



**Kako'o Na Makua
All Parents Stand Together**

Family Support Services of West Hawaii
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January 2007 Parent Education Calendar & Resource Guide

Our Mission:

***To Support Families and Communities
in Providing Love and Care for Our Children.***

To add your parent education
information to the FSSWH listing,
please contact A. Emi Saito at
(808) 334-4159 (phone),
(808) 334-4141 (fax),
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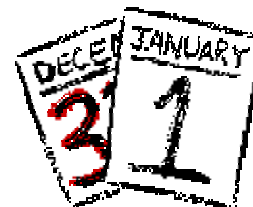
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AND CHILDREN, INC.

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It's RESOLUTION Time!



Chances are, at some time in your life you've made a New Year's Resolution - and then broken it. This year, stop the cycle of resolving to make change, but not following through. Here are 10 tips to help get you started.

<http://ibdcrohns.about.com/cs/mentalhealth/a/newyearresolve.htm>

- 1. Be realistic:** The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to never eat your favorite desserts again could be a bad choice. Strive for a goal that is attainable.
- 2. Plan ahead:** Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mind-set that particular day. Instead it should be well planned before December 31st arrives.
- 3. Outline your plan:** Decide how you will deal with the temptation to skip the exercise class, or just have one more cigarette. This could include calling on a friend for help, or practicing positive thinking and self-talk.
- 4. Make a "pro" and "con" list:** It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.
- 5. Talk about it:** Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better. The best case scenario is to find yourself a buddy who shares your New Year's Resolution and motivate each other.
- 6. Reward Yourself:** This doesn't mean that if your resolution is to diet you can eat an entire box of chocolates. Instead, celebrate your success by treating yourself to something that you enjoy.
- 7. Track your progress:** Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated.
- 8. Don't Beat Yourself Up:** Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take them one at a time.
- 9. Stick to it:** Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality.
- 10. Keep trying:** If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's Resolution" any time of year.



"Always bear in mind that your own resolution to succeed is more important than any other one thing."

- Abraham Lincoln

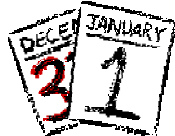
Listing of Events & Resources:

Kona

- ❄️ **HIPPY Playgroup:** The Home Instruction for Parents of Preschool Youngsters (HIPPY) playgroup meets every Wednesday from 10:00 am - Noon at the Na Kamalei playground. For more information call Shannon Ramirez at 334-4111.
- ❄️ **Are You Prepared to Parent a Teenager?:** Feeling frustrated and overwhelmed by your child/teen's behavior? Parenting a teen takes unique skills! All parents of teens or soon-to-be teens (ages 10+) are great candidates for this 7-week class facilitated by Douglass Bartlett, M. Ed. For information about the next class, contact Linda Jeffrey at 327-4300, ext. 432 or e-mail khparentcenter@yahoo.com.
- ❄️ **Na Makuakane Malka'i 'O Hawai'i, Great Fathers of Hawai'i:** This father's group meets every Tuesday from 6:00 ~ 7:30 pm. For more information on the group activities and parenting classes, contact Larry Ursua at 334-4153 or Kauila Ho at 334-4180.
- ❄️ **Personal Parenting and Assessment Services (PPAS):** PPAS offers a twelve-week series of parenting classes on Wednesdays from 10:00 - 11:30 am. A Women's Support Group is also held on Wednesdays from 9:00 - 10:00 am. Call 327-2123 for details.
- ❄️ **The Institute For Family Enrichment (TIFFE):** TIFFE is offering free Parent Skills Training groups, open to all families. No charge for the sessions, free childcare, and snacks will be provided. For more information and to pre-register, contact Barbara Hoist at 323-3305.
- ❄️ **Prenatal Classes:** Every Wednesday from 7:00 - 9:00 pm at the Kona Community Hospital. New session begins September 6th. To pre-register, call Krista Olson at 895-0782.
- ❄️ **West Hawaii Baby S.A.F.E.:** Free prenatal/postpartum education classes are offered on Tuesdays and Thursdays from 10:00 am - Noon. For more information call Jonelle at 322-3100 ext. 102.

Waimea

- ❄️ **Tutu and Me:** Meets weekly on Tuesdays and Thursdays from 8:30 - 10:30 am at Imiola Church. For more information call 885-1200.
- ❄️ **West Hawaii Baby S.A.F.E.:** Free prenatal/postpartum education classes are offered on Tuesdays and Thursdays from 10:00 am - Noon. For more information call Jonelle at 322-3100 ext. 102.



Walkoloa

- ❄️ **Mothers of Preschoolers (MOPS):** Mothers and their preschool-aged children meet for playtime and to share parenting tips. Meetings are held on the 2nd and 4th Fridays from 9:00 - 11:30 am. Call Tina Makoff at 883-9083 for more information.

Kohala

- ❄️ **Kohala Family Center:** The Kohala Family Center is located in Hawi and provides information and referral services for the district of North Kohala. The center also has a lending library and free computer use. Call Christi Morgan at 889-0036 or walk in during open hours M, T, Th, F from 8:00 to 11:00 am and 3:30 to 4:30 pm and Wednesdays from 12:30 to 4:30 pm.
- ❄️ **Na Ohana Anuenue:** This Waldorf inspired learning center sponsors Parent/Toddler programs for ages 0 - 5 every Friday. For more information call Kether Hollenbaugh at 889-1812.
- ❄️ **Tutu and Me:** Meets weekly on Mondays and Wednesdays from 8:30 - 10:30 am at Kamehameha Park, Inter-generational Center. For more information call 885-1200.
- ❄️ **Intergenerational Kickball:** This fun activity takes place the 1st Sunday of every month from 3:30 - 5:00 pm at the Veteran's Field at Kamehameha Park. For more information call Lani Bowman at 889-5852.
- ❄️ **Good Beginnings Play Group:** Meets every Tuesday at Kamehameha Park from 9:30 - 11:00 am. Children ages 0 - 5 and their caregivers are welcome to attend. For more information call Angela Cook at 896-6574.

