



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, 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 Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.

SUMMER IS COMING: SUN SAFETY TIPS FOR KIDS

Summer — the season for fun in the sun — is an important time to protect children against severe skin damage. It's estimated that 80 percent of the sun exposure your child will get during his or her lifetime will occur before age 18. Excessive sun exposure leads to early aging of the skin and increased risk of skin cancer. Just one severe sunburn can increase your child's odds of developing melanoma, the most serious form of skin cancer.

The following are some tips for protecting children from the sun:

Avoid Mid-day Sun: Try to limit the time your child spends in the sun when the sun's rays are strongest - between 10 am and 4 pm. Even on cloudy or overcast days, damaging ultraviolet (UV) rays penetrate clouds and can cause skin damage. On cloudy days, children often aren't aware they're being sun burned because cooler temperatures or breezes cool their skin.

Infant Protection: Infants burn more easily than older children because they have thinner skin and underdeveloped melanin or skin pigment. Sunscreen should not be applied to babies under six months of age because of their sensitive skin. These infants should be kept out of the sun when possible or dressed in protective clothing.

Use Sunscreen: For children six months of age and older, use sunscreen with an SPF (sun protection factor) of 30 or higher. For teens, there are alcohol-based gels and liquids that won't exacerbate acne. Look for "non-comedogenic" on the label.

When applying sunscreen, be sure to:

- Choose a "broad-spectrum" sunscreen that protects against both UVA and UVB rays. Avoid sunscreens with PABA, which causes allergic reactions in some children. If your child has sensitive skin, there are sunscreens with the active ingredient titanium dioxide, a chemical-free block.
- Apply sunscreen generously about 30 minutes before going outside so that the sunscreen bonds with your child's skin. Cover lips, hands, ears, feet, neck and shoulders.
- Reapply every two hours. Reapply after sweating or swimming.
- Apply a water proof sunscreen if your child is going swimming. Reapply sunscreen when your child comes out of the water and after wiping dry with a towel.

Kids learn by example. Remember to practice the sun protection measures you advocate for your child. If you practice good sun safety habits, your child is more likely to do the same.

<http://www.ucsfhealth.org>

GOT SOME TIME FOR LITTLE KIDS?

Are you available on Wednesday Mornings?

HIPPY

(Home Instruction for Parents of Preschool Youngsters) are looking for volunteers to help children ages 3 - 5 yrs. old with crafts and other activities

Every other Wednesday from 10:00 am to 12:00 noon

For more information call 235-7747 and ask for Sunshine.

Mark your calendar!

Kane`ohe Day on The Bay
Coming soon:
July 24, 2004!
Kokokahi YWCA - Kaneohe
From 9:00 am - 3:00 pm

**We welcome:
Craft vendors
Entertainers
and most of all
Volunteers**

**Please contact KCFC
at 235-7747**

MOTHERS DAY BOOK MARK

Items Needed:

- The Pattern (www.billybear4kids.com/holidays/mother/bookmark/project.htm)
- Ribbon or Yarn (for the tie)
- Hole Punch
- Scissors
- Crayons

When you are done printing the book marks, carefully cut out each of them out.

Then you can color them really pretty. To make your bookmark stronger - after you've colored it, cut it out, then glue it to a heavier piece of paper or thin corkboard ... you could even laminate your bookmark. After you have done this, use a whole punch to add a hole near the top of the bookmark. Cut a few pieces of yarn or ribbon and attach the yarn to the bookmark.



<http://www.billybear4kids.com/holidays/mother/bookmark/project.htm>

**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.hawaiiiprc.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 & COMMU-
NITY 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:

The Kane`ohe Community Family Center,
He`eia Elementary School,
46-202 Haiku Rd., Portable #2,
Kane`ohe, HI 96744
Ph. 235-7747 Fax 235-7748
E-mail: kcfc@pacthawaii.org

KCFC Staff:

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Jennifer Bui, *Program Facilitator*
Serena Trehern, *PIRC Assistant*
Jennifer Chun, *HIPPY Home Visitor*
Leilani Roth, *HIPPY Home Visitor/VISTA*
Jeffrie Wagner, *Program Coordinator*

**The Arthritis Foundation
(Arthritis Walk)**

**Sunday, May 2, 2004
7:30 am to 10:30 am**

**Registration at 7:30 am
Windward Mall,
Center Court**

**Walk starts at 8:30 am. Teams
and individuals are welcome to
the 1-mile indoor walk with
music, food, prizes & more.
There is no fee but participants
are encouraged to raise \$100.00
or more and will receive the
official Arthritis Walk t-shirt.**

**For more information,
call 596-2900**

**Department of Parks
and Recreation**

Summer Registration

**Saturday, May 8, 2004
Windward Mall**

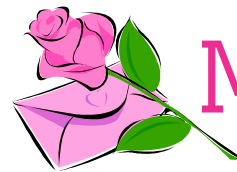
9:00 am - 12:00 noon

**Additional registration will
be taken at the following
times and sites:**

**Ahuimanu Summer Fun:
Diane Liu, 239-6594
Monday & Tuesday
May 10 & 11, 2:00 - 5:30 pm**

**Heeia Summer Fun:
Jeanie Young, 233-7335
Monday & Tuesday
May 10 & 11, 2:00 - 5:30 pm**

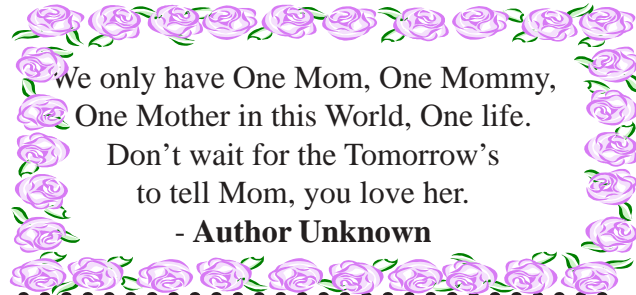
**Kapunahala Summer Fun:
Kelsey Higashi, 233-7316
Monday & Tuesday
May 10 & 11, 2:00 - 5:30 pm**



M AY

- 3rd Community Works in 96744**
5:30 pm Queen Lili`uokalani
Children's Center 235-7747
- 9th Mother's Day**
- 13th OGYA Grief Support Group
for Children, Teens & Family**
6 - 8 pm Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.
- 17th Ohana Food Produce
Distribution 3:00 pm - 4:30 pm**
Key Project - Kahalu`u
- 19th KCFC Family Activity Night**
5:30 - 7:00 pm Windward Mall
Center Court area 235-7747.
- 19th Grandparents Raising
Grandchildren 9 am** Queen
Lili`uokalani Children's Center -
Kane`ohe. All grandparents are
welcome. Bernie 235-7613.
- 20th Kane`ohe Neighborhood Board**
7 pm Windward Community
College 523-4815.
- 27th OGYA Grief Support Group
for Children, Teens & Family**
6 - 8 pm Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.
- 31st Memorial Day**

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



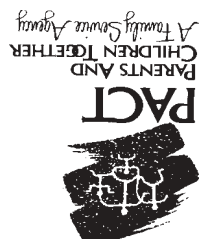
**We only have One Mom, One Mommy,
One Mother in this World, One life.
Don't wait for the Tomorrow's
to tell Mom, you love her.
- Author Unknown**

Site of the Month
www.hawaiiisharks.com

**A great website for parents!
Filled with informative
information, activities and
helpful tips for every family!**



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c/o He`eia Elementary School
46-202 Haiku Rd., Rm P-2
Kane`ohe, HI 96744



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