

Fatherhood

Visiting and participating in events at your child's care program sends a strong message. It tells your child and their child care provider that what your child is doing and learning is important.



✓ **Earn The Right To Be Heard.** Often, the only time a father speaks to his kids is when they have done something wrong. That's why many children cringe when mom says, "Your father

wants to talk with you." Begin talking with your children when they're very young so difficult subjects will be easier to handle as they grow. Take time and listen to their ideas and problems.

✓ **Discipline With Love.** All children need guidance and discipline, not as punishment, but to set reasonable limits for them. Remind your child of the consequences of their actions and provide meaningful rewards for good behavior. Fathers who discipline in a calm and fair manner show love for their children.

✓ **Be a Role Model.** Fathers are role models whether they realize it or not. A girl who spends time with a loving father grows up knowing she deserves to be treated with respect by boys, and will know what to look for in a husband.

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Agency Partner
Aloha United Way
Kauai United Way
Hawaii Island United Way

Best Wishes for a Happy, Healthy Holiday Season.



Share your **Peace, Hope & Dreams**

this season
with Hawaii's
keiki.



Join the **PATCHwork**,
dedicate a donation
someone dear to you,
or become a member to
benefit early childhood care.

Our mission is to support and improve the quality and availability of care for the young people of Hawaii.



560 North Nimitz Hwy, Suite 218, Honolulu, Hawaii 96817

Tel: (808) 839-1988 Fax: (808) 839-1799

PATCH Program Descriptions

Resources for Families

Resource & Referral Services: PATCH is Hawaii's only statewide child care resource and referral agency, working to improve the quality and availability of child care in Hawaii. PATCH manages a database of child care providers and programs throughout the state. Our data is constantly updated so that parents receive accurate, timely referral information both online and via phone.



Referral Specialists assist parents to find child care in their desired area/s to meet the family's child care needs. Parents receive a profile listing which includes hours of operation, ages served and program content, of providers and centers in the area/s requested.

The **Enhanced Referral Service** provides Army and Marine Corp. military families with licensed child care referral lists, showing age-appropriate confirmed vacancies, and information about military child care in their neighborhood and military child care subsidies. The **Respite Care** Exceptional Family Member Program (EFMP) for Navy and Air Force families who have children with special needs, provides them with up to 40 hours per month of respite care for their children, at no cost.

PATCH Family Child Care Provider **Recruitment** increases the availability of family child care by assisting new and potential providers with the state licensing process.

PATCH **Preschool Open Doors** (POD) project is an early childhood education and care program, funded by Department of Human Services, which helps four year old and special needs three year old children attend preschool by helping families pay preschool costs. Any licensed preschool may accept POD subsidized children.

PATCH **Training Program** offers over 100 different free and low-cost workshops for child care providers, including preschool and center staff, relative caregivers, parents, home visitors, and anyone who works with young children, in Hawaii.

PATCH USDA **Food Program** ensures children receive nutritious meals. Licensed family child care providers are taught about child nutrition, given information and ongoing support, and are eligible for partial reimbursement for the nutritious meals served to children in a family child care setting.

PATCH's **Quality Care Program** (QCP) was established by the Department of Human Services to promote high quality child care. Those who care for children at home, both licensed and license-exempt (for e.g. grandparents, other relatives or friends) are invited to join. Participants in the QCP will receive a monthly packet of educational materials and early learning activities.



MARK YOUR CALENDAR



Date/s	Event	Island
February 17, 2012	HAEYC Kauai Conference, Kauai War Memorial Convention Hall.	KAUAI
April, 2012	HAEYC Hilo Conference. Check the Hilo page on PATCH website (www.patchhawaii.org) for details.	BIG ISLAND
April 7, 2012	STEPS Parent-Child Fair, Kukui Grove Center	KAUAI
April 21, 2012	Celebrate the Family, Hilo. For information, contact PATCH or visit www.patchhawaii.org .	BIG ISLAND
May 5 (Molokai)	34th Annual Visitor Industry Charity Walk	VARIOUS
May 12, 2012 (Hawaii Island, Maui and Kauai)	Contact your local PATCH office to join a walking team!	
May 19, 2012 (Oahu)		
May 19-20, 2012	New Baby Expo! Blaisdell Center, Honolulu	OAHU

Free QUEST and QExA Health Insurance

A family of four can earn around \$77,000 each year and their children may qualify for free QUEST or QExA health insurance programs.



Children's eligibility is based on family size and income, and on citizenship or immigration status. Household assets, including homes and cars, are **not** counted for children to qualify.

