



A United Way Agency



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**Kako'o Na Makua
All Parents Stand Together**
Family Support Services of West Hawaii
75-127 Lunapule Rd. Ste. 11
Kailua-Kona, HI 96740
808-326-7778; 808-326-4063

June 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
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Your Child's Future How to Give Them a Good Start

"What do you want to be when you grow up?" This is a standard question that our



children are asked as they start school. Research indicates individuals will change jobs and careers several times in their lifetime.

Gone are the days of working with one company for life. Gone are the days of career and job security.

So, how should a child, teen, or young adult prepare for a successful career? Going to school and getting an education is the foundation that supports individuals in achieving career success, but as parents we must be aware that education should also foster our children's competencies in "transferable skills". Here are five transferable skill competencies that we should nurture in our children:

1 Teach your child to organize, plan and set goals.

Allow them to plan and schedule time for work and play; give them an allowance and help them to budget personal expenses; teach them to organize their bedroom and play equipment.

2 Teach your child to be inquisitive.

Encourage them to lookup answers to questions in books or on the internet; ask them for feedback about situations that occur in the home, at school, and in public.

3 Teach your child to be a team player.

Create an atmosphere in your home that encourages them to participate in sports or clubs. Expose them to other cultures and groups by attending events sponsored by other cultures.

4 Teach your child about different careers.

Bring them to work with you on occasion. Expand their awareness of equipment and responsibilities applicable to different jobs. Provide positive opportunities if they show interest in particular skills; being aware that these interests will evolve as they mature.

5 Teach your child the importance of being computer literate.

A computer in the home is ideal. But also encourage your youth and teen to take computer classes to learn different programs.



Having good organizational skills, being inquisitive and ready to learn, being a team player, having knowledge of career opportunities, and possessing basic skills in technology are crucial "transferable skills" that your child will rely on throughout his or her life. So, when someone asks your child "What do you want to be when you grow up?", you can be confident that they will have the transferable skills to succeed in any career that they choose.

Listing of Events & Resources:

Kona

- 📁 **HIPPY Playgroup:** The Home Instruction for Parents of Preschool Youngsters (HIPPY) playgroup that meets every Wednesday morning will be taking a summer break. For more information call Shannon Ramirez at 334-4111.
- 📁 **Are you prepared to “parent” a teenager?**
 - Once the hormones kick in (ages 10+), do you think you will be able to handle your child?
 - Are you a parent/guardian who is experiencing frustration and being overwhelmed by your child/teen’s behavior?
- A **new** series of presentations concerning effective and positive parenting of teenagers is available. There will be discussions & learning activities with an emphasis placed toward preparing and helping parents faced with “strong-willed” adolescents. Facilitated by Douglass Bartlett, M. Ed., an experienced teen therapist & former facilitator for the “Parent Project” parent classes. **Cost** is \$5/person each class; couples pay \$8. Transportation may be provided and help with babysitting expenses may be available. For information, contact Linda Jeffrey at 327-4300, ext. 432 or e-mail: khparentcenter@yahoo.com.
- 📁 **Na Makuakane Maika’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 Nurturing Families of Hawaii training sessions. For more information and to pre-register, contact Suzanne Schiller at 854-1160.
- 📁 **Prenatal Classes:** Every Wednesday from 7:00 - 9:00 pm at the Kona Community Hospital. 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.

Waikoloa

- 📁 **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, Intergenerational 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.
- 📁 **Busy Buddies Hawaii:** A full service childcare center and full time Preschool. Full day or Holiday care, School waiver days and intersession care, After School Care, Parent or Group visits, and Childcare while you "Get Fit" program. Available hourly or daily in a clean, fun, and safe educational environment. Call 334-1800 for more information or visit www.busybuddieshawaii@aol.com.
- 📁 **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 costs. 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.
- 📁 **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 pregnant, 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, ultrasound 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.

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