



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

E-mail us at:
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Website:
http://kcfc.pacthawaii.org

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.

Vol. 10. No. 3

March 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.

Boost Your Child's Self-Esteem And Independence



When you ask kindergarten teachers what kind of student succeeds best in school, chances are they'll say, "A child who believes he can learn... and one who is eager to get started." You can help build that positive attitude in your child. *Here are some suggestions:*

- **Expect your child to succeed in school.** One study of children found that they work harder in school when their parents expect more, and relax when their parents expect less.
- **Give your child challenges she can master.** Help her learn to climb the steps to the playground slide. Teach her to button her own clothing. Help her learn to ride a bike. Each of these skills will boost her confidence. Be sure to praise her as she meets each new challenge.
- **Let your child make choices.** If he's very young, it may mean letting him choose whether he wants his sandwich cut in squares or in triangles. When he's older, you can say, "Do you want to have your bath first or pick up your toys?" When you offer him a choice, you're letting him know you have confidence in him.
- **Hug your child and tell him/her you love him/her.** Your love will give him/her the confidence to go out into the world and succeed.

Trying to raise a child's self-esteem can be difficult at times but if we keep doing little things to influence them and show them that we LOVE them, then that should be one step in raising self - esteem.

Taken from Off to a Good Start! Ways Parents Can Help Children Get Ready to Begin School



2nd Annual KCCN FM-100

Castle High Ohana Bash

Featuring:

Food, Game booths, Entertainment, and FUN!

Entertainment

Opihi Pickers; Nite Life; Ilona Irvine.

Tickets:

Adults (19 Years and up)

Pre-sale - \$5.00

At Door - \$7.00

Students (5 -18 Years)

Pre-sale - \$3.00

At Door - \$5.00

Keiki 4 Years and under FREE!!!

Tickets available through:

Castle High School students

or call 233-5379

March 13, 2003

10 a.m. - 3 p.m.

Castle High Athletic Field



COMING SOON.....

Strengthening Hawaii Families Program

Free for Kaneohe Families!

"My sister and I used to get in lots of fights, now we settle it."

Fun for the whole family
Free Dinner every week
Free treasure each week
Meet and talk story with other families in you community!

"I enjoy being with other parents who are going through what I'm going through raising our children."

For more information call Christy Werner at 545-3228 ext. 36

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

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
- group child's play/learning in an age appropriate classroom

If you have any questions, call 233-5656.



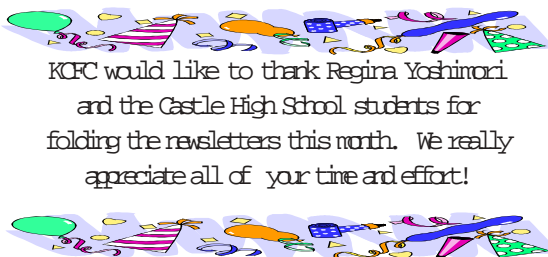
READ-ALoud FRIDAYS AT HE`EIA

GOT 15 MINUTES?

EVERY 1ST AND 3RD FRIDAY OF THE MONTH
8:00 TO 8:15 A.M.

EVERYONE IS WELCOME TO READ

CHECK IN AT TEACHERS WORKROOM BEFORE 8:00 am, AND CHOOSE A BOOK.



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



MARCH



- 1st Community Works in 96744**
5:30 p.m. Queen Lili`uokalani Children's Center 235-7747
- 11th OGYA Grief Support Group for Children, Teens & Family**
6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 15th Ohana Food Produce Distribution** 3:00 p.m. - 4:30 p.m.
Key Project - Kahalu`u
- 17th St. Patrick's Day**
- 17th KCFC Family Activity Night**
5:30 - 7:00 p.m. Windward Mall Center Court area 235-7747.
- 17th Grandparents Raising Grandchildren** 9 a.m. Queen Lili`uokalani Children's Center - Kane`ohe. All grandparents are welcome. Bernie 235-7613.
- 18th Kane`ohe Neighborhood Board**
7 p.m. Windward Community College 523-4815.
- 25th 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



KINDERGARTEN ENROLLMENT GOING ON NOW!

Site of the Month

www.allcrafts.net/kids

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



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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