Parents and guardians can call 211 (FREE phone call from all islands) to talk to a live operator who can mail the application and link them to an outreach worker for assistance with eligibility questions and paperwork. More information and Med-QUEST application forms are also available at www.coveringkids.com/community.

—Information provided by
Hawai'i Covering Kids—

**Is your child ready for school?
We can help!**

We provide FREE developmental, hearing and vision screening for 3 and 4 year olds in the Kalihi-Palama area.

Contact Information:
Parents And Children Together
Mikiala Early Screening Program
1485 Linapuni Street, Suite 105, Honolulu, HI 96819
PHONE: 841-2245 EMAIL: hl@patchhawaii.org
Helping keiki prepare for school

Small Parts: What Parents Need to Know

by the U.S. Consumer Product Safety Commission, www.cpsc.gov

Small parts and small children can be a deadly combination. To prevent young children from choking, children's toys and games, as well as balloons, have warning labels. These labels help you keep small things away from little ones.

But what are small parts? And why should parents be concerned about them?

First, this is a small parts tester:

The cylinder is 2.25 inches long by 1.25 inches wide. That's about the size of a three year-old's throat. The opening is slightly wider than a quarter, or about the width of two fingers.



Note: Some parents use a toilet paper roll as a practical alternative to a small parts tester. Be aware that the toilet paper roll is wider and longer than the official tester.



Picture above shows scale: the toilet paper roll is on the left).

If a toy or a piece of a toy is intended for a child younger than three and fits fully into the cylinder, that toy is banned. This federal law has been around for decades and has helped to prevent many children from choking on toys and products. Small parts can get stuck in a child's throat and can be deadly.

In 2010, 9 of the 17 toy-related deaths were associated with young children swallowing balloons, small balls and parts of toys or games. From reports that provided details, we know that some of those deaths were from items that fit into the tester. High-powered magnets fit in there too, as do button batteries that power musical holiday cards, remote controls, flashlights, and other products in many homes.

Toys and games intended for children ages three to six that have small parts must have a warning label.

Be mindful that age labels on toys are not just based on your children's smarts, but are also for their safety.

If a toy warns that it's not for children younger than three, then really, that toy is NOT safe for young children. If your younger child has older siblings around, make sure that big sister or brother's toys and toy parts are out of reach at all times.



Come Visit the PATCH Booth at the New Baby Expo 2012

Hawaii's largest prenatal to preschool Expo. A weekend event created especially for young families: with Great Exhibitors, Activities, Demonstrations & Events!

May 19th and 20th, at the Neal Blaisdell Exhibition Hall, Honolulu.

Fatherhood



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Fathers can teach their sons what is important in life by demonstrating honesty, humility and responsibility. "All the world's a stage..." and a father plays one of the most vital roles.

- ✓ **Be A Teacher.** Too many fathers think teaching is something others do. But a father who teaches his children about right and wrong, and encourages them to do their best, will see his children make good choices. Involved fathers use everyday examples to help children learn the basic lessons of life.
- ✓ **Eat Together As A Family.** Sharing a meal together can be an important part of healthy family life. In addition to providing structure in a busy day, it gives kids a chance to talk about what they're doing and want to do. It is a good time for fathers to listen and give advice. Most importantly, it is a time for families to be together each day.

✓ **Read To Your Children.** In a world where television often dominates the lives of children, it is important that fathers make the effort to read to their children. Children learn best by doing and reading, as well as seeing and hearing. Begin reading to your children when they are very young. When they are older encourage them to read on their own. Instilling your children with a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.

✓ **Show Affection.** Children need the security that comes from knowing they are wanted, accepted and loved. Parents, especially fathers, need to feel both comfortable and willing to hug their children. Showing affection every day is the best way to let your children know that you love them.

✓ **Realize That A Father's Job Is Never Done.** Even after children are grown and ready to leave home, they will still look to their fathers for wisdom and advice. Whether it is continued schooling, a new job or a wedding, fathers continue to play an essential part in the lives of their children as they grow, and perhaps, marry and build their own families.

From www.childcareaware.org, a division of National Child Care Resource & Referral Agencies (NACCRRRA). To order "10 Ways to Be a Better Dad" brochures call 301-948-0599.



Child Care for Army & Marine Families

On Active Duty? Deployed?

We can help you with special referral services to quality child care programs and child care subsidy information.

Contact your local PATCH office today!

Attention: Parents of 4 Year Olds* Open Enrollment Period Until April 30, 2012 for Preschool Open Doors!

What is Preschool Open Doors?

Preschool Open Doors (POD) is a statewide early childhood education and care project funded by the State of Hawaii Department of Human Services, administered by PATCH.

