ole 'ana i ka puhi paha ma kahi o nā keiki e noho ana a me ke ka'a a lākou e kau ana. He kōkua nui ka ho'omoe 'ana i ka pēpē i ka pelamoe pēpē a i 'ole kekahi kāhua pā'ani i 'āpono 'ia. He kōkua ka ho'omo'e ho'okahi 'ana i nā pēpē i moe pū 'ole lākou. He mau hana kēia no ke kāko'o 'ana i ka hiamoe pono ma nā wahi kūpono no nā pēpē a hō'emi 'ia ka manawa e pilikia 'ole ai lākou ma ka 'umi 'ole 'ana a me ke kā'awe'awe.

PALEKANA HIAMOE

HANA NO KA HIAMOE PONO

No Ke Aha Ia He Mea Nui?

- Hiki i ka pēpē ke make inā moe pono 'ole kona kino.
- He mea nui nā hana li'ili'i ma ka hō'emi 'ana i nā mawana o ka Sudden Infant Death Syndrome (SIDS) a i 'ole nā mea ho'omake pili i ka hiamoe 'ana.

Ka'inahana:

1. E ho'omoe 'ia ka pēpē (ma lalo o 12 mahina) ma luna o kona kua—no ka hiamoe 'ana ma ka lā a me ka pō. 'O ka hiamoe 'ana ma ke kua ka mea maika'i loa i palekana ka pēpē
 - *'A'ole nō paha e make ana nā pēpē e hiamoe ma ko lākou kua i ka SIDS ma mua o nā keiki e hiamoe ma ka 'ōpū a i 'ole kona 'ao'ao.*
 - *He mea nui kēlā mea kēia wā hiamoe. Ma'a nā pēpē i ka hiamoe 'ana ma ke kua, akā, ke ho'ohuli 'ia a moe ma ka 'ōpū, no kekahi hiamoe pōkole, hiki nō paha ke make i ka SIDS.*
2. E ho'omoe 'ia ka pēpē ma ka pelamoe 'ano pa'a e la'a me ka pelamoe o ka moe kamali'i. E uhi 'ia me ka uhi pela moe piliki'i ma loko o ka moe kamali'i i hō'oi'a'i'o 'ia no ka palekana i mea e li'ili'i ai ka make SIDS a me nā pilikia 'ē a'e i pili i ka hiamoe 'ana no nā pēpē.
 - *'O nā wahi pa'a no ka hiamoe 'ana, hiki nō i kekahi moe kamali'i i 'āpono 'ia kona palekana a me nā wahi pā'ani keiki li'ili'i (he 'ano kapu pā'ani no nā keiki li'ili'i a hiki ke lawe 'ia ma waho o ka hale).*
 - *'A'ole e ho'ohana 'ia ka noho keiki, ka lele koali a i 'ole kekahi mea like no ko ka pēpē wahi hiamoe i nā lā a pau.*
 - *'A'ole loa e ho'omoe 'ia ka pēpē ma kekahi wahi palupalu e la'a me ka noho, ka hiki'e, ka uluna a i 'ole nā kapa moe nui a palupalu.*
3. 'A'ole e waiho 'ia nā mea pā'ani palupalu a me ka uhi pelamoe piliki'i 'ole i waho o kahi e hiamoe ai ka pēpē. 'O ka uluna, ke kapa moe, ka uluna e puni ana ka moe kamali'i a me nā mea palupalu 'ē a'e nā mea e waiho 'ole 'ia ai ma kēlā wahi. 'A'ole e waiho 'ia nā mea hiki ka uhi i ka maka o ka pēpē.
4. 'A'ole e puhi paka iā 'oe e mālama ana i nā keiki. 'O'i aku ka manawa e make ai ke keiki e hanu i ka puhi paha a i 'ole e hiamoe ma kahi o ka puhi paha ma mua o nā keiki hanu ea maika'i.



