



Family MATTERS

Maui Family Support Services, Inc.

Vol. 2, Issue 8 October 1998

*Issues
concerning
families with
young children*

18th Anniversary Annual Report

Celebrating 18 years of continuous service to our community!

Maui Family Support Services is proud that we have made a difference in the lives of Maui and Lanai families over the years. We are especially thankful to be a vital agency meeting the challenges of today's world through programs that incorporate early childhood research findings with experience and caring.

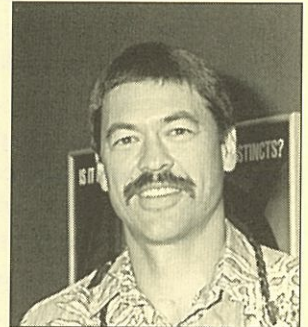
Recent national surveys show that parents of young children want more information and support. They take their job as parents seriously but feel they lack necessary knowledge. According to one such survey among parents of children 0-3 years old, 92% would like to improve their parenting skills; 88% didn't feel prepared for their first child; 56% feel stressed and worn-out. Programs, such as those offered by MFSS, help parents gain the knowledge and skills they want and need.

The importance of early childhood programs is explained by new research into how children develop and learn. Experiences in the first months and years of a child's life have profound and lasting effects. A young child's brain has twice as many brain synapses (connections) as will be needed. During the first months and years of life brain development is rapid. Synapses that are used, become permanent and have a lasting impact on the ability to think, learn, to feel emotions and form relationships.

Viewed in this light, each hug, smile, or encouraging word a child experiences helps to "wire" their brain for a positive experience of life. Unfortunately, being hungry, ignored or abused can have serious and sustained negative effects. By understanding and working with the development process, parents and other caregivers can give children the best possible start in life.

We wish to take this occasion to extend thanks to our dedicated Staff and Board of Directors and especially to the families who have used MFSS program opportunities to become the best parents they can be.

Finally, our MFSS family lost a valuable member, Al Sparks, who passed away in May. Al had a firm belief in our mission, he worked hard as Treasurer of the Board of Directors, and he kept us focused on trying to help as many families as our resources allowed. He will be missed.



Dr. Michael Kim



Bettye Williams

Michael E. Kim

Michael E. Kim, M.D.
Board President

Bettye S. Williams

Bettye S. Williams
Executive Director

Programs

Program Services are confidential and free of charge

Healthy Start

Hi'ilei O Hawai'i

Family Focus

Eligibility

Enrollment open to parents from pregnancy until an infant is 90 days old. Services may continue until child is 5 years.

Available to Hawaiian or Part Hawaiian families with children 0-23 months old. Services may continue until child is 5 years.

Offered to any Maui family with a child up to the age of 5. Parents can choose Home Visiting, telephone or referral services.

Child Development

Parents learn about child development through verbal, printed, and video tape information, provided by Staff. A Child Development Specialist is also available.

Home Visitors impart child development information and work with parents to promote bonding. Developmental testing and services of a Child Development Specialist are offered.

Staff members discuss ages and stages of growth, model parenting skills, present positive discipline strategies, conduct assessments and consult with Child Development Specialist.

Family Strengthening

Staff members work with parents, improving life-skills and stress coping abilities. The goal is to empower families and encourage self-reliance.

Families and Staff work to strengthen family functioning by identifying needs, planning and successfully completing stated goals.

Program focuses on strengthening parent/child relationships. Encouragement is offered to parents seeking educational and employment opportunities.

Health Issues

All MFSS Programs encourage families to have a medical care provider and health insurance. The importance of medical and dental attention, prenatal care, childhood immunizations, family planning and developmental screening is emphasized.

Early Identification: The EID Team interviews new mothers, prenatally or at the hospital, to assess the family's support needs. Where appropriate, parents are offered enrollment into an MFSS Program or referred to other community resources. A New Parent Information Packet is given to each new mother interviewed.

PAFT: Parents as First Teachers assists Staff and families with child development and parenting issues and maintains a lending library of resource material such as educational toys, books and parenting videos. PAFT trains and consults with parents and Staff.

MCECRT: The Maui County Early Childhood Resource Team leads the *Good Beginnings* effort in Maui County. The team coordinates activities, resources and training to improve availability, affordability and quality of early childhood education and child care programs.

Lanai Perinatal: Offers prenatal services for pregnant women at risk. Families receive help with medical care coordination, health education and referral to other agencies. Postpartum follow-up involves education in child development, parenting skills, family planning and the importance of regular medical appointments.

