



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

Family Support Services of West Hawaii
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October 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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A United Way Agency

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When and why do children feel stress?

Children feel stress long before they grow up. Many children have to cope with family conflict, divorce, constant changes in schools, neighborhoods and child care arrangements, peer pressure, and sometimes, even violence in their homes or communities.

The impact of a stressor depends on a child's personality, maturity, and style of coping. It is not always obvious, however, when children are feeling overtaxed. Children often have difficulty describing exactly how they feel. Instead of saying "I feel overwhelmed" they might say "my stomach hurts." When some children are stressed they cry, become aggressive, talk back or become irritable. Others may behave well but become nervous, fearful, or panicky.

What can parents do?

Parents can help their children learn to keep the harmful effects of stress at a minimum.

1. Parents should monitor their own stress levels. In studies on families who have experienced traumatic circumstances such as earthquakes or war, the best predictor of children's coping is how well their parents

cope. Parents need to be particularly wary of their own stress levels and how it contributes to conflict. Frequent fighting between parents is unsettling for children.

2. Keep communication lines open. Kids feel better about themselves when they have a good relationship with their parents.

3. Children who do not have close friendships are at risk for developing stress-related difficulties. Parents should encourage friendships by scheduling play dates, sleepovers, and other fun activities.

4. Parents need to shape daily schedules with their child's temperament in mind. Although children thrive in familiar, predictable environments with established routines and clear safe boundaries, their tolerance for stimulation varies.

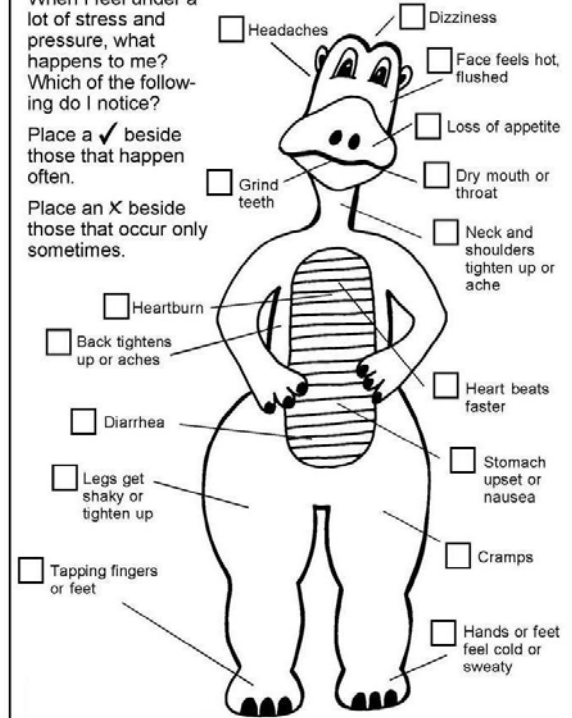
Children of all ages need time to play and relax. Children use play to learn about their world, explore ideas and soothe themselves. Help your child, help himself.

HOW AM I?

When I feel under a lot of stress and pressure, what happens to me? Which of the following do I notice?

Place a ✓ beside those that happen often.

Place an X beside those that occur only sometimes.



Excerpts from this article were downloaded from:
<http://www.aboutourkids.org/>

To download the How Am I? booklet about stress for kids, go to:
<http://www.ag.ndsu.edu/pubs/yf/famsci/fs559.pdf>

Listing of Events & Resources:

Kona

- ⓪ **Neighborhood Place of Kona (NPK):** NPK's Ke Ala Kūpono Parent Education Classes focus on the important responsibility that parent(s) have in teaching and role modeling proper values and behavior to their children. Hawaiian culture is used as the primary vehicle of instruction and presented in a "story telling" manner. For more information and to register call the Neighborhood Place of Kona at 331-8777
- ⓪ **HIPPY Play & Learn Group:** The Home Instruction for Parents of Preschool Youngsters (HIPPY) Play & Learn Group meets every Wednesday from 10:00 am - noon at the Na Kamalei Old Airport playground. The group will run from October 2007 to May 2008. For more information call Shannon Ramirez at 334-4111.
- ⓪ **Are you prepared to "parent" a teenager?**
A series of presentations concerning effective and positive parenting of teenagers focuses on 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. For information on the next class, contact Linda Jeffrey at 327-4300, ext. 432 or e-mail: khparentcenter@yahoo.com.
- ⓪ **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.
- ⓪ **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.
- ⓪ **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 at 854-1160.
- ⓪ **Prenatal Classes:** Every Wednesday from 7:00 - 9:00 pm at the Kona Community Hospital. To pre-register, call Krista Olson at 895-0782.
- ⓪ **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

- ⓪ **Tutu and Me:** Meets weekly on Tuesdays and Thursdays from 8:30 - 10:30 am at Imiola Church. For more information call 885-1200.
- ⓪ **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

- ⓪ **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.
- ⓪ **Waikoloa Play Group:** This is a drop in playgroup that meets every Friday at Waikoloa Park from 10:00 am. For more information call Alyce Camero at 885-0086.

Kohala

- ⓪ **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.
- ⓪ **Na Ohana Anuenue Community School:** This Waldorf inspired learning center, serving the children of North Kohala, offers parent/toddler programs for children from 3 to 5 years of age. For information about our parent/toddler programs and programs for children from 6 to 9 years of age, call 889-6985.
- ⓪ **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.
- ⓪ **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.
- ⓪ **Kohala Play Group:** This is a drop in playgroup that meets every Tuesday at Kamehameha Park from 9:30 am. For more information call Alyce Camero at 885-0086.
- ⓪ **Amanda & Josie's Aftercare Program:** Mondays thru Fridays from 1:00 - 5:00 pm, we provide creative play, arts & crafts and healthy snacks. Open to all. Call 884-5159 or 889-5989 for more information.

Ka'u

- ⓪ **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.
- ⓪ **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.
- ⓪ **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:

- ⓪ **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.
- ⓪ **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.
- ⓪ **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.busbuddieshawaii@aol.com.
- ⓪ **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.
- ⓪ **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.
- ⓪ **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.
- ⓪ **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.
- ⓪ **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.
- ⓪ **Malama Perinatal Program:** The Malama Perinatal Pro-

gram provides information and support for women's health, healthy pregnancy, labor and birth, breastfeeding, infant and toddler care, and much more. Services are provided island-wide. For more information call 885-1234.

- ⓪ **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.
- ⓪ **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.
- ⓪ **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.
- ⓪ **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
- ⓪ **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.
- ⓪ **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.
- ⓪ **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.



Stress can be positive or negative. Positive stress pushes you to complete a task. Negative stress gets in the way and puts demands on your mind and body. To learn more about stress, how it affects on your body and mind, and ways to relieve tension, [Google](#) 'stress'.