PALEKANA HIAMOE

HANA NO KA HIAMOE PONO

ho'omau 'ia mai ka 'ao'ao ma mua mai

5. E ho'onoho 'ia ko ka pēpē wahi hiamoe ma kahi koke, akā, ma kekahi wahi 'oko'a mai nā keiki 'ē a'e ma ka wā hiamoe. Ho'okahi wale nō pēpē e moe ai ma ka moe kamali'i a i 'ole kahi pā'ani pēpē. 'A'ole e moe pū ka pēpē ma luna o kekahi pelamoe me nā mākua a i 'ole nā keiki 'ē a'e.
6. E hā'awi i ka pēpē i kekahi mea omo malo'o — i hiki 'ole ke ho'opili 'ia i kekahi kaula — no ka wā hiamoe ma ka lā a me ka pō i loa'a 'ole ka SIDS.
 - 'A'ole ha'akoi i ka pēpē i ka mea omo.
 - Inā hā'uile ka mea omo iā ia e hiamoe ai, 'a'ole pono kekahi mea hou.
7. 'A'ole e wela nui ka pēpē iā ia e hiamoe ana. Ke mehana nui loa, hiki paha ke make 'oko'a i kēia 'ano mehana/wela.
 - E ho'okomo i ka lole lahilahi ma ka pēpē (hiki nō ke komo he ho'okahi 'āpana loa keu ma luna a'e o ka mākua ma ka pēpē) a e waiho 'ia ka 'olu'olu o ka lumi i 'olu'olu i kekahi mākua. Hiki nō ke ho'okomo 'ana kēlā 'ano lole pēpē ho'okahi 'āpana wale nō no ka hiamoe 'ana. Inā 'ike 'oe i ka pē pē e hou ana a i 'ole e hanu wikiwiki ana, nui nō paha kona mehana/wela.
8. E maka'ala i nā mea me ka 'ōlelo e hō'emi 'ia ka make SIDS. 'A'ole paha i hō'oia'i'o 'ia no ka hana pono a me ka palekana.
9. E 'ike pono 'ia ka pēpē ma ka 'ikemaka 'ana a me ka lohe pepeiao 'ana, ma ka wā e ho'i ana i ka hiamoe, ma ka wā hiamoe a i 'ole ma ka wā e ala ai. Mai ho'ohana i kēlā 'ano pa'iwikiō no ka hō'emi 'ana i ka SIDS. E kama'ilio 'ia ka ho'ohana 'ia 'ana o nā pa'iwikiō no nā mea 'ē a'e me kekahi 'ano kanaka akamai olakino/kauka.
10. Maika'i ka moe 'ana ma ka 'ōpū — he wā kēia e ho'omoe ai 'oe i ka pēpē ma kona 'ōpū 'oia'i ka pēpē e ala ana a 'oia'i ka mea mālama keiki e nānā ana iā ia no ka maka'ala 'ana i kona hanu 'ana. He mea maika'i loa ka moe 'ana o ka pēpē he 'elua a i 'ole he 'ekolu manawa o kēlā me kēia lā no ka wā pōkole (3 – 5 mīnuka). Ke nui a'e ka pēpē a hō'ike aku 'o ia i kona hau'oli ma kona 'ōpū, hiki iā 'oe ke ho'olō'ihi i ka manawa no kēia 'ano moe 'ana. E maka'ala: 'A'ole loa e 'ae 'ia kona hiamoe 'ana ma kona 'ōpū.

He mea nui ka manawa moe 'ōpē, no ka mea, maika'i kēia 'ano mea:

 - 'A'ole e pālalahala ana ke po'o o ka pēpē
 - Ho'oikaika 'ia ka 'ā'i a me nā po'ohiwi i hiki i ka pēpē ke noho i luna, kolo a hele
 - Ho'oikaika i nā mākala no ka ne'e 'ana a me ka ho'opau 'ana i kekahi 'ano hana
11. E kuapo 'ia nā uhi pelamoe ma mua o ko kekahi keiki 'ē a'e moe 'ana ma luna. Inā ho'ohana 'ia nā hāli'i, e holoi 'ia ma waena o ko nā keiki ho'ohana 'ana.

HAR §17-891.1-15, §17-891.1-41, §17-891.1-42, §17-895-14, §17-895-45, §17-895-46

PALEKANA HIAMOE

PALEKANA MOE KAMALI'I

No Ke Aha Ia He Mea Nui?

- No nā moe kamali'i i 'āpono 'ole 'ia e ka pekelala, he mea ho'opilikia kēia no ka pēpē a me ke keiki li'ili'i. Inā 'a'ole ho'opa'a pono 'ia, nalowale kekahi mahele, pa'a pono 'ole kekahi mahele a i 'ole polohe kekahi mea, hiki ke ho'opa'a 'ia a i 'ole hiki ke 'umi 'ia ke hiamoe ka pēpē ma muli o kēia mau mea.

Ka'inahana:

1. E nānā mau i ka moe kamali'i i palekana 'o ia, me ka ho'omaopopo 'ana i kēia mau mea:

- *Piliki'i a pa'a pono ka pela moe i pa'a 'ole ka pēpē ma waena o ka pela moe a me ka moe kamali'i*
- *Loa'a nā mea hao a pau e pono ai ma ka moe kamali'i a i 'ole ke kākō'o o ka moe kamali'i*
- *'A'ohe māwae a i 'ole ka pena e hemo aku nei*
- *He 2-3/8 ka nui loa (he hapa kēia ke ākea o ke kini koloaka) ma waena o ka leka moe kamali'i*
- *He 'elua manamana lima ka nui i hiki ke komo ma waena o ka pela moe a me ka 'ao'ao o ka moe kamali'i ma kahi ha'aha'a loa i hiki ke iho ka moe kamali'i*
- *'A'ohe puka o nā leka a i 'ole 'a'ohe māwae*
- *'A'ohe pou kahi nona ke ki'eki'e he 1/16 'īniha i hiki ke ho'opa'a i ka lolo o ke pēpē*
- *'A'ohe puka ma ke kūmoe a me ka papawāwae i hiki ke pa'a ke po'o*
- *'A'ole e ho'ohana 'ia ka moe kamali'i nona nā 'ao'ao i hiki ke iho, akā, hiki nō inā ho'opa'a pono 'ia i iho 'ole 'o ia a hahai 'ia ka 'ōlelo a ka Consumer Product Safety Commission (CPSC)*

2. E nānā i ka paena pūnaewele Consumer Product Safety Commission (CPSC) no ka maopopo 'ana o nā kūlana hou loa e pono ai: www.cpsc.gov.