Demographics	Combined programs
Geographical Location at date of entry	Ethnicity As defined by participants
Central Maui 52%	Hawaiian/Part 40%
Kihei/So. Maui 12%	Filipino 22%
Paia/Haiku 6%	Caucasian 17%
Upcountry 14%	Other Pacific Islanders 6%
Lahaina/West Maui ... 11%	Hispanic/PR/Mexican 4%
Hana/East Maui 3%	Portuguese 4%
Lanai 2%	Japanese 3%
	Others 4%

Family Profile: Combined Participating Families: 601 Home visits made: 6,614			
Marital Status	Age	Education	Employed
	Mother under 19 years at entry	Mother neither GED/High School grad	
23.6% Married 42.7% Single 33.7% Cohabiting	18%	34.3%	34% Mother 62.3% Father

Mahalo to MFSS Contributors!

Family of Friends

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Special Community Partnerships

Friends of the Children's Advocacy,
Haleakala Waldorf School, HGEA, K-Mart,
Kahului Rotary Club, TS Restaurants
Maui Marathon, RSVP, 700 Club

Major Financial Support

County of Maui, Dept. of Health;
Dept. of Human Services;
Maui Hotel Association; Anonymous;
Hawaii Community Foundation:
Children's Trust Fund,
Atherton Family Foundation,
Fred Baldwin Memorial Foundation,
Samuel N. & Mary Castle Foundation

Allen Sparks: In Memory



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In-Kind Donations

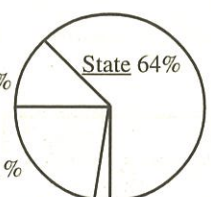
Kelley Andrade, Bank of Hawaii, Lois Bisquera, Donna Clayton, Dr. Steven Clark, Lorena Biggler, Lois & David Farrington, First Assembly of God, Fox Studios, Jef Fry, Keith Gilchrist, Girl Scout Troop 931, Ed Lum, Maui County Correctional Center, Gale McNish, Diane Meyer, Mildred Nakoa, Juan Nefalar, Lanikila Church, Mr. & Mrs. Miller, Dr. Farris Odeh, Mildred Whitney

FY 1997-98 Revenue

Audited financial report may be requested from MFSS Office.

County of Maui 13%

Foundations 21%



Total Revenue \$1,513,882

Other 2%

THE BACK PAGE

MFSS will be moving soon! New address and phone number will be:
1844 Wili Pa Loop, Wailuku or P.O. Box 475, Wailuku, HI 96793
Phone: (808) 242-0900 Fax: (808) 249-2800

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Newsletter Editor
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Good Beginnings Announcement

Starting October, 1998, parents with young children age 0-5 can attend free age-appropriate activities and parenting sessions at Makawao School. Class size limited. Together with a few local businesses, parenting classes at worksites will be offered to employees who have young children or care for their grandchildren. For more information call 871-0775.

MFSS Personnel

Mei Amuro, Zina Andrade, Jackie Balberdi, Paige Carvalho, Cookie Chong-Kee, Cynthia Jakubczak, Robin Dickson, Melanie Dunn, Malia Entendencia, Lucinda Estrella, Leonora Etrata, Mary Gilchirst, Pat Goold, Michael Guerrero, Darlene Hardin, Jo Ann Harris, Dolly Hinau, Monika Irwin, Sally Iwankiw, Pat Joaquin, Betty Kaya, Stacey Krenelka, Terry Lock, Marilyn Mamuad,

Gale McNish, Liz Miller, Audra Palazzotto, Michelle Pietsch, Donald Powell, Jennifer Rosa, Joanne Sameshima, Robbie St. Sure, Caran St. John, Claudia Thompson, Marie Via, Carol White, Bettye Williams

Family Matters is published quarterly by

Maui Family Support Services

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Fax: (808) 871-4868
Lanai: Phone: (808) 565-7484

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THE BACK PAGE

Delinquency was reduced by 91% when families were provided parent-training home visits, early childhood education, nutritional, health, safety and other human services beginning prenatally and continuing until children reached elementary school age.

The Zero to Three Child Care Anthology, 1984-1992

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Infant Massage Classes for Babies & Caregivers

Through soothing massage, learn a new way to 'Talk' and 'Listen' to your baby, while enhancing your relationship and bonding.

This series of 5 classes is open to babies 3 weeks old to crawling.

