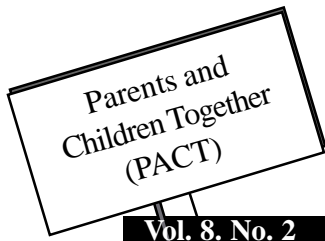


# Family Center News

A partnership of Parents and Children Together and the Castle Complex Department of Education, partially funded by Aloha United Way, the Hawaii State Department of Human Services, the Housing and Community Development Corporation of Hawaii, and the US Department of Education Goals 2000.



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February 2002

The Kaneohe Community Family Center will facilitate the strengthening of families and communities from Kaneohe to Kuloa, by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.

## Communicating Love to Your Child



Children of all ages appreciate the feeling of being loved by their parents, and while parents express their love for their children through the numerous things they do for them every day, sometimes the message may not get through. Here are some helpful tips parents can keep in mind while communicating to their children just how much they care.

♥ **Baby Love:** Babies and toddlers may not always understand what you are saying, but parents can still have positive communication with their young children by using a calm and gentle voice. Your tone of voice often tells your child as much about what you mean as the words you say.

♥ **Turn On Your Heart Lights:** While all children require and need an abundance of love, school-age children may be more responsive to certain types of love messages than others. A tell-me child may want to hear more often from their parents words such as "you are very important to me" and "I love being with you", where a touch-me child will find extra comfort holding hands, or cuddling up close with a parent.

♥ **P. S. - I Love You:** Teens and young adults may go through stages in which they are less open to their parents declaring their love for them either through words or through hugs and kisses - *but they still need regular reminders that they are loved!* At this stage parents can send love message not only by listening to their children, but by demonstrating through their words and their actions that they have a positive regard for who they are and who they are becoming.

♥ **Stop - In The Name Of Love:** There are many ways to show and spell love. One of the most important is T-I-M-E. While we all have the same amount of time, we differ in the way we choose to allocate it. Parents who prioritize spending time with their child, at every age and through every stage, communicate to their children that they are valued. Keep in mind that *being* loved is not the same as *feeling* loved. It's not enough to know that *you* love your children, you must be certain that *they* know it too!

Adapted from: "Showing Your Children Love." www.family.com

## Planning Begins for the 3rd Annual Kane'ohe Celebration "A Day on the Bay"

Community members are invited to participate in the planning of this year's Kane'ohe Celebration set to take place during the summer of 2002 at the Kokokahi YWCA. Past Celebrations have drawn over 1000 attendees and included free family activities, entertainment, a craft and resource fair, food vendors and kayaking on Kane'ohe Bay. Those interested in helping to plan for the celebration are welcome to attend the February meeting, or contact KCFC at 235-777 for more information.

### Planning Meeting

All are Welcome!  
Friday, February 8th 1:00 PM  
Kokokahi YWCA  
45-035 Kaneohe Bay Drive

## Statewide Family Summit



Saturday, February 16, 2002  
8:00 AM - 2:30 PM  
Kamehameha Schools  
Kapalama Campus

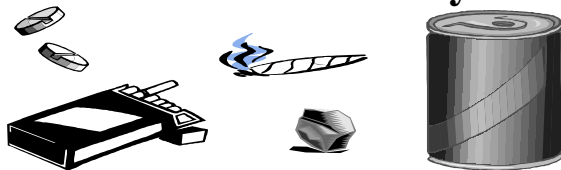
Keynote Speaker: Paul Pearsall

Educational & Informative Workshops for Parents & Children · Entertainment · Exhibits & Displays · Family Interactive Educational / Fun Activities

The Conference fee is \$5.00 per family and includes the conference portfolio, light snacks & lunch. For registration information, please contact John Aki at 733-4476.

### Inquiring Minds Want to Know!

## Just Say KNOW! Drug Awareness & Your Kids in the 21st Century



Tuesday, February 5th 6:30-8:00 p.m.  
Pu'ohala Elementary Cafeteria

Presenter: Kamehameha Schools  
Safe & Drug Free Schools

Please call Sandra @ 233-5755 to register.  
Free childcare for children over 3, with registration.

