



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, Keiki O Ka Aina, Inc., the U.S. Department of Education Office of Innovation and Improvement, Parent Options and Information, HCDCH and Hawaii Community Foundation.

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February 2004

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.

Parenting and Stress: How to deal after the holidays.



The holidays bring many challenges. During this time is many parents go through high stress levels. **Don't despair** - there are some simple, common sense things you can do to help you cope with and relieve the stress of parenting in today's world. Some require changes in how you think, some require changes in what you do. The challenge is making these tips a part of your day-to-day life - to help you take care of yourself and your children.

- **Pick your battles.** Stand your ground on matters of safety and issues reflecting your values/beliefs (using car seats, not hitting) and be flexible on other issues (which shirt your child wears).
- **Teach your child responsibility.** Give limited choices you can live with ("you can wear the red or blue shirt"). Delegate chores - once you've shown how to do the chore, let the child do it. You can make adjustments or point out mistakes, but **don't re-do the task.**
- **Stop trying to be a Super parent.** Write everyone's activities on a calendar and look at it every day. Make lists, prioritize and group your errands. Carpool with other parents. Limit your extra activities. Learn to say "no". Keep call to a limit. Plan ahead.
- **Take care of yourself.** Put the children to bed early. Live healthy: eat a well-balanced diet. Learn relaxation techniques: meditation. Let those you trust to baby-sit and take a break.
- **Do things you and your children enjoy.**

Stress can be overwhelming. Often it just keeps building until you feel as if you can't take it anymore. Hopefully this will be of some help in offering alternative ways of dealing with stress.

Taken from *Consultation And Education Department of the Alanac-Caswell Area Mental Health*
 Winter 2003 Parent PartnersEmpower



Beginning Computer & Employment Training

Kahalu`u - (Tuesdays & Thursdays)
 Waimanalo - (Mondays & Wednesdays)
 Time - 6:00 to 8:00 p.m.

Starts in February 2004
 Please call HCAP at 239-5754 for registration and information.



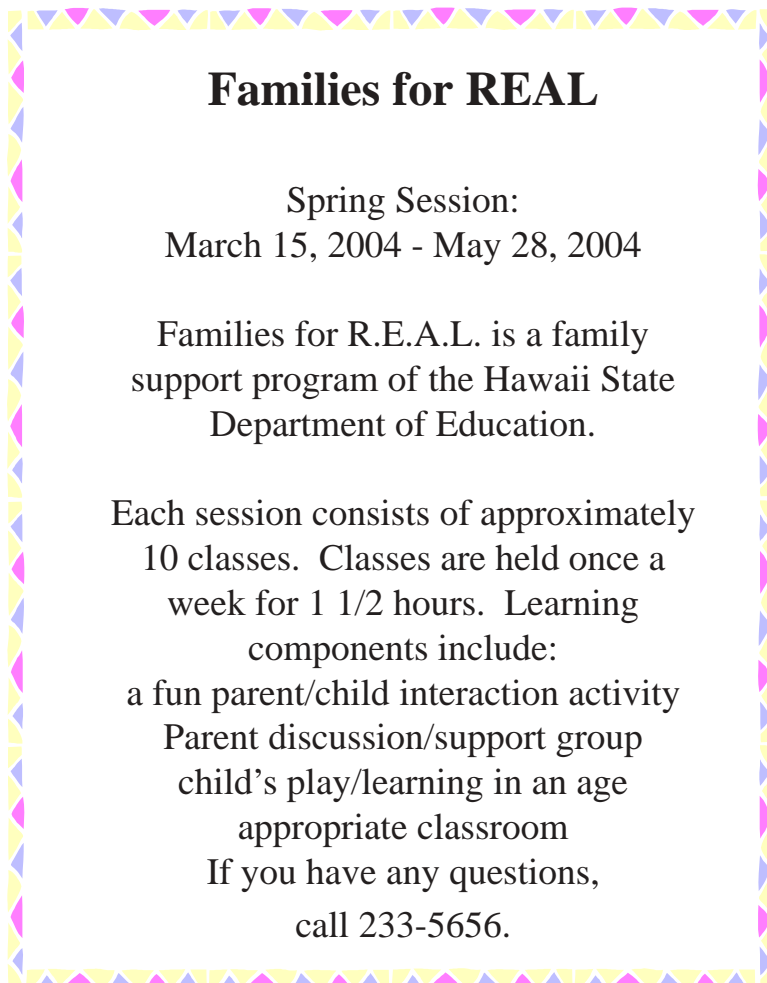
Families for REAL

Spring Session:
 March 15, 2004 - May 28, 2004

Families for R.E.A.L. is a family support program of the Hawaii State Department of Education.

