



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

E-mail us at:
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<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, the U.S. Department of Education Office of Innovation and Improvement, Parent Options and Information, HCDCH 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.

Tips for Better Family Time



For many families, it is getting more and more difficult to really spend quality time interacting with their children. There just doesn't seem to be enough time in the day to fit everything in. Here are some tips for making that extra time, which is so important for your children and for you:



Eat together and listen to each other. This is a great time to learn about and really listen to what is going on in each other's lives.



Read with your child and ask questions about the content of the book. Reading helps your child learn about the world around him.



Doing chores together helps your child learn about teamwork, responsibility, and accountability.



Start a fun hobby or project that your child is interested in. This is a great way to spend time with one another, doing the things that you all enjoy.



Plan a family outing, such as going for a drive in the car, taking a stroll around the neighborhood, or planning a trip to the zoo or museum. These are all great activities for families to do together.



Play games together. Playing and interacting with one another while playing board games or card games is a great way for parents and their children to talk about and nurture their relationships.

October is Children and Youth month in Hawaii. Take some time this month to really nurture and spend time with those important children in your life!

Adapted from: "10 Tips to Better Family Time", <http://www.allprodad.com/tipstobetterfamilytime.asp>.

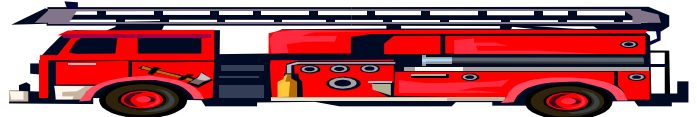
Windward Mall's Family Festival



Saturday, October 9th
11:00 a.m. - 4:00 p.m.
Windward Mall



Fire Prevention * Activities * HFD Ladder Truck * Rescue and Recovery Demonstrations * Fire House Band * and much more!



For more information, please contact Windward Mall at 235-1143.



Zippy's Children and Youth Day



Sunday, October 3rd
10:00 a.m. - 3:00 p.m.

State Capitol, Iolani Palace,
Washington Place, Hawaii State
Art Museum

Entertainment, Food Booths,
Activities, Demonstrations,
Exhibits, Face Painting, Rides,
Tours, HPD Activities,
and much more!



For more information,
please call 586-6130



Children and Youth Month is supported by private organizations in Hawaii.

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

NEIGHBOR-2-NEIGHBOR

•Kulana Nani
•Koolau Village

VOLUNTEER & COMMUNITY SERVICE LEARNING OPPORTUNITIES

•Family Activity Night Assistants
•Neighbor-2-Neighbor Mentors
•Reading/Homework Tutors
•Clerical and Program Support
•Special Event Child Care

LEADERSHIP & RESILIENCY PROGRAM

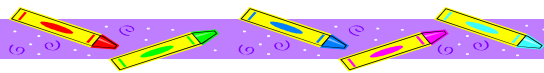
The *Family Center News* is printed monthly by the Kane`ohe Community Family Center (KCFC), a program of Parents And Children Together (PACT).

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

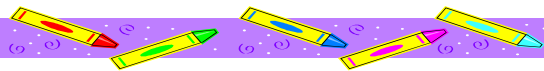
KCFC Staff:

Helenann Lauber, *Family Center Dir.*
Gordon Miyamoto, *Site Coordinator*
Mariko Oshiro, *PIRC Coordinator*
Jolene Chang, *Administrative Assistant*
Sunshine Michael, *HIPPY Coordinator*
Jennifer Bui, *Program Facilitator*
Serena Trehern, *Activities Specialist*
Leilani Roth, *HIPPY Home Visitor/VISTA*
Shani Naleieha, *HIPPY Home Visitor*
Holland Henderson, *Program Coordinator*



Volunteers Needed!

HIPPY (Home Instruction for Parents of Preschool Youngsters) in Kane`ohe is looking for volunteers to assist at their group activity meetings held at St. John's by the Sea, Ho`okano Hall. The meetings will be held every other Wednesday. Volunteers will help implement parent/child activities and assist the HIPPY staff in providing supervision for preschool aged children. Lunch is served at every group meeting. Please contact Sunshine at 235-7747 for more information.



Keiki Car Seat Checkup Locations

October 3rd: 11 a.m. - 2 p.m.
Department of Health Parking Lot.
547-4826.

October 9th: 10 a.m. - 1 p.m.
Marine Corps Base Hawaii. 257-1830.

October 16th: 10 a.m. - 1 p.m.
Toys R Us Pearlridge Parking Lot.
983-6800.



Learn how to safely install and use a child safety seat.

http://www.hmsa.com/community/events/childrens_month/



Site of the Month

<http://www.hmsa.com>



This website is full of information on community and family activities, support groups, health classes, exercise classes, important health information, and more!

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!



October

- 3rd Zippy's Children and Youth Day** 10 a.m. - 3 p.m. State Capitol, Iolani Palace, Washington Place, Hawaii State Art Museum 586-6130. Please see ad on previous page.
- 4th Community Works in 96744** 5:30 p.m. Queen Lili`uokalani Children's Center 235-7747.
- 9th Windward Mall's Family Festival** 11 a.m. - 4p.m. Windward Mall 235-1143. Please see ad on previous page.
- 11th Discoverers' Day (Columbus Day)**
- 14th OGYA Grief Support Group for Children, Teens & Family** 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 15th-17th Talk Story Festival** 7 - 9:30 p.m. McCoy Pavillion at Ala Moana Park. Hawaii's largest and oldest storytelling celebration. 692-5751.
- 16th Pearlridge's Keiki Celebration** 10 a.m. - 2 p.m. Pearlridge Center. Arts and crafts, face painting, balloon artists, and more. 488-0981.
- 16th Family Health Fair** 9 a.m. - 1 p.m. Kapiolani Medical Center at Pali Momi. Health screenings and family activities. 485-4116.
- 20th KCFC Family Activity** 5:30 - 7 p.m. Windward Mall, Center Court area 235-7747.
- 20th Grandparents Raising Grandchildren** 9 a.m. Queen Lili`uokalani Children's Center, Kane`ohe. All grandparents are welcome. Bernie 235-7613.
- 21st Kane`ohe Neighborhood Board** 7 p.m. WCC 523-4815.
- 28th OGYA Grief Support Group for Children, Teens & Family** 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 31st Happy Halloween!**

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