When: 9:30am - 11:00 am August 24, 26, 28, 31, and Sept. 2

Where: MFSS Office, 333 Dairy Road, Ste. 201 (2nd floor), Kahului

How to Pre-register: Call Robin at 871-6100

or see your Home Visitor.

Enrollment limited to 12 babies so call now!

Join the Family of Friends

I would like to support children and families in our community

I enclose \$ 25 Membership \$ 50 Supporter
 \$ 100 Patron \$ 250 Benefactor
 \$ 500 Sustainer Other

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

*I would like to volunteer to help with special events or
in other areas. Please call me at _____*



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Maui Family Support Services, Inc. Vol. 2, Issue 3 August 1998

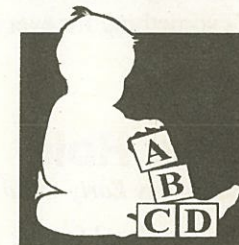
*Issues
concerning
families with
young children*

Ready, Set, Go...

by Sally Iwankiw and Michelle Pietsch, MFSS Staff

During the first years of life, parents are a child's first teacher. It is an important and exciting step for the family when a child is old enough to go to school, whether preschool or kindergarten. For the child, the experiences he or she has in the early years will set the pattern for years to come. It is no wonder three year olds are called 'preschoolers'. Everything they do and learn is preparing them for school and life. Receiving a lot of positive feedback will help a child feel confident about themselves.

Preschool



Social development is especially important as the underlying factor in academic achievement and social skills. Starting school, children need to know the basics of how to get along with others, make friends, share, follow directions, act responsibly, cooperate and have self control. These social skills help a child do better in school.

Preschool encourages children to begin thinking about academic subjects. Field trips to places like the fire station and post office provide a foundation for social studies. Discussions about weather, rainbows and butterflies help children learn science. Counting, pouring, sorting, and learning shapes are preparation for math. Remember, play is a child's work.

Kindergarten



In kindergarten, through activities that children enjoy such as building with blocks, story time, playing with clay, coloring, painting, dramatic play and circle time, teachers will actually be teaching the rudimentary concepts involved in math, reading, and science. Children will increase their vocabularies by hundreds of words during the school year, develop deeper friendships with peers, increase his or her self control, perseverance and problem solving ability.

Children develop a new self assurance from these many accomplishments and the teacher nurtures and helps develop a desire to learn through the many creative activities introduced.

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Viewpoint



Lifelong Learning

by Bettye S. Williams

Yes, the summer is nearly gone! There's a flurry of activity as families get ready to send children, kiddie-kind to college age, off to school. We spend a lot of time shopping for supplies, clothing and doing the thousand and one things that need to be taken care of. OK pau, now what about you? As a parent/caregiver working to provide opportunities for the development and growth of your children, are you also developing yourself as a lifelong learner? Our own education and learning are

strong keys in setting an example for our children.

Recently I was looking at a report for one of our programs. It showed that out of 296 mothers, age 18 and older, 44 or nearly 15% had less than a 12th grade education. Not all wisdom comes from books. However, in today's world, it is important to have a High School or General Education Diploma (GED) just to get some doors of opportunity to open.

There are resources in our community to help you gain more education, The Hui Malama Learning Center (244-5911) provides a range of educational support services, workplace and family literacy programs, GED preparation and English as a second language classes. Individualized attention is given to help folks meet personal educational goals. The Maui Community School for Adults (873-3082) also provides a range of classes for adults from GED preparation to sewing, to computers, to Judo, etc. There's something for everyone and it is always exciting to learn new things. Ready? Set! GO FOR IT!!!

Parents Assume New Role

by Terry Lock and Gale McNish, Maui County Early Childhood Resource Team

If you are the parent of a child going to school for the first time this fall, the transition from home to school can be critical for you, as well as your child. Sometimes having a child start school can be even harder on a parent than it is on the child! While the child naturally has uncertainties when starting school, parents may be surprised when they also have some uncertainties. Parents wonder if they have prepared their child to meet the

demands of school, such as relationships with teachers and other students, being able to take care of themselves, etc. An exciting new world is opening up for the youngster, and as a parent, you want to help your child enter that world confidently and happily.

Parents of children starting kindergarten are on the threshold of a different relationship with their child. Daily physical care of your child lessens, while emotional nurturing increases. Now the parents' tasks will include such things as: learning the names of the child's classmates; understanding homework responsibilities; attending parent-teacher conferences, meetings, and school events; reading and responding to newsletters and materials that come home from school.