PALEKANA HIAMOE

PALEKANA MOE KAMALI'I

ho'omau 'ia mai ka 'ao'ao ma mua mai

3. I loa'a 'ole ka ulia:

- *E uhi 'ia ka pela moe o ka moe kamali'i me ka uhi pela piliki'i no ka moe kamali'i wale nō.*
- *'A'ole loa e ho'onoho i ka moe keiki ma kahi koke i ka pukaaniani me nā pākū pukaaniani a me nā kaula. Hiki i ka pēpē ke pa'a ma ia mau mea, a laila, 'umi 'ia nō paha.*
- *'A'ole e kau 'ia nā moe lele a me nā mea ho'olewa 'ia 'ē a'e ma ka moe keiki, no ka mea, hiki ke 'umi 'ia ke pēpē.*
- *E waiho 'ia ka moe kamali'i ma kona wahi ha'aha'a loa ma mua o ka noho 'ana o ka pēpē i luna 'o ia ho'okahi. E ho'onoho 'ia ka pela ma kona wahi ha'aha'a loa ma mua o ke kū 'ana o ka pēpē i luna.*
- *E ho'olewalewa 'ia nā mea pā'ani i kahi i luna loa e hiki 'ole ai i ka pēpē ke ho'opā.*
- *E kiola i nā mea pā'ani e lewalewa ana ke ho'omaka ka pēpē e ke ko'o lima ma kona mau manamana lima a me kona mau kuli (a i 'ole ke piha he 5 mahina i ke keiki). Hiki i kēia mau mea pā'ani lewalewa ke 'umi i ke keiki.*
- *Aia nō a ulu ka pēpē/keiki he 35 'īniha, pau ka ho'ohana 'ia 'ana o ka moe kamali'i a i 'ole ke nui a'e ka pēpē/keiki a hiki iā ia ke pi'i a ha'alele i ka moe kamali'i. Ma kēlā manawa, e ho'one'e 'ia ka pēpē/keiki i kekahi wahi hiamoe 'oko'a e la'a me ka pelamoe 'opi'opi a i 'ole ka hāli'i.*

HAR §17-891.1-41, §17-891.1-42, §17-895-45, §17-895-46

PALEKANA

Ka'inahana Pō Pilikia

Ma ke 'ano he mea mālama keiki, 'o ka mālama pono 'ana i nā keiki kou kuleana. I loko nō na'e o ka hana pono 'ana ma nā mea a pau, loa'a nō nā ulia pō pilikia e la'a me ka palahuli, ka 'eha, ke anilā a i 'ole kekahi mea 'ē a'e. Ma nā ulia pō pilikia, 'a'ole paha maopopo i nā keiki nā mea e hana 'ia ana a 'a'ole paha hiki iā lākou ke mālama iā lākou iho. Ma kēia mau hanana, maika'i loa kou mākaukau a me kou ho'olālā pono 'ana i hō'emi 'ia ka nui o kekahi 'ano ulia, a laila, hiki iā 'oe ke kōkua ma ke kaohi i ka maka'u a maka'ala i kahi a 'oukou e noho ana.

Maika'i loa ka hana 'ana, ka nānā hou 'ana a me ka ho'oma'ama'a 'ana i kēia mau ka'inahana ma mua o kekahi ulia pō pilikia. He kōkua nō ho'i ia ma ka 'ike 'ana i nā lako e pono ai, ke ka'inahana i palekana nā keiki a me nā mea mālama keiki a me ke ka'inahana nou no ka 'ōlelo 'ana i nā 'ohana o nā keiki āu e mālama ana. Ma ka 'ike pono 'ana i ka hana, hiki iā 'oe ke hana koke a hana pono, no ka mea, he mea kōkua nui kēia 'eleu iā 'oe ma nā pō pilikia.

KA'INAHANA PŌ'ULI

KA'INAHANA CPR

No Ke Aha Ia He Mea Nui?

- E ola nō paha ke keiki i kāu mau hana ma ka 'ike koke 'ana i ka 'eha a pilikia, a laila, e hana koke i ka CPR ma ke keiki.

