



Kane`ohe Community Family Center (KCFC) Family Center News

E-mail us at:
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<http://kfc.pacthawaii.org>



*A partnership of Parents and Children Together and the Castle Complex Department of Education,
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The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.

Back to School Time - Tips to Help Children Adjust



Adjusting to the first day of kindergarten, preschool, new child care settings, new classrooms and teachers can be just as difficult for the parents as it is for children. Here are a few tips to help make the transition a little smoother:



Prepare yourself. Take note of how your child reacts to separation. If possible, visit the new setting with your child. Introduce your child to the new teacher or early childhood professional in advance.



Arrange a playdate with another child from the program, preferably one-on-one, so that your child will see a familiar face when she walks in.



Start daily routines that will add to continuity. Let your child become involved with packing lunch or laying out clothes. Also, begin an earlier bedtime several weeks before.



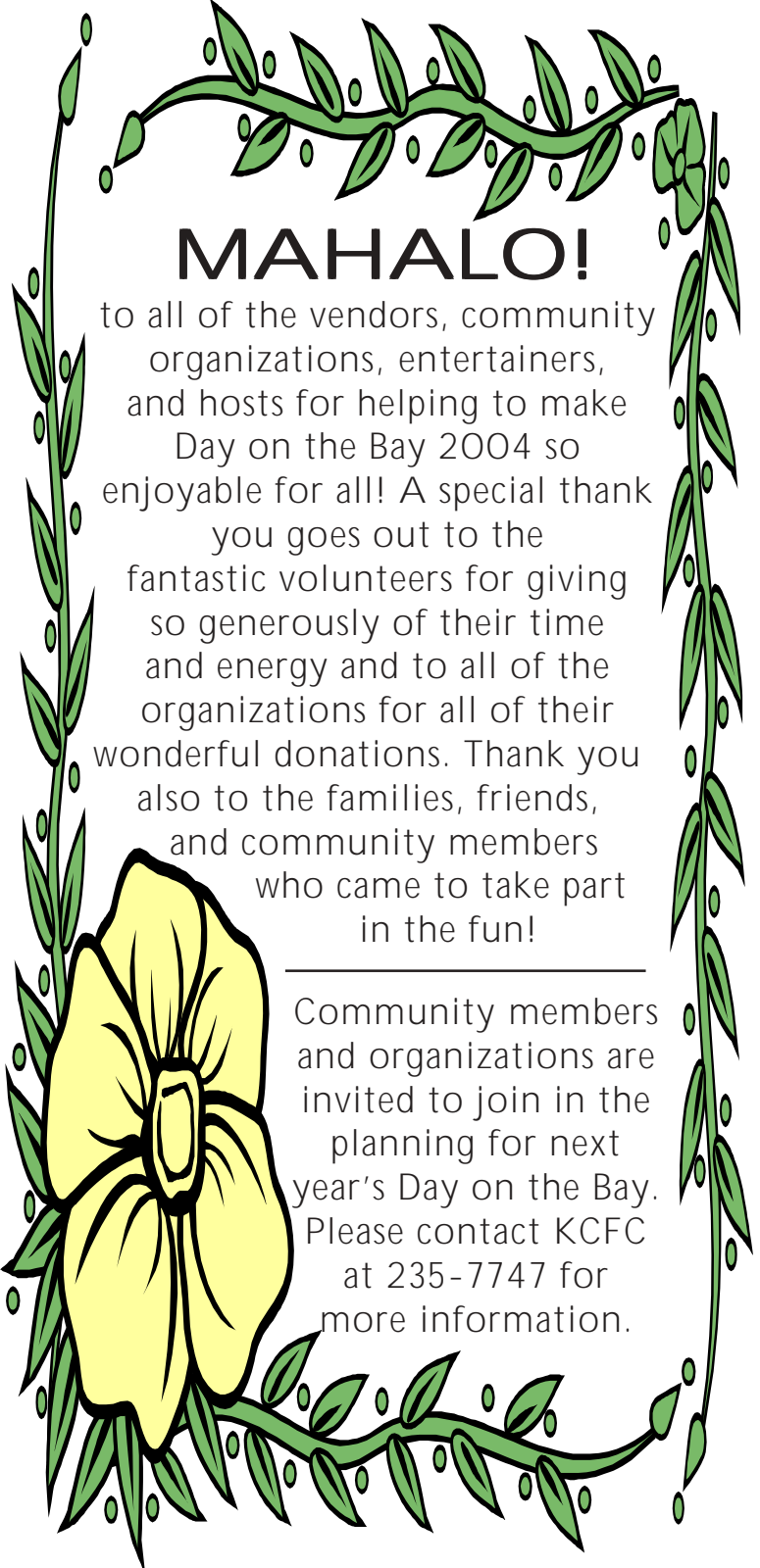
Put aside extra time, particularly on the first day, for chatting with one another, but remember not to prolong the good-bye. If the child whines or clings, staying will only make it harder.