According to James L. Hymes, Jr., author of *Early Childhood Education: Twenty Years in Review*, "Parents should remember that starting school is the beginning of a child's moving out beyond his home. Your child will be doing that this all the rest of his days: moving out to camp, to clubs, to high school, to college, to a job, to a family of his own, to a new town or country. You want this first step to be a satisfying one, a solid base for all that must be built upon it."

It is important to realize that just because you no longer know and control every detail of your child's days does not mean that he/she no longer needs your care. You will have launched your child on to the next stage of their journey to adulthood.

School Readiness

Ready, Set, Go... *continued*

Parents can help...

Children will be excited and nervous about their first days of school. Parents can do many things to make the transition from home to school smooth and positive. Be sure to listen to a child's feelings, concerns and worries about starting school. Let him or her know how proud you are. Be positive and enthusiastic about their first days. With your help school can be the beginning of an exciting adventure for your child.



Preschool:

- * 3 year old children vary greatly, not all of them are ready for the school experience.
- * Tell your child what to expect: the structure of the school day...group art, play, lunch and nap.
- * Encourage questions about eating lunch, visiting with other children, using the bathroom, making friends and missing you.
- * Establish a daily transition ritual...share a snack, read a book or "talk story".
- * Get to school early and play with the toys together.
- * Allow child to keep a transitional object with them...picture, toy, stuffed animal.
- * Linger around the classroom the first few days. Avoid "sneaking" out.
- * Don't show sadness or anxiety, although you may feel some.
- * Be patient.

Readiness...

Can your child:

- * Recognize and name one or more colors?
- * Match a series of objects by size or shape?
- * Count out 3 objects?
- * Follow 2 or 3 simple verbal instructions..."Pick up the book and put it on the chair"?
- * Build a tower with 10 blocks?
- * Control a pencil or a crayon?
- * State their name, age, and phone number.
- * Recognize common sounds such as a dog bark, motorcycle and car horn.
- * Repeat a sequence of numbers, sounds, or words?
- * Retell a simple story?
- * Identify basic body parts, common animals and everyday objects?



Kindergarten:

- * Read together at home, discuss and ask child questions about what is read.
- * Provide crayons, paints, pencils and paper at home. Draw together, discuss shapes, colors, and figures in the pictures and tell stories about what you draw, encourage child to do the same.
- * Encourage child to dress and use bathroom by self.
- * Let them visit friends for a play morning, while you are not present.
- * Let your child participate in conversations, responsibilities and activities at home.
- * Teach your child to help others (siblings, pets, friends).
- * Establish regular patterns of sleep, meals and play.
- * Walk through the school campus before school begins, pointing out the classroom, cafeteria, bathrooms, library, office and playground. Give your child time to play on the playground and get use to the equipment.
- * Discuss what your child's school schedule will be like.
- * Let your child help choose school supplies, clothes.
- * Read stories that have a 'going to school' theme.

Readiness...

Can your child:

- * Draw and color beyond a simple scribble?
- * Use scissors and drawing tools carefully?
- * Take care of toilet needs by self?
- * Snap, button and zip up clothing?
- * Be away from home without being upset?
- * Repeat a series of four numbers without practice, such as ..."3-5-2-4"
- * Tell you the meaning of simple words like: bicycle, hammer, water, house?
- * Put together simple puzzles?
- * Tell what part of a stick figure is missing?
- * Answer questions like: "how many ears does a dog have?"; "which goes faster a bike or a car?"; "what are keys for?"

THE BACK PAGE

I learned to talk *Motherese* with my baby. At first I thought it was phony because I have a mom who thought it was phony. Now I like it a lot and I see the benefits because my son babbles frequently.

A MFSS parent

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___ \$ 500 Sustainer ___ Other

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

MFSS Tax ID# 99-0208152

*I would like to volunteer to help with special events or
in other areas. Please call me at _____*

Family Matters

Omission: Monika Irwin's name was inadvertently left out of the MFSS staff listing in the October, 1997 issue of *Family Matters*. Apologies, Monika!

is published quarterly by
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Back Copy



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Maui Family Support Services, Inc. Vol. 2, Issue 1 February, 1998

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Creating Structure

Wendy H. Choi, Psy.D.

