



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

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, the U.S. Department of Education Office of Innovation and Improvement, HCDC and Hawaii Community Foundation.

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



Love Talk

“Don’t hug me in front of my friends!” “Are you listening to me?” Does this sound familiar? Children can be up-front and straightforward. Each child, however, is unique and special. At times it can be difficult figuring out what each of your children may be feeling or thinking. Here are some helpful hints to recognize your child’s unique “love language” or how you can best communicate “love” to your child.

The Five Love Languages for Children or Teenagers

Love Language #1 ❖ Words Of Affirmation

Praise—“Thanks son for taking out the trash.” “Great work on that school project.”
Affection—“I love hanging out with you.” “When I am stressed at work, I think of you and I smile.”

Love Language #2 ❖ Physical Touch

Hugs, kisses, a pat on the back, hold hands, etc.

Love Language #3 ❖ Quality Time

Means “At the moment nothing else matters”; giving your child all your attention, making eye contact and not interrupting when they are sharing their feelings or thoughts.

Love Language #4 ❖ Acts of Service

Completing a chore together, like cooking dinner, or patiently teaching your child a new skill.

Love Language #5 ❖ Gifts

Giving something as a token of your love not because they deserve it but to show unconditional love “just because” gift.

How to Spot Your Child’s Love Language

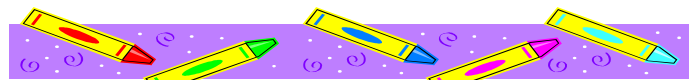
- ❖ Watch how your child expresses love to you. Your child may be speaking his or her own love language without your realizing it. Be especially aware of language that’s different from your love language.
- ❖ Watch how your child expresses love to others. Pay close attention to how your child acts with those he or she shows affection to most.

Listen to what your child requests most often. Most kids aren’t shy about letting you know what they want and like. If you learn to listen “between the lines” to the things your child is asking for, you may hear his or her primary love language.

- ❖ Listen to you child’s most frequent complaints. When you stop to think about their whining and grumbling, the results may surprise you. Their complaints may fall into one of the love languages.
- ❖ Give your child a choice between two options. Try introducing your child to situations where there are choices between two love languages. Pay close attention to the decisions they make. The love language your child chooses most often may very well be the primary love language.

“Thanks mom for making my favorite dinner. It was delicious!” “How was your day?” Be inspired. Start taking notice of your child’s unique love language and begin a “new” way of communicating. Look for more ideas and fun and effective games for the entire family in Gary Chapman’s *The Five Love Languages for Teens*, and his newest book, *The Five Love Languages for Children*.

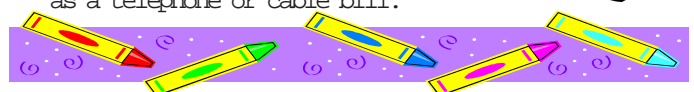
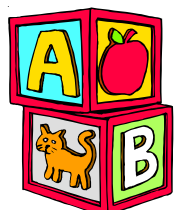
Adapted from <http://www.fivelovelanguages.com/forfamilies.html>; Gary Chapman: *The Five Love Languages for Teens*.



Register for Kindergarten Now!

It’s time to register for Kindergarten! If your child was born in 2002, register at your school office with the following required documents:

- Original or certified birth certificate.
- Original Form 14 Health Card from your child’s doctor and verification of a TB test within one year before school entrance.
- Proof of current local address, such as a telephone or cable bill.



**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>

<http://www.hawaiiipirc.org>

Youth Leadership Program

•King Intermediate School

Family Center Services

•Family Support

**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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Kung Hee Fat Choy!

Happy Chinese New Year
Year of The Boar

On the Chinese Lunar Calendar, the start of the New Year falls on February 18th, and is designated as the Year of the Pig. A complete cycle of the calendar takes 60 years and is made up of five simple cycles of 12 years each. Twelve animals were assigned to each of the twelve years when, according to legend, Buddha summoned all the animals to come to him before he departed earth. When only twelve animals came, he rewarded them by naming the years after each, in the order they arrived.



