



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

Family Support Services of West Hawaii
75-127 Lunapule Rd. Ste. 11
Kailua-Kona, HI 96740

November 2008

Parent Education Calendar and 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), or asaito@fsswh.org.



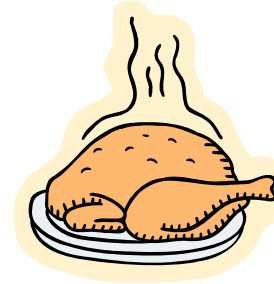
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Does Eating Turkey Make You Sleepy?

By Anne Marie Helmenstine, Ph.D., About.com

Unless a microwave dinner is your idea of a Thanksgiving feast, you probably have had firsthand experience with the after-dinner fatigue that sets in after the meal. Why do you want a nap? To escape the dishes? Perhaps, but the meal itself plays a big part in the way you feel.

The Turkey



The turkey is often cited as the culprit in after-dinner lethargy, but the truth is that you could omit the bird altogether and still feel the effects of the feast. Turkey does contain L-tryptophan, an essential amino acid with a documented sleep inducing effect, however, L-tryptophan needs to be taken on an empty stomach and without any other amino acids or protein in order to make you drowsy. There's lots of protein in a serving of turkey and it's probably not the only food on the table.

It's worth noting that other foods contain as much or more tryptophan than turkey, including chicken, pork, and cheese.

Carbohydrates

Although L-tryptophan is found in turkey, it's actually a carbohydrate-rich, as opposed to protein-rich, meal that increases the level of this amino acid in the brain. Carbohydrates stimulate the pancreas to secrete insulin. When this occurs, some amino acids that compete with tryptophan leave the bloodstream and enter muscle cells. This causes an increase in the concentration of tryptophan in the bloodstream which results in that familiar sleepy feeling.

Fats

Fats slow down the digestive system, giving Thanksgiving dinner plenty of time to take effect. Fats also take a lot of energy to digest, so the body will redirect blood to your digestive system to tackle the job. Since you have less bloodflow elsewhere, you will feel less energetic after eating a meal rich in fats.

Alcohol

Alcohol is a central nervous system depressant. If alcoholic beverages are part of the holiday celebration, then they will add to the nap-factor.

Overeating

It takes a great deal of energy to digest a large meal. When your stomach is full, blood is directed away from other organ systems, including your nervous system. The result? You will feel the need to snooze after any big meal, particularly if it is high in carbohydrates and fats.

Relaxation

Although many people find the holidays stressful, the most relaxing part of the festivities is likely to be the meal. Thanksgiving dinner provides an opportunity to sit back and relax ~ a feeling that can carry over after the meal.

So, why are you sleepy after a big turkey dinner? The answer is, it's a combination of the type of food, amount of food, and celebratory atmosphere.

Happy Thanksgiving!

Listing of Events & Resources:

Kona

- 🎯 **Neighborhood Place of Kona (NPK):** NPK's Ke Ala Kupono 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 call the Neighborhood Place of Kona at 331-8777.
- 🎯 **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 September 2008 to May 2009. For more information call Shannon Ramirez at 334-4111.
- 🎯 **Nā Makua Kāne 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 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 SAFE:** Free prenatal/postpartum education classes are offered on Tuesdays and Thursdays from 9:00 - 11:00 am. For more information call Jonelle at 322-3100 ext. 105.

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.
- 🎯 **North Hawaii Baby SAFE:** Free prenatal/postpartum education classes are offered on Wednesdays from 10:00 am - Noon. For more information call Jonelle at 322-3100 ext. 105.
- 🎯 **Neighborhood Play and Learn Group:** This is a drop in playgroup that meets every Wednesday at St. James Church from 10:00 - 11:30 am. For more information call Alyce Camero at 885-0086.
- 🎯 **Hawaii Resources for School Success (HRSS), a program of North Hawaii Women and Children's Services:** Focuses on increasing local student success through early identification and effective interventions

for struggling students by providing strengths-based individual Student Assessments, supplemented by learning profiles, learning plans, and classroom follow-up; and Teacher Training using the *Schools Attuned* teacher professional development component which provides teachers and families with tools to help manage a student's learning. For more information please call 885-9318 or visit www.hawaiischoolsuccess.org.

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.
- 🎯 **Neighborhood Play and Learn Group:** This is a drop in playgroup that meets every Friday at Ho'oko Street Park from 10:00 - 11:30 am. For more information call Alyce Camero at 885-0086.

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 - F from 8:00 am to 12:00 pm.
- 🎯 **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.
- 🎯 **Primary School Adjustment Project (PSAP):** PSAP hosts a parent hour every Wednesday from 8:05 - 9:00 am at the Kohala School cafeteria. Open to all parents/community members, even if they do not have children in school. For more information call Christi Morgan at 889-0036.
- 🎯 **Neighborhood Play and Learn Group:** This is a drop in playgroup that meets every Tuesday at Kamehameha Park from 9:30 - 11:00 am. For more information call Alyce Camero at 885-0086.

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 8:00 am to 12:00 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.

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 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.
- 🎯 **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 Perinatal Program:** The Malama Perinatal Program 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.
- 🎯 **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 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, outreach and support to families and the Earn While You Learn Program. We also offer birthing classes as well as fertility awareness classes. For more information, call 326-1766 or visit us on-line at www.tpckona.com.
- 🎯 **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.

Hau'oli Lā Ho'omaika'i!