Ka'inahana:**1. E nānā koke 'ia ka 'eha no kēia mau 'ano 'eha:**

- Ka maka 'eha
- Ka ha'i a me ka māui
- Ke kiki a me ka nahu
- Ka 'ā
- Ka 'ili 'eha a me ke kākī'o
- Ka ma'i 'oni'oni kino
- Ke po'o 'eha
- Ka lā'au make
- Ka mā'ule
- Ka iho kahe koko
- Ka niho 'eha/puka
- Ka piwā

2. E nānā i ke 'ano o ka 'eha ma ke keiki me ka wikiwiki.

- E ho'ohana i kou mākaukau a akamai ma ka CPR no ke ana a i 'ole ka mālama 'ana i ke keiki 'eha.
- E komo i nā miki lima e kiola 'ia inā loa'a ke koko. E nānā i ke Ka'inahana Komo Miki Lima.
- E ho'ohana i kāu Pahu Uliā Pō Pilikia no ke kōkua 'ana (e nānā i ka pāku'ina F no ka 'ike 'ana i nā mea e pono ai 'o loko o ka pahu ulia pō pilikia).

3. Iā 'oe e mālama ana i ke keiki 'eha, e nānā inā maika'i nā keiki 'ē a'e.

KA'INAHANA PŌ'ULI

KA'INAHANA CPR

ho'omau 'ia mai ka 'ao'ao ma mua mai

4. E kelepona i ka helu 911 inā pono kēia 'ano kōkua i ke keiki.
5. E ha'i i nā mākua e pili ana i ka 'eha o ke keiki a e ha'i iā lāua i kāu mau mea i hana ai no ka mālama pono 'ana i ke keiki.
6. E kelepona i kekahi mea mālama keiki inā pono ke kōkua ma ka mālama 'ana i nā keiki.

'IKEPILI NO KA HANA CPR I 'ĀPONO 'IA:

- <http://www.redcross.org/take-a-class>
- <http://www.heart.org/HEARTORG/>

HAR §17-891.1 (6), §17-891.1-21, §17-891.1-22 (i), §17-892.1-6 (9), §17-892.1-21, §17-892.1-22, §17-895-6 (12), §17-895-21 (a), §17-895-22

KA'INAHANA PŌ'ULI

HO'OMĀKAUKAU PŌ PILIKIA

No Ke Aha Ia He Mea Nui?

- 'Eha nui ka na'au i nā pō pilikia a me nā ulia pō pilikia. Hiki ke pilikia ka hale, a laila, 'a'ole ia he wahi maika'i no nā keiki ē e mālama ana. He kōkua kekahi 'ano hana i ho'opa'a 'ē 'ia i mea e kōkua 'ia ai 'oe ma ia mau ulia pō pilikia.

Ka'inahana:

1. E no'ono'o i kahi o kou hale mālama keiki a no'ono'o i nā ulia pō pilikia like 'ole e ho'opilikia i kou papahana (e la'a me ke kahinali'i, ka 'ōla'i, ka makani pāhili, ka wai hālana a me ka hili 'ino kanaka):
 - Ke ke'ena 'o Department of Emergency Management: <http://www.oahudem.org>
 - Ke ke'ena 'o Federal Emergency Management Agency: <http://www.fema.gov/>
 - Ka 'ike no ka Emergency Preparedness from the U.S. Department of Homeland Security: <http://www.ready.gov/>
 - Ke ke'ena 'o Hawai'i State Chapter of the American Red Cross: <http://www.redcross.org/>
2. E no'ono'o inā maika'i kou wahi mālama keiki no ka ulia weliweli a i 'ole ka ulia pō pilikia.
3. E hana i kekahi Nā Hana no ka Ulia Pō Pilikia nāna e 'ōlelo no nā ulia pō pilikia like nānā i ka pāku'ina G no ka 'ike 'ana i kekahi la'ana no ka Sample Emergency Preparedness Plan).
4. E hana 'ia kekahi Pahu Ulia Pō Pilikia no ke kāko'o 'ana (e nānā i ka pāku'ina H no ka 'ike 'ana i ka *Emergency Supply Tool Kit*). Ma nā wā like 'ole, e nānā 'oe i ia pahu no ka 'ike 'ana i ka maika'i o nā mea o loko.



KA'INAHANA PŌ'ULI

HO'OMĀKAUKAU PŌ PILIKIA

ho'omau 'ia mai ka 'ao'ao ma mua mai

5. E ha'i i nā 'ohana e pili ana i kāu hana i loko o kāu puke makua a i 'ole kekahi leka/pelaha. E hō'ōia inā loa'a kēia leka/pelaha i nā 'ohana a pau loa.
6. E mālama i wahi kope no Nā Hana no ka Ulia Pō Pilikia ma kāu faila no ka ho'i hou 'ana inā he pono a kau i kekahi kope ma kahi o ka hale mālama keiki i hiki i nā mākua ke 'ike a heluhelu me ka ma'alahi.
7. E ho'oma'ama'a i nā ka'inahana ulia pō pilikia he ho'okahi manawa o kēlā me kēia mahina me nā keiki āu e mālama ana i 'ike lākou i ka hana.