## Kaneohe Community Family Center

### COMMUNITY RESOURCE AND REFERRAL

•Phone 235-7747

### HAWAII PARENTAL INFORMATION AND RESOURCE CENTER (HPIRC)

<http://www.hawaiiipirc.org>

- Parenting Classes
- Family Fun Activities
- Home Instruction Program For  
Preschool Youngsters (HIPPY)

### EXTENSION ON-LINE

Cooperative Extension, University  
of Hawai'i at Manoa

- Workshops and tutorials on  
computer and Internet connectiv-  
ity for families

### FAMILY LITERACY PROGRAMS

- Benji Breakfast Club  
Ben Parker Elementary School
- Ko'olau Village

### SUPPORT AND SELF-HELP GROUPS

- Na Tutu - Grandparents Raising  
Grandchildren Coalition and  
Support Group

### NEIGHBOR-2-NEIGHBOR

- Ko'olau Village
- Kulana Nani

### VOLUNTEER & COMMUNITY SERVICE LEARNING OPPORTUNITIES

- Family Activity Night Assistants
- Neighbor-2-Neighbor Mentors
- Reading/Homework Tutors
- Computer Class Assistants
- 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:

The Kaneohe Community  
Family Center,  
He'eia Elementary School,  
46-202 Haiku Rd., Portable #2,  
Kaneohe, HI 96744

Ph. 235-7747 Fax 235-7748

E-mail: [kfcf@pacthawaii.org](mailto:kfcf@pacthawaii.org)

## Basketball Coach Wanted

Puohala Neighborhood Park is  
looking for a patient, energetic,  
enthusiastic, coach to teach children  
basic basketball skills.

The two levels are 4th grade and  
under "D" Team and 5th & 6th  
grade "C" Team. Teams learn and  
prepare to play in the Department of  
Parks & Recreation Kaneohe  
Complex League games.

Please call Karen Kinney at 233-  
7317 for more information.

## Windward Girls Softball

Ages 5-18

Call Naomi at 247-4614  
for information and sign-up

## Looking For A Parent Participation Preschool?

Our Lady of Mount Carmel is offering a  
**FREE** preschool program for parents and  
their children ages 3-5 on Monday,  
Wednesday, and Friday mornings. Parents  
and children will learn and have fun while  
playing games, doing activities, and  
singing songs. Parents must be able to  
contribute one morning a week in the  
classroom.

For more information please contact Cindy at  
237-8958 or Patricia at 239-5012.

## Kaneohe Fitness Sundays



### Exploration #6

February 3, 2002 □ 3PM

Castle Hills: Pookela St.

Meeting Place: Tennis Courts  
at District Park

### Exploration #7

March 3, 2002 □ 3PM

Haiku Valley Road Loop

Meeting Place: Near Haleivwa Joe's

Walks range from 30 to 60 minutes depending on  
location and everyone is welcome. No registration is  
required. For more information please contact Sharon at  
KCFC. 235-7747

# February

- 3rd Kane'ohe Fitness Sunday -  
Fitness Map Exploration #6.** 3 PM.  
Castle Hills Area: Pookela St.  
No registration is required. Please see  
announcement this page. Sharon  
235-7747. **FREE.**
- 11th Chinese New Year.**
- 14th Happy Valentine's Day!**
- 18th President's Day. - NO SCHOOL**
- 19th Kane'ohe/Kahaluu Vision Community  
Meeting.** 6:30 PM. Kaneohe  
Community and Senior Center. 523-4500.
- 20th Grandparents Raising Grandchildren.**  
9:00 AM. Queen Lili'uokalani  
Children's Center - Kaneohe. All  
grandparents are welcome to talk story  
and gather resources. Sharon 235-7747
- 21st Kaneohe Neighborhood Board.**  
7 PM. Kaneohe Community and Senior  
Center. 523-4815.
- Mar 3rd Kane'ohe Fitness Sunday - Fitness  
Map Exploration # 7.** 3 PM.  
Haiku Valley Road Loop  
No registration is required. Please see  
announcement this page. Sharon  
235-7747. **FREE.**

Sponsoring a free or low cost event that may be of interest to Kaneohe  
families? Submit information to the KCFC calendar by the 15th of each  
month. Fax 235-7748. [kfcf@pacthawaii.org](mailto:kfcf@pacthawaii.org)

## Need Help Preparing Your Tax Returns? It's Available and It's FREE!

### Key Project

47-200 Waihee Road, Kaneohe

Fridays and Saturdays

8:30 a.m.- 1:00 p.m.

Closed March 29 and 30th

First come, first served. 239-5777

### Community of Christ Church

45-119 Kaneohe Bay Drive, Kaneohe

Mondays and Wednesdays

8:00 a.m.- 12:00 p.m.

Closed February 18

By appointment. 247-4178

KCFC would like to thank University of  
Hawaii Family Resources student Stephanie  
On for her work on this month's newsletter.