As a child growing up, my after-school routine was as unvarying as the sun rising. I got home from school, did homework, bathed, ate dinner with the family, relaxed, and went to bed. Weekends followed a similar routine of chores, homework, church, and fun. Little did I realize the effort my parents made in creating and maintaining

this daily structure. In fact, I did not understand till years later, as a graduate student reading about child development, just how important structure and predictability are in a child's life.

Parenting has always been tough and raising children in the 90's, with seemingly limitless choices and endless opportunities, is probably tougher than ever. Youngsters these days are involved in a multitude of extracurricular activities. It is no small feat when a parent has to drop-off and pick-up children several times a week for practices, games, and performances. Not to speak of the fundraising and meetings that go along with all of this. Parents have a full plate not only working, but also supporting all this busy-ness.

It is undeniably more difficult these days to maintain a predictable schedule in a family's life. And yet, it is no less important than it has ever been to do so. When children don't have to worry or guess what happens next, when their lives are anchored in certain enduring routines, they can use their considerable emotional and intellectual resources to learn and grow. Children also learn how to organize, plan, prioritize, and discipline themselves when there are routines they need to work around. For example, Saturday is a great day for movies, but what about the chores and homework that need to be done first?

What does it take to create structure? A clear sense of values - what's important and what's not. A clear sense of priorities - which of all these essential things is the most important and finally, the ability of parents to set reasonable but firm limits around maintaining these priorities. If we can do all of these things in a thoughtful, caring, and disciplined manner, we go a long way toward helping our children do the same. ♦ *Psychologist Dr. Wendy Choi, works with adolescents and families. She is Program Committee Chair on the MFSS Board of Directors.*

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The Back Page

1998 Maui Marathon: MFSS Charity Partner

Maui Family Support Services has been selected as a Maui Marathon Charity Partner. This year's Marathon will be held on **Sunday, March 15th**. The event focuses on raising monies for local non-profits and one selected Maui youth in need of medical financial assistance. This year's goal is to raise over \$27,000.

As a Charity Partner, MFSS will provide volunteer assistance (Continued, page 2)

Viewpoints



Take a Deep Breath

William Kepler, M.D.

Does your child have a gift for going straight to the heart of things? When my 20 year old daughter Kelly was just 5, she glared at me during a scolding, stuck out her chin, and bellowed, "You're child-abusing me!" Now, our family laughs about her brave defiance. But back then, deep inside me, there was a twinge of remorse. I knew that words could inflict pain. At that moment could I have been a better father?

Are there times when pressure gets to you, too? Has your child ever made you so angry you just wanted to scream or hit? Have you lashed out with words that don't teach but simply destroy self-esteem?

Next time you feel that way, STOP! There are some things you can do to avoid "child-abusing" him or her.

- Take a deep breath...and remember that YOU ARE THE ADULT!
- Close your eyes and imagine YOU are hearing what your child is about to hear.
- Put your child in a time-out chair. (Remember the rule: One time-out minute for each year of age.)
- Try saying clearly, calmly, and firmly what you expect him or her to do, or how to take care of the problem. Say, "I can't work when my tools are all over. Hang them on the rack and put the nails in the can."
- It's OK to express strong disapproval, but be careful not to attack with your words. Say how you feel, and why. "I don't like what is happening here. Someone could fall and get badly hurt!"
- Give a choice, but only a choice you can live with. "You may walk beside me or ride in the cart. You decide."
- Take action. Follow through when you have given a choice. "Since you are not staying beside me, you must ride in the cart."
- Remember, the louder you yell, the less effective you will be. Screaming and yelling lets your child know that you are out of control.
- Above all, don't be afraid to change your mind when you are wrong. And then, apologize!

Luckily, even when we make mistakes, our kids tend to be tough, resilient, and forgiving. So the next time you slip, remember to put your arms around your child and say, "I'm sorry. I was wrong. I need to learn to be a better parent." And finish with a hug and kiss.

♦ Dr. Kepler is a pediatrician in private practice and a former MFSS Board Member.

Maui Marathon (continued)

throughout the week prior to the race, in exchange for funds raised on our behalf. MFSS is proud to be a Partner in this excellent example of the community working together to accomplish goals that would be difficult to attain independently.

As a pre Marathon promotion, a **Health Fair** will be held **Saturday, February 21** at the Kaahumanu Shopping Center. Manicures, massage introductions, and hair cuts will be available at a nominal fee, 100% of which will be donated to the Marathon. If you would like more information about the event, call 875-2096.

