



A United Way Agency



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

Family Support Services of West Hawaii  
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# August 2006 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,  
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## Men Who Change Diapers Change The World

### Beliefs and Truths

If you're like most new or expectant dads, you're probably carrying around some silent assumptions about what it means to be a father. Those ideas are rooted in your experiences with your own father and in what you believe society expects of a male parent. Unfortunately, few resources exist to help men think through these issues or put common myths to rest. Yet the more you examine and understand your unspoken expectations of fatherhood, the better chance you have of becoming the parent you want to be.

Here are five commonly held beliefs and the truths behind them.

**Myth 1: Only the expectant mother's feelings are important**

Your partner's amazing body changes during pregnancy and the focus on the birth itself make it easy to think that her feelings are the only ones which count.

It's easy for an expectant dad to talk excitedly about the positives of becoming a father. It's much harder to give voice to the equally important - and inevitable - feelings of fear and apprehension.

Give yourself permission to express your feelings of both excitement and vulnerability. If we always play the part of men who are strong, we lose touch with a part of ourselves. If you express your concerns during pregnancy and early parenting, you challenge the myth that we merely accompany our partners through the process.

**Myth 2: Newborns don't really need their fathers**

The intense connection between your partner and newborn - especially if they're breastfeeding - can leave you wondering whether your baby really needs you. Rest assured, he does; you're an equally important person in his life. Create a bond early on. To bond with your child, hold, rock, and coo at him. Speak softly and hum or sing lullabies. Time spent bonding with your baby also allows your partner to lighten her workload as the primary nurturer



and recoup her energy. Remember, you make a difference to the whole family.

**Myth 3: Men don't know how to care for young children**

This is a great fallacy that keeps fathers from having a primary relationship with their babies and causes unnecessary anxiety for new mothers who fear that men aren't capable of handling newborns. Parenting is learned on the job by both moms and dads.

**Myth 4: Men who focus on their children can't make it in the work world**

Men are often taught to value work as their main source of worth and self-esteem. But we are at the beginning of an epic shift in cultural



norms. Men are finding parenthood meaningful and many are trading career advancement for time with their family because they value the fulfillment they find in fatherhood, not because they can't hack it in the job market.

More men than ever feel that being a good father is a significant accomplishment in life.

**Myth 5: You are destined to be just like your own father**

It's natural to reflect on your history and think that, for better or worse, you will follow in your father's footsteps. But your own father needn't be your primary role model for parenting. He is just one influence on what kind of dad you'll become. Look to others who have nurtured you over the years, including teachers, colleagues, friends, uncles, brothers, and so on, and create your own identity as a father.

Envision fatherhood as a role you grow into with your child. You can take the positives from your own family history and add to them in a multitude of new ways.

Fathers, for more information on how you can make a difference in the life of your child, call Family Support Services of West Hawaii's Father Coaches Larry Ursua at 334-4153 or Kauila Ho at 334-4180.

# 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. Look for them to start-up around the first of September. For more information contact Shannon Ramirez at 938-5004.

👤 **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 khparent-center@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 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. For more information about the classes and to pre-register for the next session call Krista 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 Holtenbaugh 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:** Held every Thursday from 5:00 - 7:00 pm at the Ocean View Community Center, Family Reading Night invites families to read to their children, do a craft, and take home a book. Contact 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.

👤 **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 help, support and guidance with parent education, referrals and resource linkages, home visits, family counseling and youth development. 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](http://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](http://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 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 more information 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](http://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.



*Together, we can do amazing things . . .*