HAR §17-891.1-30, §17-892.1-31, §17-895-33, §17-896-29



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Appendices

Appendix A

SAMPLE DAILY HEALTH CHECKLIST

CHECKLIST FOR A HEAD TO TOE CHECK	NO	YES, COMMENTS
Shows a change in behavior or mood: less active, less energy, more sleepy, easily irritated		
Looks different from normal		
Complains of not feeling well		
Has itchy skin or scalp		
Is pulling at ear		
Has drainage from the eyes		
Has a runny nose		
Is coughing severely		
Has skin rash or discoloration		
Has drainage from an open sore		
Has unusually warm or flushed (red) skin		
Eating or drinking more or less than usual		
Is vomiting		
Has abnormal stools: white bowel movement, gray bowel movement, diarrhea, or unusual odor		
Is not urinating		
Is off balance or walks unevenly		

Adapted from North Carolina Child Care Health & Safety Resource Center

Appendix B

SAMPLE CONSENT FORM FOR THE ADMINISTRATION OF MEDICATION

I, (print name) _____, authorize _____
to give my child _____ the prescribed dose of medication as follows:

Name of Medication: _____ Dose: _____

At the following time(s): _____

On the following date(s): _____

Prescribed by Dr. _____

Further, I agree to hold harmless and indemnify _____ (name of care provider or center) _____ for any charges or damages not covered by insurance, arising out of mistakes in administering the medication.

Parent (signature): _____ Date: _____

Date of prescription: _____ Name of prescription: _____

Medication must be in its original container.

Long term medication must be renewed every 3 months.

Possible side effects if any: _____

Physician's Name: _____

Physician's Signature: _____ Date: _____

For Care Provider to Complete

Date prescription was filled (must be current): _____

Physician's directions for use: _____

Child's own name on label: _____

Record of Dispensation

DATE	DAY OF THE WEEK	AUTHORIZED STAFF'S SIGNATURE	TIME ADMINISTERED
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Appendix C

ROUTINE SCHEDULE FOR CLEANING, SANITIZING, AND DISINFECTING

AREAS	BEFORE EACH USE	AFTER EACH USE	DAILY (At the End of the Day)	WEEKLY	MONTHLY	COMMENTS
FOOD AREAS						
Food preparation surfaces	Clean, Sanitize	Clean, Sanitize				Use a sanitizer safe for food contact
Eating utensils & dishes		Clean, Sanitize				If washing the dishes and utensils by hand, use a sanitizer safe for food contact as the final step in the process; Use of an automated dishwasher will sanitize
Tables & highchair trays	Clean, Sanitize	Clean, Sanitize				
Countertops		Clean	Clean, Sanitize			Use a sanitizer safe for food contact
Food preparation appliances		Clean	Clean, Sanitize			
Mixed use tables	Clean, Sanitize					Before serving food
Refrigerator					Clean	
CHILD CARE AREAS						
Plastic mouthed toys		Clean	Clean, Sanitize			
Pacifiers		Clean	Clean, Sanitize			Reserve for use by only one child; Use dishwasher or boil for one minute
Hats			Clean			Clean after each use if head lice present
Door & cabinet handles			Clean, Disinfect			
Floors			Clean			Sweep or vacuum, then damp mop, (consider micro fiber damp mop to pick up most particles)
Machine washable cloth toys				Clean		Launder
Dress-up clothes				Clean		Launder
Play activity centers				Clean		
Drinking Fountains			Clean, Disinfect			
Computer keyboards		Clean, Sanitize				Use sanitizing wipes, do not use spray
Phone receivers			Clean			

continued on next page

Appendix C

ROUTINE SCHEDULE FOR CLEANING, SANITIZING, AND DISINFECTING

continued from previous page

AREAS	BEFORE EACH USE	AFTER EACH USE	DAILY (At the End of the Day)	WEEKLY	MONTHLY	COMMENTS
TOILET & DIAPERING AREAS						
Changing tables		Clean, Disinfect				Clean with detergent, rinse, disinfect
Potty chairs		Clean, Disinfect				
Hand washing sinks & faucets			Clean, Disinfect			
Countertops			Clean, Disinfect			
Toilets			Clean, Disinfect			
Diaper pails			Clean, Disinfect			
Floors			Clean, Disinfect			Damp mop with a floor cleaner/ disinfectant
SLEEPING AREAS						
Bed sheets & pillow cases				Clean		Clean before use by another child
Cribs, cots, & mats				Clean		Clean before use by another child
Blankets					Clean	