Preschool Open Doors helps children go to preschool by helping families to pay preschool costs for one year. Any licensed preschool may accept POD children.

POD understands the importance of every child having the opportunity for a positive early learning experience. Preschool prepares children for kindergarten by teaching social skills and recognition of shapes and letters. It allows children to explore and discover their world in a learning environment. Children also learn how to get along with others and to work as part of a group.

How Much of My Child's Preschool Expenses Will POD Pay?

Preschool Open Doors has sliding fee scales, based upon State of Hawaii child care assistance guidelines. Depending on family size and income, families may be required to pay some of the monthly preschool costs.

How Do I Apply?

To request an application or for information, you may contact your local PATCH office or the Preschool Open Doors office:

Preschool Open Doors

560 North Nimitz Highway, Suite 218
Honolulu, Hawaii 96817

Telephone: 791-2130

Toll-Free Neighbor Islands phone:

1-800-746-5620

Email: POD@PatchHawaii.org

You will receive notification by mail if your child is accepted for the current school year.

How Can My Family Qualify for Preschool Open Doors Funding?

To qualify for POD, your family must meet the following requirements:

1. Special Needs Four-Year Olds

First priority is given to four-year* olds from a Special Populations Referral (e.g. children who are homeless, have limited English, developmental delays or have physical/mental impairments who are not enrolled by a Dept. of Education for preschool).

2. Age of Child

Second priority will be children who will be *four-years old by 12/31/2012.

3. Special Needs Three-Year Olds

Some three-year old children from special populations may qualify if funds available.

4. Family Income

Your family's gross monthly income (before taxes and deductions) must be within allowable income limits. If your gross monthly income is less than the amount listed for your family size, you may be eligible for POD funding.

Family Size	Gross Monthly Income Limit (subject to change)
1	\$ 2,431
2	\$ 3,179
3	\$ 3,927
4	\$ 4,675
5	\$ 5,423

For families of 6 or more, please contact Preschool Open Doors Office for limits.

Cut-Off Date for Applications?

Funds are limited. Applications are accepted during open enrollment period (March 1 - April 30) for school year starting in August.



It's Time to Register for Kindergarten!

**If Your Child Was Born In 2007,
Register NOW For Kindergarten
For The 2012-2013 School Year!**

How to Start:

To find out which school to register your child at, you can :
Call or stop by the elementary schools in your area and give them your street address. The office staff can tell you if your address falls in the school's district. Ask if the school has specific registration days or times.

What You Need to Register:

When you know which school your child should attend, take the following documents:

• Health Records (Form 14)

Have your doctor or health care provider complete a Form 14 for your child to bring to school. Your child must have a physical examination, written documentation of required immunizations, and tuberculosis (TB) clearance to enter school on the first day. For more information call the Hawaii Immunization Program at (808) 586-8300 or visit: <http://hawaii.gov/STAGING/health/Immunization/SHR.html>

• Birth Certificate

Bring an original or certified copy of your child's birth certificate to verify your child's age. Other documents include a passport or student visa if from a foreign country. Your child must be age 5 by December 31 (born in 2007) to start kindergarten in the 2012-2013 school year. You can register now; don't wait until your child turns 5.

• Legal documents

If there were changes to your child's name, custody arrangement, or guardianship, bring the legal documents that verify the changes.

• Proof of current local address

Your child must live within the school's geographic district. Bring a document such as an utility bill, a rental agreement, or other documentation that shows the address of your child's home. If you have questions about geographic exceptions, ask the school registrar.

Other Information:

If your child has been enrolled in any special needs preschool program or has a Special Education Individual Education Plan (IEP), please share this information at the time of registration. **If your child is transferring from another school, include the release packet and latest report card. Other information, such as allergy procedures, should also be shared.**



Children's Behaviors

By Dr. Mari Uehara, from Healthy Child Care Hawaii

Children's behaviors, including their misbehaviors, always have a reason or a purpose. Parents may not always recognize what children are trying to do, nor understand or consistently agree with the reasons. However, the parents may be pleasantly surprised by some of the reasons behind a behavior (but not the behavior). By understanding why the behaviors occur, unwanted behaviors can be replaced with more socially acceptable behaviors. This approach to changing behaviors can target an individual child or an entire school or group of children.

Changing behavior involves changing components in the environment such as the physical setting, tasks, curriculum, instructions, and reinforcement. Consider the conditions when the behavior occurred. Where was she? What was she doing? Who was with her? What did you want her to do? When assessing the situation, the more detailed, the better. Next, ask yourself what the child obtained by engaging in that particular behavior. Did the child gain the adult's attention or use of the toy? By changing the events possibly leading to the behavior and by the child not attaining the result desired, the unwanted behavior can be avoided, replaced, or changed in its intensity or frequency.