Each session consists of approximately 10 classes. Classes are held once a week for 1 1/2 hours. Learning components include:
 a fun parent/child interaction activity
 Parent discussion/support group
 child's play/learning in an age appropriate classroom

If you have any questions,
 call 233-5656.



**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.hawaiiipirc.org>

•Parenting Classes

•Family Fun Activities

•Home Instruction For Parents of
Preschool Youngsters (HIPPY)

**FAMILY LITERACY
PROGRAMS**

•Kulana Nani

**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

•Clerical and Program Support

•Special Event Child Care

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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Family Center,

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46-202 Haiku Rd., Portable #2,
Kane`ohe, HI 96744

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KCFC Staff:

Helenann Lauber, *Family Center Dir.*

Gordon Miyamoto, *Site Coordinator*

Jolene Chang, *Administrative Assistant*

Sunshine Michael, *HIPPY Coordinator*

Jennifer Bui, *Program Facilitator*

Serena Trehern, *PIRC Assistant*

Jennifer Chun, *HIPPY Home Visitor*

Leilani Roth, *HIPPY Home Visitor/VISTA*

**Let's Write A Poem!
Let's Draw A Picture!**

A Workshop for Children

* Write picture, tall tale, color
and list poems.

* Create images in various art
mediums.

* Craft your own books.

Session II:

February 1, 8, 15, 22, 2004
1:30 to 3:30 p.m.

Windward Community
College
Hale Alakai 102.

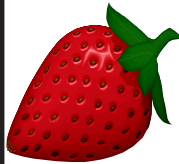
Registration is limited to 20 children
per series. Please call 235-7433 for
more information or register.

Funded in part by a grant from the
Starbucks Foundation.



**Ohana Food
Produce
Distribution**

February 23, 2004
3:00 to 4:30 p.m.

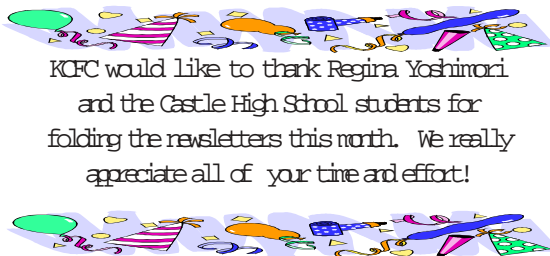


Key Project - Kahalu`u
47-200 Waihe`e Rd.

For Low Income
Families and
Individuals



Call HCAP 239-5754
for more information



KCFC would like to thank Regina Yoshinori
and the Castle High School students for
folding the newsletters this month. We really
appreciate all of your time and effort!

February

**1st Let's Write A Poem! Let's Draw
A Picture!** 1:30 - 3:30 p.m. WCC
Hale Alakai 102. Session II:
February 1st, 8th, 15th, 22nd. To
register, call 235-7433.

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.

14th Valentine's Day

16th Presidents' Day

18th KCFC Family Activity Night
5:30 - 7:00 p.m. Windward Mall
Center Court area 235-7747.

**18th Grandparents Raising
Grandchildren** 9 a.m. Queen
Lili`uokalani Children's Center -
Kane`ohe. All grandparents are
Welcome. Bernie 235-7613.

19th Kane`ohe Neighborhood Board
7 p.m. WCC 523-4815.

**23rd Ohana Food Produce
Distribution** 3:00 p.m. 4:30 p.m.
Key Project - Kahalu`u

**26th OGYA Grief Support Group
for Children, Teens & Family**
6 - 8 p.m. Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.

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.pbs.org

A great website for parents!
Filled with informative
parenting articles, TV
schedules, age by age guides,
activities and helpful tips for
every family!