If you were born in 1923, 1935, 1947, 1959, 1971, 1983, or 1995, you were born in the Year of the Pig. Pigs are hard working and well respected for their integrity, honesty, and reliability. The pig is also known for its unselfish giving of time and energies to anyone who needs them.

Chinese New Year Celebration

Where: Chinatown & Chinese Cultural Plaza

When: February 16, 2007 6:30 p.m. - 10 p.m.

February 17, 2007 12 p.m. - 10 p.m.

What: Lion dances, stage performances, and food booths. On February 16th, Chinatown will be closed to traffic for the celebration.

**"Planning For the Future of
Your Child or Dependent
with Special Needs"**

Important issues that need to be addressed at this workshop:

- ◆ Government Benefit Eligibility
- ◆ Guardianship & Conservatorship/
Guardian Ad Litem
- ◆ Financial Security & Funding Options

DATE: Tuesday, February 13, 2007

TIME: 6:00 p.m. (approx. 60 min.)

PLACE: Windward Family Guidance Ctr.
Conf. Rm. 45-691 Keaahala Rd., Kaneohe

RSVP: Stacey Bow @ 586-5363



The Shave Ice Bowl

Saturday, February 24th



Remember the fun you had playing Frisbee as a kid? You and your friends can enjoy it again through the sport of Disc Golf! The Honolulu Disc Golf Association (HDGA) is hosting it's annual "Shave Ice Bowl" to benefit the Hawai'i Foodbank. Lunch included.

Location: Ho'omaluhia Botanical Garden

Time: 10:00 a.m. - 3:00 p.m. **Cost:** \$30 ea.

For more information, call 836-3600, ext. 244.

February



5th Community Works in 96744 Mtg., 5:00-7:00 p.m. at Queen Liliuokalani Children's Center. 235-7747.

5th IHOP's Grand Opening at Windward Mall, 6:00 a.m. - 10:00 p.m.

7th Oogles'N Googles Preschool Family Night, "Explore the World", 6 p.m., Kaneohe Public Library, 233-5676.

8th Kids Hurt Too, Healing Young Hearts Support Group, 6 - 8 p.m., Queen Liliuokalani Children's Center, Cynthia White, 735-2989.

8th Ko'olauloa Neighborhood Board Mtg., 7:00 p.m., Hau'ula Community Center 527-5749.

9th Speeding Sign Waving, Volunteers needed to help with CTAP (Community Traffic Awareness Program) sign waving from 3:30 - 4:30p.m. on Kahakili Hwy. near District Park. Contact Officer Hiramoto 247-0748.

9th Tech Talk Conference, learn about UH Community College's programs & advanced technology workshops. FREE at WCC, call 235-7433 to register.

10th Alzheimer's Support Group 10 - 11:30 a.m., Kaneohe Community Family Center. Learn more about Alzheimer's and resources. 239-1552.

11th Fantasy Fest w/Margaret Weis, author of over 30 books. 3:00 p.m., Kaneohe Public Library, 233-5676.

12th Ohana Food Distribution, 3:00 - 4:30p.m. at KEY Project, Kahalu'u.

12th How To Buy a PC, 6:00 - 7:30p.m., FREE at WCC, call 235-7433 to register.

13th Windward Community Children's Council Monthly Meeting, 6 - 7:30p.m., Windward Dept. of Health Conf. Rm. Open to all parents and guardians of special needs children. 586-5363.

14th Kahalu'u Neighborhood Board Mtg., 7:00 p.m., Key Project. 527-5749.

15th Kaneohe Neighborhood Board Mtg., 7 p.m. at WCC, Hale Akoakoa, Rm. 103 - 105. 523-4815.

19th President's Day (Library Closed)

21st Grandparents Raising Grandchildren 9:00a.m., Queen Liliuokalani children's Center. Call Bernie at 235-7613 for info. about this month's activities!

22nd Kids Hurt Too, Healing Young Hearts Support Group, 6 - 8 p.m., Queen Liliuokalani Children's Center, Cynthia White, 735-2989.

24th Alzheimer's Workshop I, Decreasing the risk of Alzheimer's Disease. FREE at WCC, call 235-7433 to register.

KCFC thanks the Castle High School Key Club for their help folding newsletters!