

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

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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*


## Show your Children Love Year-Round





Valentine's Day comes around once a year as an opportunity to make our feelings known to those we truly care for. Although traditionally reserved for romantic love, Valentine's Day has come to be an important occasion for the entire family. This Valentine's Day, don't forget to tell your children how much you love them! And while you're at it, commit to making them feel loved year-round!

 **Open the lines of communication.** Learn to complete the cycle of the conversation. When your child says, "My friend is moving," don't respond with, "Don't worry, you'll find another friend." Ask instead, "When is she moving?" This question says, "I heard what you said, I'm interested, and I want to hear more." Interest shows caring.

 **Brag to others about your kids and let them overhear.** If someone compliments your son or daughter, repeat it to the child. A little boasting doesn't produce conceited children, it creates children who are quietly self-assured.

 **Express love and limits at the same time.** It's your job to create reasonable boundaries for behavior. Indifferent and wishy-washy parenting may make it seem you don't have the energy to care. Respectfully enforcing limits and following through is a powerful expression of love.

 **Cheer your children on.** Notice baby steps toward competency. Whether it's reading, playing basketball, or planting seeds, offer encouragement. And when they experience disappointment or failure, be there to wipe those tears.

 **Notice what your kids do right.** "You carried your plate from the table to the counter, and I really appreciate that." "I'm so proud of you for thanking Grandma for the cookies. Such nice manners." By noticing and reinforcing positive behavior, you're saying "I love you" in a different way.

*Adapted from "Do Your Kids Know You Love Them?" <http://familyfun.go.com/parenting/child/dev/expert/dony67/fashowlove/>*

## PACT KCFC Program Spotlight: Youth Leadership Program



Junior high is a challenging and formative time. It is a time to evaluate peer influences and make life-changing decisions. The Youth Leadership Program (YLP) is designed to encourage leadership by providing positive

role models and a variety of opportunities for personal growth and teambuilding. Some components of the program include:

- \* **Weekly lunch meetings** that address attitudes about issues that affect preteen health and happiness
- \* **Community service** outreach to encourage community involvement and contribution
- \* **Adventure activities** that provide self confidence and goal setting



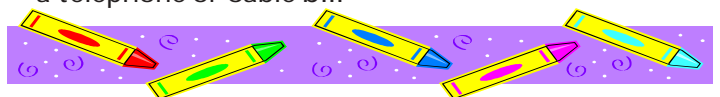
*YLP is free and open to students of King Intermediate School. To learn more, please call Hali Henderson at 235-7747.*



## Register for Kindergarten Now!

It's time to register for Kindergarten! If your child was born in 2001, register at your school office with the following required documents:

- Original or certified birth certificate
- Original Form 14 Health Card from your child's doctor and verification of a TB test within a year before school entrance
- Proof of current local address, such as a telephone or cable bill



## Kaneohe 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>

### HOME INSTRUCTION FOR PARENTS OF PRESCHOOL YOUNGSTERS (HIPPIY)

<http://www.hippyusa.org>

### YOUTH LEADERSHIP PROGRAM

- King Intermediate School

### FAMILY CENTER SERVICES

- Family Support

### NEIGHBOR-2-NEIGHBOR YOUTH TOBACCO PREVENTION

- Koolau Village
- Kulana Nani

### VOLUNTEER & COMMUNITY SERVICE LEARNING OPPORTUNITIES

- Clerical and Program Support
- Special Event Child Care

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

Please direct questions, comments and suggestions to:  
The Kaneohe Community Family Center  
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Holland Henderson, *Program Coordinator*

## Free Parenting Workshop Setting Limits and Appropriate Consequences

Wednesday, February 22nd  
6:30 - 7:30 p.m. (Pupus at 6 p.m.)

PACT Kaneohe Community Family Center

Please RSVP to 235-9779

Presented by PACT/Kaneohe Community Family Center and Kathy's Parenting Solutions

Honolulu Community Action Program, Inc. and Windward School for Adults presents...

## Beginning Computer & Employment Training



Level I - Mon. & Wed. 5 - 8 p.m.  
Level II - Tues. & Thurs. 5 - 8 p.m.  
Locations: Kahaluu and Waimanalo

Classes begin on February 6, 2006, so register now! Please call 239-5754.

## Want a job or business? Call 842-7093 today! Economic Development Center



1485 Linapuni St.  
Honolulu, HI 96819



6th Annual Hawaiian Style

## BACKYARD JAM



Sunday, February 19, 2006  
12:00 - 5:00 p.m.

Kapiolani Park Bandstand

- \* Info about substance abuse prevention
- \* Entertainment by top local performers
- \* Ono grinds
- \* Games for kids!

Free roundtrip transportation from Kaneohe. Call KCFC at 235-7747 for more information



## Site of the Month

Hawaiian Islands Humpback Whale National Sanctuary



<http://hawaiihumpbackwhale.noaa.gov/>

It's Humpback Whale Awareness Month! Learn more about them and get involved in organized whale watching and counting from shore!

# February



- 4th Cherry Blossom Festival Contestant Appearance** 12 - 2:30 p.m. Windward Mall. 235-1143
- 6th Community Works in 96744** 5:30 p.m. Queen Liliuokalani Children's Center 235-7747
- 9th Kids Hurt Too, Healing Young Hearts & Support Group** 6 - 8 p.m. Formerly known as OGYA Grief Support Group. Queen Liliuokalani Children's Center. Cynthia White 735-2989
- 10th Whale Watching with the Hawaiian Islands Humpback Whale National Marine Sanctuary** 10 - 1:30 p.m. Call 397-2651 x 253 for location and to RSVP. Bring brown bag lunch and a pair of binoculars. You will learn to spot whales from the shoreline. Repeats on February 11th, 17th, and 24th.
- 11th Alzheimer's Support Group** 10 - 11:30 a.m. Kaneohe Community Family Center. Learn more about Alzheimer's and the resources that are available to your family. 239-1552
- 12th Lion Dance and Kung Fu Demonstration** 11 a.m. - 1:30 p.m. Windward Mall. 235-1143
- 13th Ohana Food Produce Distribution** 3 - 4:30 p.m. KEY Project. For low-income families and individuals. First-come first-served basis. 239-5754
- 14th Valentine's Day**
- 15th Grandparents Raising Grandchildren** 9 a.m. Queen Liliuokalani Children's Center. Bernie 235-7613
- 16th Kaneohe Neighborhood Board** 7 p.m. at WCC Hale Akoakoa, Rm. 103-105, 523-4815
- 17th King Intermediate School Curriculum thru Fair.** Windward Mall, Theater Wing.
- 19th Come check out student work!**
- 19th Backyard Jam 2006** 12 - 5 p.m. Kapiolani Park Bandstand. Learn about substance abuse prevention while enjoying the rhythm of top local artists, munching on ono food, and playing fun games. Free roundtrip transportation from Kaneohe. Call 235-7747 for more information.
- 2nd Parenting Workshop: Setting Limits and Appropriate Consequences** 6:30 - 7:30 p.m. Kaneohe Community Family Center. Please RSVP to 235-9779.

Sponsoring a free or low-cost event that may be of interest to Kaneohe families? Submit information for the KCFC calendar by the 15th of each month. Fax 235-7748.

KCFC thanks the Castle High School Key Club for their help folding newsletters!