Parents need to set limits so children know what is expected of them and what acceptable and unacceptable behaviors are. If the child does not observe a rule, a warning will be given, followed by the promised consequence. Either disciplinary action or rewards must occur soon after the behavior in order to reduce the problem in future. This approach needs to be consistent among caregivers or at least avoid interfering/conflicting with each other.

Please remember... we are happier and encouraged to work harder when someone recognizes our efforts and accomplishments, regardless of our age. Parents are encouraged to use parenting styles which support and recognize a child's positive behaviors with words, smiles, and hugs. Parents can also get in the habit of catching their child doing things right. Observing and complimenting your child

for playing nicely with his brother while you prepare dinner reinforces the type of positive behavior you want to see again. It's also important to spend quality parent-child time or "special time" together each day, even if it's only five or ten minutes. This can be a bed time reading, talking while walking, or playing a game together. The most important thing is that the focus is on the child. Children seek attention and need special time; so therefore these activities will go a long way in keeping your child from using unacceptable behavior to get your attention.

Early Childhood Community Resources

Local

Arbor Child Care Connections is a federal subsidy program helping families pay for child care. Toll-Free Casework #: 1-866-972-7267.

The Parent Line: Oahu: 526-1222
Neighbor Islands: 1-800-816-1222.

Mikiala Early Screening Program: FREE Vision, hearing and developmental screenings for 3-4 year olds in the Kalihi-Palama area. Helping children prepare for school. Contact Parents And Children Together (PACT) at (Oahu) 841-2245 or email hl@pacthawaii.org.

Aloha United Way - 211: Available Monday-Friday, 6am-9pm, it's fast, free and confidential. Call 211 now to GET or GIVE HELP. Or visit www.auw.org/211/.

Online News

Daily Parent: Visit www.childcareaware.org/dailyparent.

KidSource OnLine: www.kidsource.com

National

National Association of Child Care Resource & Referral Agencies

(NACCRRA): Visit www.naccrra.org/parent/index.php.

Born Learning: Visit www.bornlearning.org.

Healthy Habits for Healthy Kids - A Nutrition and Activity Guide for Parents: an interactive resource with activities, recipes, mealtime tips, guides and much more! Visit : www.wellpoint.com/healthy_parenting/index.html.

PATCH Offices Statewide

Let PATCH assist you in finding licensed child care services across the state. Call one of our offices or visit our website for information on how to choose a quality child care provider, child care financial aid and much more!

In addition, PATCH can connect you to other early childhood resources that are available in your community.

PATCH—Oahu

560 North Nimitz Highway
Suite 218
Honolulu, HI 96817
Phone: 808-839-1988

PATCH—Kauai

4485 Pahe'e Street
Suite 124
Lihue, HI 96766
Phone: 808-246-0622

PATCH—Maui County

Puuone Plaza
1063 Lower Main Street, #C214
Wailuku, HI 96793
Phone: 808-242-9232
Lanai & Molokai: 1-800-498-4145

PATCH—West Hawaii

73-7393 Mamalahoa Highway
Unit 4a
Kealahou, HI 96750
Phone: 808-322-3500

PATCH—East Hawaii

305 Wailuku Drive, Suite 4
Hilo, HI 96720
Phone: 808-961-3169



Visit our website at www.PatchHawaii.org

- Online child care referrals
- Sign up to receive email news & updates
- Early childhood development resources
- Child care subsidy information

Join the PATCHwork!

You may already receive our newsletters and training assistance, but you know what they say: it's not official until it's on Facebook! Join the PATCHwork via Facebook and Twitter to receive tips on early child care, discounts to local stores, and much more!

The PATCHwork is a network of early-care professionals, ohana, and supporters who are dedicated to high quality care and early education for Hawaii's keiki.



Keiki of the Week

You know your keiki is a star, now show the world! PATCH fans can submit a photo of their keiki to add to our CabbagePATCH. We'll highlight a keiki each week on our fan page. If you have multiple children, group photos are welcome! To enter, "Like" us on Facebook and send a photo, a brief description of your keiki, and why you're a part of the PATCHwork to kmartin@patch-hi.org.

PATCHwork Providers

We want to hear about the good work you do! Each week, we highlight a PATCHwork Provider on our fan page.

To enter, "Like" us on Facebook and send a photo of yourself and your child care location along with a brief description of why you're a part of the PATCHwork to kmartin@patch-hi.org.



www.facebook.com/PATCHHI



twitter.com/#!/PATCH_Hawaii



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Supporting Hawaii's Child Care Needs