Community



We're All In This Together

Bettye S. Williams, Executive Director

Have you heard the phrase, "the first five years last forever"? It is quite true and refers to the growth and development of children. Just as the body needs nourishing food to grow healthy and strong, science now tells us that positive emotional, physical and intellectual experiences during a baby's earliest years are equally necessary for the growth of a well adapted brain. The early experiences help to determine brain structure, thus shaping the way we learn, think and behave for the rest of our lives.

Babies thrive when they receive warm, nurturing and loving care. Whereas negative experiences or the absence of appropriate stimulation are likely to have serious harmful, sustained effects.

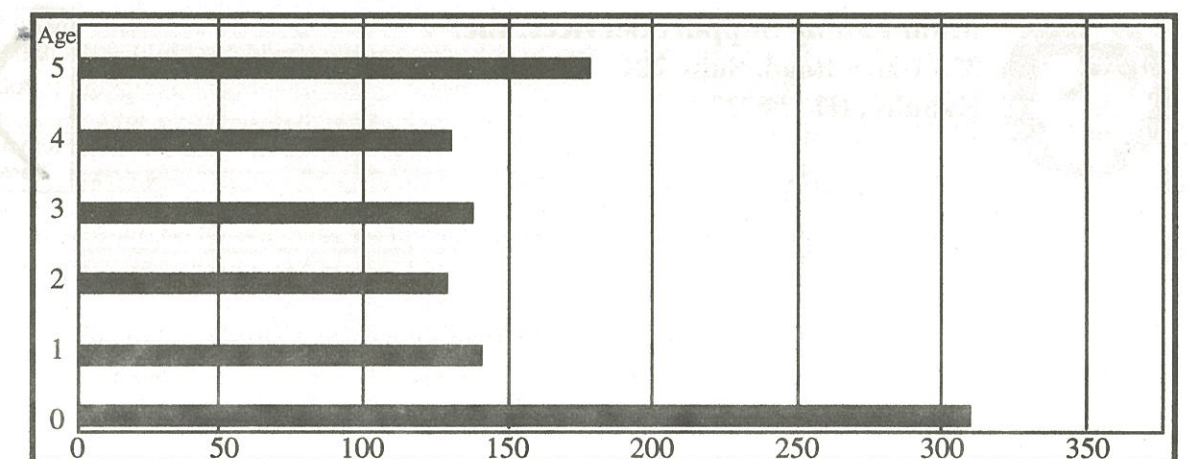
The irony is that a child's most formative years, is also the same time period they are most vulnerable to abuse and neglect. Unfortunately, the graph below vividly shows that the first year of life is the most dangerous for many of Hawaii's children.

Abuse occurs, in part, because parents have not had positive role models and have little knowledge about what behaviors to expect as their babies grow and develop. A Hawaii study of confirmed cases of child abuse and neglect showed that inability to cope with parenting problems was identified as a major precipitating factor in 43.8% of the cases.

What are the effects when a child is abused...how do they learn to cope with stress and regulate their emotions? How do they learn confidence, competence and trust? Beyond the effect on the child and family, how is the community impacted? Almost all mental health problems in older children begin in the first years of life. For every \$1 spent on early intervention services, \$7 is saved in later years by the reduced need for social, educational and criminal justice services. The U.S. Department of Justice Report, February 1997, says "Family support programs that provide a healthy start for every preschool child are among the best methods of preventing crime."

As you can easily see, we're all in this together. Children are not able to protect themselves, they rely on their parents and others to keep them safe. Each parent needs the support of their neighbors and some need community services like MFSS to learn how to parent positively. The abused child we read about in the newspaper is my child...is your child. Let's work together to find solutions - *child abuse is preventable.*

Confirmed Abuse by Age of Victim from Hawai'i Kids Count, 1997



THE BACK PAGE

3rd Annual Maui Stand For Children Rally & Celebration

Saturday, May 23, 1998 11 am - 2 pm Kaahumanu Center

Part of a nationwide observance honoring the importance of all children

Join us! Lots of fun! Entertainment on stage! Community Resources!

