



Kaneohe Community Family Center (KCFC) Family Center News

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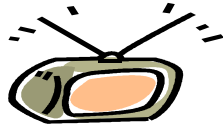
*A partnership of Parents and Children Together and the Castle Complex Department of Education,
partially funded by Aloha United Way, the State of Hawaii Health and Human Services Departments, Keiki O Ka Aina, Inc.,
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*The Kaneohe Community Family Center will facilitate the strengthening of families and communities from Kaneohe to Kualoa by
enabling them to identify and use their own and other resources to improve their quality of life and sense of community*

Turn off the TV, Tune in to Life!



Too much television can be harmful in a number of ways. It can cut into family time, hamper reading and academic performance, and contribute to inactivity and violence. This April 25th - May 1st, during TV-Turnoff Week, millions of people across the country and around the world will turn off the TV and tune in to life.

Below are some tips to make your home more TV-proof, whether or not you participate in TV-Turnoff Week.



Move your TV to a less prominent location. TV is less tempting when it is not as accessible.



Keep the TV off during dinner. Meals are a great time for conversation.



Place clear limits on TV viewing. Designate certain days of the week as TV-free days (e.g. school nights).



Don't use TV as a reward or punishment. This increases its power and can lead to conflict over its use.



Don't fret if children claim to be bored. For children, boredom often leads to creativity.



Remove the TV set from your child's bedroom. A TV in the bedroom draws children away from family activities and distracts them from homework, reading, thinking, and sleeping.

*Adapted from "Turn Off TV, Turn on a Healthier Lifestyle"
<http://www.tvturnoff.org/week.htm>*

Correction:

There was an error in the March 2005 article, No Child Left Behind: Simple "To Do's" for Parents, regarding eligibility for free tutoring and/or geographic exceptions. The following is correct:

- If your child attends a school that has not met AYP for three years in a row, and receives free or reduced-price lunch, he/she may be eligible for free tutoring.
- If your child attends a school that has not met AYP for two years in a row, and receives free or reduced-price lunch, he/she may be eligible for a geographic exception.

KCFC apologizes for any confusion.

America's TV Habit...

- Amount of TV that the average American watches per day: 4 hours
- Time per week that parents spend in meaningful conversation with their children: 38.5 minutes
- Average time per week that American one year-old children watch TV: 6 hours
- Time recommended by the American Pediatric Association for children two and under: 0 hours
- Amount of TV watching per week shown to negatively affect academic achievement: 10 hours
- Time per year the average American youth watches TV: 1,023 hours
- Time per year the average American youth spends in school: 900 hours
- Number of violent acts the average American child sees on TV by age 18: 200,000

*Adapted from "Facts and Figures About Our TV Habit"
<http://www.tvturnoff.org/proof.htm>*

**TV-Turnoff Week 2005:
April 25 - May 1**



Loving Solutions Class

April 5 - May 17, 2005

Loving Solutions is a guide for parents with children ages five to ten. It provides parenting guidelines on what issues are negotiable, how to use time-outs properly, how to get children to cooperate with household chores, etc.

Time: Tuesdays, 6:00 - 9:00 p.m.
(7 Sessions) Dinner at 5:30 p.m.

Location: King Intermediate School

Cost: \$24

**To register, please call Meryl Suetsugu at 235-9101
Dinner and childcare provided**

*Presented by the Department of Education and
PACT/Kaneohe Community Family Center*

Kaneohe Community Family Center

COMMUNITY RESOURCE AND REFERRAL

- Phone 235-7747
- Website <http://kcfc.pacthawaii.org>

HAWAII PARENTAL INFORMATION AND RESOURCE CENTER (HPIRC)

<http://www.hawaiiipirc.org>

HOME INSTRUCTION FOR PARENTS OF PRESCHOOL YOUNGSTERS (HIPPY)

<http://www.hippyusa.org>

LEADERSHIP & RESILIENCY PROGRAM

- King Intermediate School

SUPPORT AND SELF-HELP GROUPS

- Coalition and Support Group

NEIGHBOR-2-NEIGHBOR YOUTH TOBACCO PREVENTION

- Koolau Village
- Kulana Nani

VOLUNTEER & COMMUNITY SERVICE LEARNING OPPORTUNITIES

- Clerical and Program Support
- Special Event Child Care

The *Family Center News* is printed monthly by the Kaneohe Community Family Center (KCFC), a program of Parents and Children Together (PACT).