Ka'u

- ❄️ **Ka'u Family Center:** The Ka'u Family Center is located in Na'alehu and provides information and referral services for the district of Ka'u. The center also has a food pantry and free computer use. Call Teresa Alderdyce at 929-9611 ext. 10 or walk in during open hours M - F from 9:00 am to 12:00 pm and 1:00 to 2:00 pm.
- ❄️ **Good Beginnings Play Group:** Meets every Tuesday at Waiohinu Park from 10:00 - 11:30 am. Children ages 6 months - 5 years and their caregivers are welcome to attend. For more information call Hettie Rush at 959-8572.
- ❄️ **Family Reading Night:** Will meet the 4th Friday of each month from 5:30 - 7:30 pm at the Ocean View Community Center. Call Melody Raymond at 929-7311 ext. 312 for details.

Additional Resources for Families:

- ❄️ **Alu Like:** Offers prenatal and parent/child services including home visits, workshops, and parent/toddler groups for people of Native Hawaiian ancestry. For more information call 329-4801 in Kona or 885-7040 in Waimea.
- ❄️ **Aloha United Way:** Is a free, 24-hour information and referral service for all islands. The database includes over 4,000 programs and services ranging from legal assistance to recycling information to family counseling and much more! Dial 2-1-1 to find the services that meet your individual needs.
- ❄️ **Child Care Connection Hawaii:** The Department of Human Services' Child Care Connection Hawaii program provides families with subsidies to help with child care expenses, guidance in selecting a child care provider, information about quality child care programs, and referrals to community resources for help with other concerns. For more information call 327-4755.
- ❄️ **Family Support Services of West Hawaii:** Provides parent education services, referrals and resource linkages, home visiting services, family counseling, and positive alternative activities for youth. Offices are located in Kona and Waimea with Family Centers in Ka'u and Hawi. For more information call 326-7778, M - F 8:00 am - Noon and 1:00 - 5:00 pm.
- ❄️ **Hawai'i Covering Kids:** Through a variety of services, Hawai'i Covering Kids helps enroll children in free and low-cost health insurance programs. For more information call the Med-QUEST West Hawaii office at 327-4970 or visit www.coveringkids.com.
- ❄️ **Hawaii Island United Way (HIUW):** HIUW provides linkages to locally based organizations that assist people in need. These organizations include health and human service programs, services for the mentally and physically challenged, emergency shelter, food and health care for the homeless, youth recreation and family support services. Call 326-7400 for more information.
- ❄️ **Kid's Play Corner Inc.:** A convenient, clean, fun and safe indoor play environment offering childcare at drop-in convenience. For more information call 334-1800 or visit www.kidsplayhawaii.com.
- ❄️ **Kona WIC Program:** The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federally funded program which provides Hawaii residents with nourishing supplemental foods, nutrition education, breastfeeding promotion and health and social service referrals. Participants are either preg-

nant, breastfeeding, or postpartum women, and infants and children under age five who meet income guidelines and have a medical or nutritional risk. Call 322-4888 for more information.

- ❄️ **Malama A Ho'opili Pono:** The State of Hawaii's Malama A Ho'opili Pono project provides free prenatal, maternal and child health care information, home visits, and emotional support to prevent postpartum depression. For details, call Jan at 322-1902.
- ❄️ **The Neighborhood Place of Kona (NPK):** Focuses on the well-being of families and the prevention of child abuse and neglect. NPK use a "talk story" approach of connecting with families and individuals. Services are non-judgmental, family-centered, individualized, and culturally sensitive. Call Wally Lau or Pili Kalele at 331-8777 for more information.
- ❄️ **The Parent Line:** Funded by the Hawaii State Department of Health, The Parent Line is a confidential toll-free telephone line staffed by professionals who specialize in child and adolescent growth and development. They offer support and information to anyone with concerns about parenting. To reach The Parent Line call 1-800-816-1222.
- ❄️ **The Pregnancy Center:** Offers free pregnancy tests, ultra sound exams, parenting classes, outreach and support to families, and baby clothes and furnishings awarded through a program called Earn While You Learn. For more information, call 326-1766.
- ❄️ **PATCH:** PATCH offers connections to a wide variety of information for parents and families. They help parents take the guesswork out of choosing child care with referrals to local child care providers. Call 325-3800 for more information
- ❄️ **Preschool Open Doors (POD):** Funded by the State of Hawaii, POD is an early childhood education and care project that helps children go to preschool by helping their families pay the preschool costs. Applications are accepted between March and April yearly. For more information call 1-800-746-5620.
- ❄️ **Tutu's House:** Throughout the year, staff and volunteers from the Waimea community offer a wide variety of opportunities that encourage individuals to make informed decisions about their personal health-related quality of life. For more information call 885-6777 or visit www.tutushouse.org.
- ❄️ **Volunteer Legal Services Hawaii (VLSH):** Legal assistance is provided to clients in a variety of areas of civil law. VLSH does not provide assistance on criminal law. Clinics are held at Family Support Services of West Hawaii once a month. Call 800-839-5200 for more information and to schedule an appointment.