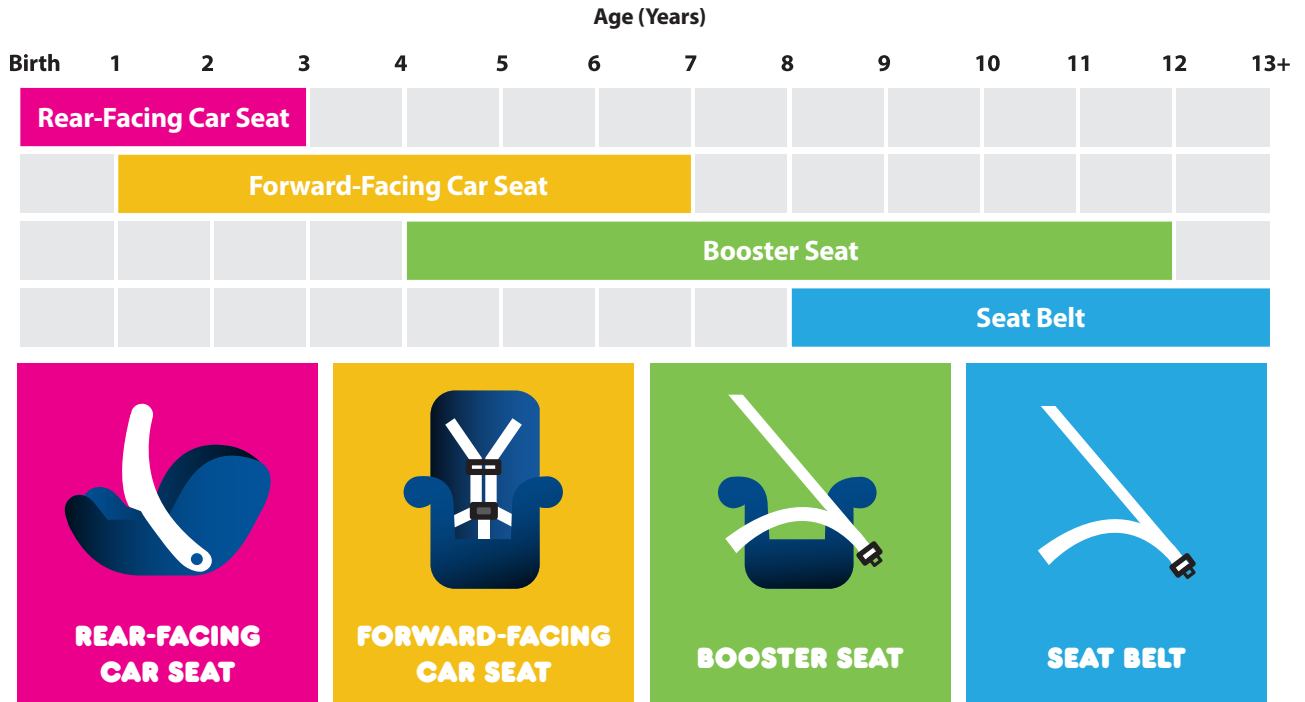
Adapted from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Third Edition

Appendix D

CAR SEAT RECOMMENDATIONS

Car Seat Recommendations for Children

There are many car seat choices on the market. Use the information below to help you choose the type of car seat that best meets your child’s needs.



- Select a car seat based on your child’s age and size, choose a seat that fits in your vehicle, and use it every time.
- Always refer to your specific car seat manufacturer’s instructions (check height and weight limits) and read the vehicle owner’s manual on how to install the car seat using the seat belt or lower anchors and a tether, if available.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer’s height and weight requirements.
- Keep your child in the back seat at least through age 12.