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*I would like to volunteer to help with special events or
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Family Matters

is published quarterly by

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Also on Lanai

Classes on Basic Child Development
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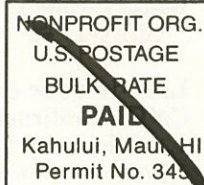
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Family MATTERS

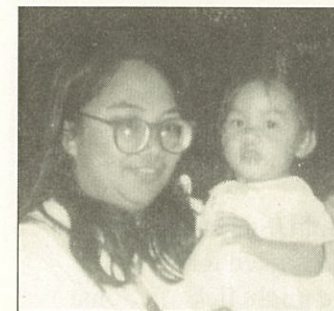
Maui Family Support Services, Inc. Vol. 2, Issue 2 May 1998

Issues
concerning
families with
young children

Lanai

"I rather like to be able to help myself"

Lynn Taal, Lanai Parent



When I first became pregnant I was happy and sad at the same time. Letting my boyfriend know wasn't easy, I knew that I would have to make decisions myself without him helping me. I made a decision to keep the baby.

I didn't want to go to a Doctor because it would be too expensive and I didn't have any medical insurance. I was four months pregnant when I heard about Maui Family Support Service's Lanai Perinatal Program*.

What I needed was help from someone who could support me, someone I could talk to. MFSS has been very helpful. I got information about how the baby was growing, nutrition, WIC (Women/Infants/Children Program), about drugs and other harmful things, and other information about prenatal care.

I learned to take care of myself during pregnancy so that I could have a healthy, happy baby. MFSS helped me apply for medical insurance and I got it through DHS Medquest. Within a month I qualified. I was so happy, now I could go to the Doctor.

After my daughter was born, I received information about baby development and care. I liked most the activities I can do with my baby. She likes to learn different things to do.

MFSS has also helped me with transportation to WIC and Doctor appointments and sometimes with grocery shopping because I don't have any car. They helped me learn to make appointments and talk to doctors when I had questions. I had to learn to do it myself. MFSS is helpful and supportive and cares about me. They help me be prepared for new situations for the family and handling things like money and food.

They have helped me be a better parent and to be independent.

Now I am a single parent, taking care of my 2 1/2 year old daughter. I have a good job and my own apartment. I have learned a lot of things in life to be an independent parent. For my child, she has learned that you have to be supportive too.

I rather like to be able to help myself, to spend time with my baby, showing her the right kind of attitude, like reading books and giving her the love and attention that she needs from me instead of ignoring her.

There are a lot of good things to learn from MFSS and I recommend it to others. I am expecting a good future for my baby and my family is expecting to have a good life.

●On Lanai, call MFSS at 565-7484 for information on programs

***Bettye S. Williams, MFSS Executive Director notes:** Ironically, elimination of State funding has been proposed for the Lanai Perinatal Program and other such programs across the State. If funding is eliminated, pregnant women throughout Hawaii will lose access to vital support and educational services. For an update on this critical funding situation, call me at 871-6100.

Summer Issue

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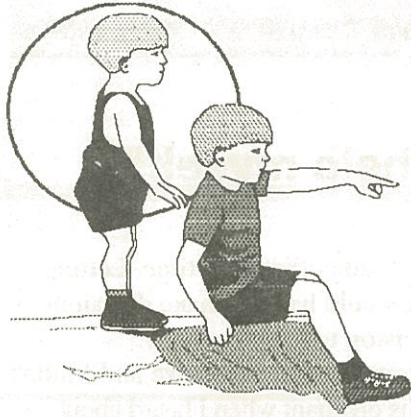
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Viewpoint

Summer Sun

Sally Iwankiw, MFSS Child Development Specialist



Summer is Here! Warm weather, long days, and hot sun! Keikis love to be outdoors and we need to remember that their skin is thinner and needs extra protection from the harmful rays of the sun.

Cloudy days, shade from umbrellas or trees is not enough protection. 80% of the sun's rays penetrate cloud cover. Sun filters through the leaves, reflects off water and sand.

Big Brimmed hats, long sleeves and pants that cover legs are helpful, however the sun's rays do penetrate clothing. It is best to avoid exposing infants and young children to strong sunlight, especially between 10 am and 3 pm when sunlight is the most intense.

Check with your doctor about the best sunscreen for your child. Sunscreens may be used on children six months or older and some are especially designed for babies or are hypoallergenic. Don't apply sunscreen to areas that a child might lick off. Some sunscreens have ingredients that are irritating to the skin. The most common offenders are PABA, fragrances and colorings.

Also protect your children's eyes. Buy sunglasses with UV protection. Use them on infants from a very young age so they will get used to them. Enjoy the beautiful summer weather and set a good example for your family by protecting your own skin and eyes from the sun's rays.