Always say good-bye to your child. Be firm but friendly about separating. Never ridicule a child for crying. Instead, make supportive statements like, "it's hard to say good-bye."

The most important thing is to be enthusiastic about the change. If you are excited and confident, your child will be too. At the end of the work day, put aside your concerns and focus on being a parent.

<http://www.kidsource.com/kidsource/content3/back.school.p.k12.4.html>



MAHALO!

to all of the vendors, community organizations, entertainers, and hosts for helping to make Day on the Bay 2004 so enjoyable for all! A special thank you goes out to the fantastic volunteers for giving so generously of their time and energy and to all of the organizations for all of their wonderful donations. Thank you also to the families, friends, and community members who came to take part in the fun!

Community members and organizations are invited to join in the planning for next year's Day on the Bay. Please contact KCFC at 235-7747 for more information.

Kane`ohe Community Family Center

COMMUNITY RESOURCE AND REFERRAL

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

HAWAII PARENTAL INFORMATION AND RESOURCE CENTER (HPIRC)

<http://www.hawaiipirc.org>
•Parenting Classes
•Family Fun Activities
•Home Instruction For Parents of Preschool Youngsters (HIPPY)

FAMILY LITERACY PROGRAMS

•Kulana Nani

NEIGHBOR-2-NEIGHBOR

•Kulana Nani
•Koolau Village

VOLUNTEER & COMMUNITY SERVICE LEARNING OPPORTUNITIES

•Family Activity Night Assistants
•Neighbor-2-Neighbor Mentors
•Reading/Homework Tutors
•Clerical and Program Support
•Special Event Child Care

LEADERSHIP & RESILIENCY PROGRAM

The *Family Center News* is printed monthly by the Kane`ohe Community Family Center (KCFC), a program of Parents And Children Together (PACT).

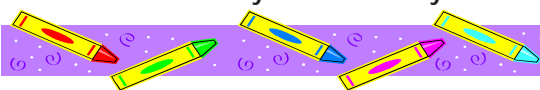
Please direct questions, comments and suggestions to:

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Jeffrie Wagner, *Program Coordinator*
Holland Henderson, *Group Facilitator*



Ahuimanu Elementary	July 29th
Ben Parker Elementary	August 23rd
Castle High (9th)	August 24th
Castle High (10th-12th)	August 25th
Heeia Elementary	August 24th
Kahaluu Elementary	July 28th
Kaneohe Elementary	July 29th
Kapunahala Elementary	August 23rd
King Intermediate (7th)	July 30th
King Intermediate (8th)	August 2nd
Puohala Elementary	July 29th
Waiahole Elementary	July 30th



Volunteers Needed!

HIPPY (Home Instruction for Parents of Preschool Youngsters) in Kane`ohe is looking for volunteers to assist at their group activity meetings held at St. John's by the Sea, Ho`okano Hall. Volunteers will help implement parent/child activities and assist the HIPPY staff in providing supervision for preschool aged children. The volunteers will be needed in September. For more information, please contact Sunshine at 235-7747.



🖐️ - National Kids Day - 🖐️

August 1st is National Kids Day. It's a day to celebrate and honor children through the gift of meaningful time. *Meaningful Time* is time spent between adults and children that both consider engaging, important, and enjoyable.

<http://www.kidsday.com/>



KCFC would like to thank Vickie Punua-McGinnis and Aaron and Katie McGinnis for folding the newsletters this month. We really appreciate all of your time and effort!



August

- 2nd** Community Works in 96744 5:30 p.m. Queen Lili`uokalani Children's Center 235-7747.
- 12th** OGYA Grief Support Group for Children, Teens & Family 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 18th** KCFC Family Activity 5:30 - 7:00 p.m. Windward Mall, Center Court area 235-7747.
- 19th** Kane`ohe Neighborhood Board 7 p.m. WCC 523-4815.
- 20th** Statehood Day
- 26th** OGYA Grief Support Group for Children, Teens & Family 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 16th** Ohana Food Produce Distribution 3:00 - 4:30 p.m. KEY Project, 47-200 Waihe`e Road. This free food service distribution is on a first-come, first-served basis and is coordinated by several churches and social service organizations in Kahalu`u. For further information call Robert Naniole at 239-5754.

Grandparents Raising

Grandchildren There will be no meeting this month. Meetings will resume in September. Please contact Bernie at 235-7613 for more information.

Sponsoring a free or low cost event that may be of interest to Kane`ohe families? Submit information for the KCFC calendar by the 15th of each month. Fax 235-7748. kcfc@pacthawaii.org

Site of the Month

www.pbskids.org/sesame



A fun-filled website for kids with coloring pages, activities, games, and much more for children and their parents.