Adapted from www.safercar.gov

Appendix E

POISON PROOF YOUR HOME: ONE ROOM AT A TIME PESTICIDE POISON PREVENTION CHECKLIST

Pesticide Poison Prevention Checklist

Questions	Action Steps	
Bathroom		
Did you inspect the bathroom and move toilet bowl cleaners, medicine, cosmetics, tile cleaners, bathroom deodorizers, mouthwash, and other personal hygiene products out of reach from small children in a high, locked cabinet?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Re-close containers if interrupted during an application (e.g. phone call or doorbell). Make sure all harmful containers are fully sealed and out of a child's reach during temporary absence.
Are all medications and pesticide products, such as bathroom cleansers and mouthwashes, tightly sealed with child-resistant caps?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Read the Label First. Follow all directions exactly as they are written on the label, including any noted precautions and product restrictions.
Bedroom		
Did you store items like mothballs, cosmetics, hair sprays, colognes, nail polish remover, and medicine products in a locked cabinet away from a child's reach?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Mothballs should be hung in containers. If such products are used in closets or chests, they should be stored out of children's reach.
Living Room		
Have you placed all ant or roach baits and rodent pellets out of children's reach?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Place roach and rodent baits in areas where children can not touch them. If possible, place rodent bait in a tamper-resistant bait station.
Kitchen		
Did you store hazardous products like bleach, bug spray, drain cleaners, ammonia, floor wax, furniture polish, and disinfectants up high in a locked cabinet?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> If items cannot be moved up high, install safety latches on lower cabinets to keep children out.
Did you store household cleaning products, such as dishwashing detergent, disinfectants, oven and window cleansers, and drain cleaners in a place away from food?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Pesticides and foods should never be stored on the same shelf as pesticides may be mistaken for food.
Are all kitchen cleanser, drain opener, and ammonia substances in their original containers?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Keep all substances in their original containers. Using beverage bottles or cans for storing cleaning liquids and other household mixtures is very dangerous and may be mistaken for a drink. Plus, labels on original containers give first-aid information in case of accidental poisoning.
Are all cleaning liquids and medicines properly sealed?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Keep potentially hazardous cleaning products and medicines properly closed while using, even if a container is briefly left unattended.
Garage		
Did you store gasoline, kerosene, car wax and soaps, weed killers, pesticide sprays, paint, windshield washer fluid, and anti-freeze substances up high out of the reach of young children?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Poisonous anti-freeze tastes sweet to dogs and cats—clean up spills and leaks immediately.
Have you stored all hazardous fluids and pesticides high in a locked cabinet where children can't gain access?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Store all hazardous fluids and pesticides high in locked cabinets where children can't gain access.
Laundry Room		
Are chemicals and laundry detergents or softeners out of the reach of young children?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Using bottles and cans for storing detergents can be dangerous. Also, labels on original containers provide critical first-aid instruction in case of accidental poisoning.
Is the bleach container closed properly?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> Keep all laundry and cleaning substances in their original containers.
<p>For more information on pesticides or pesticide poisoning prevention, refer to EPA's Pesticides Program Web site at www.epa.gov/pesticides, or call the National Pesticide Information Center at 1-800-858-7378.</p>		

Appendix F

FIRST AID CHECKLIST

Your first aid kit should contain:

- 1. Disposable nonporous gloves (latex free recommended)
- 2. Scissors
- 3. Tweezers
- 4. A non-glass thermometer, “baby safe” version if infants are being cared for
- 5. Bandage tape (latex free)
- 6. Sterile gauze pads
- 7. Flexible roller gauze
- 8. Triangular bandages
- 9. Safety pins
- 10. Pen/pencil and notepad
- 11. Cold pack
- 12. Current first aid guide
- 13. Liquid soap (to be used with water) or moist towelettes for cleaning wounds
- 14. Hand sanitizer (not to be used on children under the age of 24 months) to be used if no water is available
- 15. Adhesive strip bandages
- 16. Plastic bags for disposal of cloth, gauze, and other materials used in handling bodily fluids
- 17. Emergency phone numbers, including phone numbers for parents and legal guardians

Appendix G

SAMPLE EMERGENCY PREPAREDNESS PLAN

PURPOSE: This plan establishes emergency procedures to be followed during the time I am in charge of individuals under my care. The plan covers fire, tsunami, flooding, earthquake, hurricane/tropical storm, and other hazards as deemed appropriate.

1. FIRE:

- a. The signal for fire is:

We will leave according to the posted evacuation plan and proceed to:

We will return to the facility when given permission by the Fire Department.

- b. Should the facility be damaged by fire, we will be housed temporarily at:

We will call all families for further information and action.

- c. Drills will be held periodically.

2. TSUNAMI:

I will take the following actions based on the Tsunami Evacuation Zone Maps.

The facility IS NOT in the Evacuation Zone. We will not evacuate when a tsunami watch or warning is issued.

The facility IS in the Evacuation Zone. The following procedures have been adopted:

- a. TSUNAMI WATCH - We will immediately begin preparing for the issuance of a Tsunami Warning and evacuation.
- b. TSUNAMI WARNING - When we hear the sirens, we will begin to evacuate and continue to monitor official emergency broadcasts.
- c. If a Tsunami Warning is issued, we will evacuate to:
-
- d. We have prepared survival kits and will take them with us when we evacuate. We will attempt to call all families once the official "All Clear" is announced.

3. HURRICANE/TROPICAL STORM:

- a. WATCH: We will monitor the storm and make preparations to evacuate in the event a Warning is issued. Watches are typically issued far enough in advance to allow time to close the facility in an orderly manner, or to remain closed if we are not yet open for the day.