Please direct questions, comments and suggestions to:
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Amanda Williams, *Group Facilitator*

TV Quotes



“Television is a chewing gum for the eyes.”
- Frank Lloyd Wright

“Television is no substitute for a parent.
It doesn't help develop language skills; it's simply background noise.”
- First Lady Laura Bush

Free Parenting Workshop

Setting Limits and Appropriate Consequences

Wednesday, April 20th
6:30 - 7:30 p.m. (Dinner at 6 p.m.)

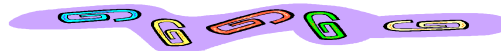
at



PACT/Kaneohe Community Family Center

Please RSVP to 235-9779

Presented by PACT/Kaneohe Community Family Center and P.A.R.E.N.T.S., Inc.



The Windward Interagency Transition Team presents....



The Parent/Child Fair Saturday, April 2, 2005 9:00 a.m. - 12:30 p.m. Heeia School Cafeteria

- Hands-on activities, "Make-n-Take" crafts, and learning centers
- Entertainment for the whole family

For more information, please call
Phyllis at 233-5717



Website of the Month

TV-Turnoff Network



<http://www.tvturnoff.org>

- For kids: TV Quiz -- How much TV do you watch? * 101 Alternatives to TV
- For parents: Tips to TV-proof your home * Suggested reading lists

KCFC thanks the Castle High School Key Club and the Koolau Village Teen Program for help with the newsletter this month. We appreciate your time and effort!

APRIL



- 1st Kapunahala Elementary School Fun Fair** 1 p.m. - 7 p.m. Fun games and activities for kids. Extreme Rides, jumpers, and dunking booth. Craig 586-6588
- 2nd Parent-Child Fair** 9 a.m. - 12:30 p.m. Heeia Elementary School Cafeteria. Phyllis 233-5717.
- 2nd, Hawaii Amateur Surfing Association (HASA) Competition**
- 9th, Starting time 7 a.m. Sandy Beach.**
- 10th HASA Hotline** 262-2488.
- 4th Community Works in 96744** 5:30 p.m. Queen Liliuokalani Children's Center. 235-7747.
- 9th Royal Hawaiian Band Performance** 11 a.m. - 12 p.m. Windward Mall Center Stage. Lisa 235-1143.
- 12th Windward Community Children's Council** 6 - 7:30 p.m. Windward Health Office 586-5363.
- 14th OGYA Grief Support Group for & Children, Teens & Family**
- 28th** 6 - 8 p.m. Queen Liliuokalani Children's Center. Cynthia White 735-2989.
- 15th Ohana Concert with KCCN & Kaumakawai** 6:30 p.m. - 7:30 p.m. Windward Mall Center Stage. Lisa 235-1143
- 16th Kahaluu Elementary School Fun Fair** 10 a.m. - 2 p.m. Games, food, prizes! 239-3100.
- 17th "I Love Kailua" Town Party** 11 a.m. - 4 p.m. Live entertainment, crafts, keiki activities, and food from local restaurants. Amy 234-0404.
- 19th Grandparents Raising Grandchildren** 9 a.m. Queen Liliuokalani Children's Center. All grandparents welcome. Bernie 235-7613.
- 20th Let's Talk Kaneohe!** 6 - 7 p.m. KEY Project, Kahaluu. A series of open community discussions hosted by the Castle High School English Class. Topic: Hawaiian Issues. 233-5600 x 240
- 21st Kaneohe Neighborhood Board** 7 p.m. WCC (Hale Akoakoa, Rm. 103-105) 523-4815.

Sponsoring a free or low cost event that may be of interest to Kaneohe families? Submit information for the KCFC calendar by the 15th of each month.

Fax 235-7748. kcfc@pacthawaii.org