About Sunscreens

- ☀ High S.P.F.: The higher the number the greater the protection. 30+ is best for young children
- ☀ Look for products that screen out both short ultraviolet UVB rays and longer UVA rays
- ☀ Do not use tanning products on babies and children: They don't protect at all
- ☀ Select a waterproof product and reapply every 3 to 4 hours
- ☀ Waterproof sun screens stay effective for approximately 30 minutes in the water
- ☀ Apply sunscreen 30 minutes before exposure to the sun to give it time to be absorbed by the skin
- ☀ Don't forget ears and lips. Use a lip balm containing sunscreen
- ☀ Remember even with sunscreen, exposure to the sun should be limited

Water Safety

- 🌊 Take extreme care of keikis when they play in or near pools or the ocean
- 🌊 Watch your child at all times
- 🌊 Young children can drown in 2 inches of water
- 🌊 Be careful with inflatables. Children using them can easily get into water over their head or be blown out too far by the wind at the ocean
- 🌊 It is preferable to swim where there is a Life Guard on duty
- 🌊 Remember how unpredictable the ocean is. A wave can easily drag a young child out to deeper water
- 🌊 Never turn your back on the ocean
- 🌊 Pay attention to warning flags and signs by Life Guard stations. High Surf, Jelly Fish, etc.

Community

A Young Mother Speaks Up

"Who's survey says young mothers cannot be good mothers? They must have missed Maui Family Support Services", said Jonelle Constantino, one of the many young mothers in our community. As a speaker at the Maui Hotel Association's Charity Walk Kick-off, Ms. Constantino shared her experience of the assistance she has received. "I learned to be a good mother. I'm a responsible young single mother with the help of my case worker. She helped me build my self esteem so that I could be able to complete my G.E.D., and now I'm in the work force. I learned to take charge of my children's lives. I know how to protect my children's health and safety. Thanks to Maui Family Support Services who provided me with Cookie Chong-Kee".

Ms. Constantino's case worker, MFSS Family Facilitator Ms. Chong-Kee was in the audience at the time, and said Jonelle's success is an example that every young parent has the potential to succeed in creating a nurturing environment for their child with the support of services like MFSS, that work to strengthen and empower families.



Cookie Chong-Kee and Jonelle Constantino at Charity Walk Kick-off event

Free

Swimming Lessons:

"Learn to Swim" 871-2943: Mid-June through summer. Classes for children 4 years & up. Pick up applications at any Maui County pool.

Story Time:

For children who read, check your local library for information on the "Summer Reading" program.

Hana Public & School Library 248-7714:

"Preschool Story Hour" every Thursday, 10 am

Kahului Public Library 873-3097:

"Storytime with Grandma Alyce" every Friday, 10:30 am
"Tel-A-Tale" 873-3096

Kihei Public Library 875-6833:

"Story Time" to age 4, every Friday, 10:30 am

Lanai Public & School Library 565-6996:

Call to confirm times
"Toddler Story Time" 2nd & 4th Thurs. of month, 9:45 am
"Preschool Story Time" every Friday, 9:45 am

Makawao Public Library 572-8094:

"Story Time" every Thursday, 10 am
"Dial-A-Story" 572-3449 Story changes weekly

Wailuku Public Library 243-5766:

"Preschool Story Time" every Wednesday, at 10 am
Special Summer Presentations: (Call for exact time)
● June 16 - presentation by the Maui Humane Society
● June 23 - presentation by the East Maui Animal Refuge

Summer Fun

Activities for young children

Fee Charged: Call the following numbers for more information on dates, times, costs and registration.

Swimming Lessons:

YMCA 242-9007: Learn-To-Swim Program. Ages 3 months to 5 years. Parents must accompany children 3-36 months *in the water*.

Gym & Swim:

YMCA 242:9007: Parent/child program for children 13 months to 2 years. Parents participate *with* the children to guide & encourage.

Arts and Culture:

Hui Noeau 572-6560: "Tiny Hands" program, ages 3-5. Every Tuesday, 9-11 am
Summer: June 4 - July 2:
"Tiny Hands" also on Thursdays, 9-11 am

Lanai Art Center 565-7503:

Call for information on summer programs

Heart Dance Studio 575-7628: Ages 3 - 6

"Creative Movement", introduction to Ballet, Jazz, Tap

YMCA 242-9007:

"Pre-Ballet & Creative Movement", ages 3-5

Other: Hawaii Nature Center 244-6500:

● June 27 - Interactive Science Arcade exhibits