- b. The Hurricane/Tropical Storm public evacuation shelter closest to this facility is:

continued on next page

Appendix G

SAMPLE EMERGENCY PREPAREDNESS PLAN

continued from previous page

4. EARTHQUAKE:

- a. If we are inside when an earthquake occurs, we will stay inside and immediately take cover under desks or tables, in supported doorways, etc.
- b. If outdoors, we will stay outdoors and move toward the open field that is away from electrical lines, tall buildings, and trees.
- c. If the facility is not damaged, we will remain in place and listen for official emergency instructions. I have made necessary preparations for us to survive in place for up to 72 hours without outside assistance.
- d. If the facility is damaged, we will gather our survival kits and attempt to move to shelter at:

5. FLOODING:

- a. If instructed by civil authorities to evacuate or if water begins to rise around the facility, we plan to gather the survival kits and immediately move to higher ground at:

6. OTHER HAZARDS:

- a. If instructed to shelter in place (e.g., due to airborne hazardous materials, terrorist threat, or other community emergencies), I will close and lock all windows and doors, and evacuate everyone to a room in the center of the site farthest from the outside and keep a low profile. I will await further instructions from authorities.
- b. If necessary to evacuate the facility, we will use the following evacuation plan and move to the designated shelter or another shelter as directed by civil authorities. I will attempt to contact the families as soon as possible. In the meantime, I urge families to listen to official emergency broadcasts for more information.

EVACUATION PLAN:

Evacuation routes/exits:	_____ # of doors on ground level _____ # of windows on ground level _____ Exit over stairs will be required
Evacuation infants/toddlers:	State how you will get non-mobile infants out safely
Notification:	<ul style="list-style-type: none"> ▫ Once all children are evacuated: ▫ 911 will be called ▫ Parents will be notified
Emergency kits/Information:	State where the kit and family contact information is stored
Evacuation sites:	<ul style="list-style-type: none"> ▫ In neighborhood: _____ ▫ Out of neighborhood: _____
Transportation to evacuation locations:	<ul style="list-style-type: none"> ▫ By car with (#) _____ car safety seats ▫ On Foot

Adapted from Hawai'i Department of Emergency Management

Appendix H

EMERGENCY SUPPLY TOOL KIT

Emergency Supply Tool Kit

	Short Term Emergency	72-Hour Emergency
8 Basic Supplies	Evacuation Backpack	Sturdy, waterproof, covered container with a cover
Important Papers	<input type="checkbox"/> Emergency information on each child in a small notebook or on child identification cards <input type="checkbox"/> Emergency plans and number <input type="checkbox"/> Medical Releases <input type="checkbox"/> Relocation site agreements and Maps	<input type="checkbox"/> Emergency Transportation Permission
Water	<input type="checkbox"/> One gallon of water for every four children/staff	<input type="checkbox"/> ½ gallon of water per child and 1 gallon per adult
Food	<input type="checkbox"/> Non-perishable food items such as granola bars and crackers <input type="checkbox"/> Formula for infants <input type="checkbox"/> Disposable cups	<input type="checkbox"/> Non-perishable food items such as canned fruit and meat <input type="checkbox"/> Appropriate eating utensils <input type="checkbox"/> Special food for infants <input type="checkbox"/> Non-electric can opener
Clothing& Bedding	<input type="checkbox"/> Aluminum safety blankets <input type="checkbox"/> Pair of work gloves	<input type="checkbox"/> Change of clothes per person, especially socks <input type="checkbox"/> Extra bedding/blankets
First Aid	<input type="checkbox"/> Small First Aid kit <input type="checkbox"/> Any needed medications	<input type="checkbox"/> Large First Aid kit <input type="checkbox"/> Any needed medications
Sanitation	<input type="checkbox"/> Diapers and wipes <input type="checkbox"/> Toilet paper <input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> Additional diapers and wipes <input type="checkbox"/> Additional toilet paper and emergency toilet facilities, if possible <input type="checkbox"/> Hand soap <input type="checkbox"/> Paper towels <input type="checkbox"/> Plastic bags (varied sizes) <input type="checkbox"/> Feminine supplies
Comfort and Safety	<input type="checkbox"/> At least one age appropriate play activity <input type="checkbox"/> Flashlight with batteries <input type="checkbox"/> Pencils <input type="checkbox"/> Blank paper or notebook	<input type="checkbox"/> Several age appropriate play activities to rotate <input type="checkbox"/> Extra keys <input type="checkbox"/> Matches and candles <input type="checkbox"/> Duct tape and plastic sheeting (for sheltering-in-place) <input type="checkbox"/> Utility knife
Communication	<input type="checkbox"/> Weather radio and extra batteries <input type="checkbox"/> Charged cell phone or calling card	<input type="checkbox"/> Walkie-talkie <input type="checkbox"/> Cell phone <input type="checkbox"/> Signal/flare

- Decide which supplies are a priority. Request donation from families and community. Date your supplies and keep an inventory.
- Yearly or every six months: Rotate your food, water, and medical supplies in your daily operations before expiration date. Update important papers; check sizes of clothing and age appropriateness of activity.

Adapted from Family Child Care Emergency Preparedness Guide

Learning to Grow Project

Windward Community College

45-720 Kea'ahala Road

Kāne'ohe, HI 96744

(808) 462-4700

www.learningtogrowhawaii.org



Learning to Grow Project

Windward Community College

45-720 Kea'ahala Road

Kāne'ohe, HI 96744

(808) 462-4700

www.learningtogrowhawaii.org