



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

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



Vol. 9. No. 10

October 2003

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 and Health, 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.

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.

Positive Discipline



Raising children can be a very difficult task, and it is even more difficult when it comes to choosing an effective form of discipline. It can become very frustrating when children misbehave. But just keep in mind that misbehavior can be thought of as an opportunity for teaching new behavior. Here are some positive tips for disciplining your child:



“Do as I do”: The most powerful teaching skill is modeling the behavior that is expected from the child. Setting a good example is critical in parenting.



Talk respectfully: Take the time to talk to and make eye contact with your child. You may discover that by doing this, your children will pay closer attention to what you say.



Tell them what you want: Children respond better to being told what to do rather than what not to do. For example: Instead of saying - “Stop kicking the table”, try - “Keep your feet on the floor.”



Give chances to choose: Giving a child choices allows him some appropriate power over his life and encourages decision making. The choices offered must be within acceptable limits and the child’s developmental and temperamental abilities.



Pay attention: Most children spend a great percentage of the time behaving appropriately. If parents take notice of and acknowledge these times, the positive behavior is likely to increase.

Remember that it is important to set a few necessary, reasonable and fair rules to keep your child safe and to let them know that there are limits. However, it is also important to enjoy and spend lots of quality time with your child. It’s the best investment a parent can make!

Adapted from: “Positive Discipline”, <http://www.health.state.ok.us/program/mchecd/posdisc.html>.

2003 Run & Read for Literacy



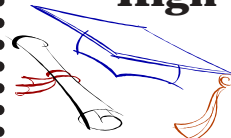
**Windward Community College
November 2, 2003
8:00 - 11:00 a.m.**

Join the fun run and you'll get lots of cool stuff! Plus, help your school get more newspapers and books! \$10.00 registration fee includes a family goodie bag containing a Pizza Hut Carryout for Literacy Card, 1 book (per family) and a T-shirt.

For more information, contact your school’s PCNC or the Kaneohe Community Family Center at 235-7747.



Interested in Getting your High School Diploma?



You must be 18 years or older to participate in the classes.

Please call the Kaneohe Community Family Center at 235-7747 for more information.



HAPPY HALLOWEEN

Just a few friendly tips for Halloween:

- * Children should always be accompanied by an adult while trick-or-treating.
- * Prior to trick-or-treating, be sure to remind your child about traffic rules and that they should wait until you check their candy before they eat it.
- * Your child’s costumes should also be flame retardant and fit well.
- * A flashlight should be carried at all times.

Have a Safe and Happy Halloween!

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 (HIPYP)

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:

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:

Helenann Lauber, *Family Center Dir.*

Cynthia Okazaki, *Site Coordinator*

Gordon Miyamoto, *PIRC Coordinator*

Jolene Chang, *Administrative Assistant*

Carin Tatom, *HIPPY Coordinator*

Jennifer Bui, *Program Facilitator*

Serena Trehern, *PIRC Assistant*

Jennifer Chun, *HIPPY Home Visitor*

Sunshine Michael, *HIPPY Home Visitor*

Leilani Roth, *HIPPY Home Visitor/VISTA*

Windward Mall Family Festival & HFD Fire-Prevention Week

October 11, 2003

11:00 a.m. - 4:00 p.m.

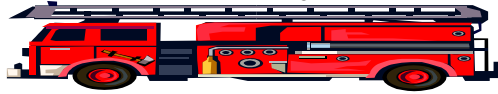
Windward Mall Center Court and
Windward Mall Parking Lot.



* Ronald McDonald Magic Show

* Keiki Activities * Entertainment

* Balloons, Face Painting * Lots of Fun!



* HFD Ladder Truck

* Rescue & Recovery Demonstrations

* HFD Keiki House

* Music from the Fire House Band

For more information, please call 235-1143

Kapunahala Fun Fair!

October 24, 2003

1:00 - 7:30 p.m.

Kapunahala Elementary
School

(45-828 Anoi Road)

* Food * Games

* Activities * Bake Sale

* White Elephant

* Xtreme Fun * Dunking Booth

All proceeds benefit Kapunahala School's curriculum programs, enrichment activities and Culture and Arts programs.



October is Children & Youth Month!

Set aside some special time this month to nurture and spend quality time with your children! There are many activities going on this month that are centered around children and youth. For a listing of these activities, please call 586-8455 or go to www.kipchawaii.org/children.



Site of the Month

<http://family.go.com>

A great website with activities and fun for the whole family!

Great holiday and party planning tips and much more!



5th Children and Youth Day 2003

10 a.m. - 3 p.m. State Capitol.
Great fun for the whole family!

6th Community Works in 96744

5:30 p.m. Queen Lili`uokalani
Children's Center 235-7747.

6th Spring Wind 7:30 p.m. WCC,
Paliku Theatre 524-0815.

7th Legend of Pele: Discovering
Volcanoes 9:00 & 10:45 a.m.
Hawaii Theatre.

9th OGYA Grief Support Group
for Children, Teens & Family
6 - 8 p.m. Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.

11th Windward Mall Family Festival
& HFD Fire-Prevention Week
11 a.m. - 4 p.m. Windward Mall.

15th Grandparents Raising
Grandchildren 9 a.m. Queen
Lili`uokalani Children's Center -
Kane`ohe. All grandparents are
welcome. Bernie 235-7613.

15th KCFC Family Activity Night
5:30 - 7:30 p.m. Windward Mall
Center Court area 235-7747.

16th Kane`ohe Neighborhood Board
7 p.m. WCC 523-4815.

23rd OGYA Grief Support Group
for Children, Teens & Family
6 - 8 p.m. Queen Lili`uokalani
Children's Center. Cynthia White
735-2989.

23rd My Fair Lady 7:30 p.m.,
weekends through November 16th.
WCC, Paliku Theatre 235-7433.

24th Kapunahala Fun Fair 1 - 7:30
p.m. Food, games and lots of
family fun! Kapunahala
Elementary School.

31st Happy Halloween!

Nov

2nd 2003 Run & Read for Literacy
8 - 11 a.m. Windward Community
College 235-7747.

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