

PATCH 'Ohana Network



PATCH - Supporting Hawaii's Child Care Needs

Ready for School, Ready to Succeed!

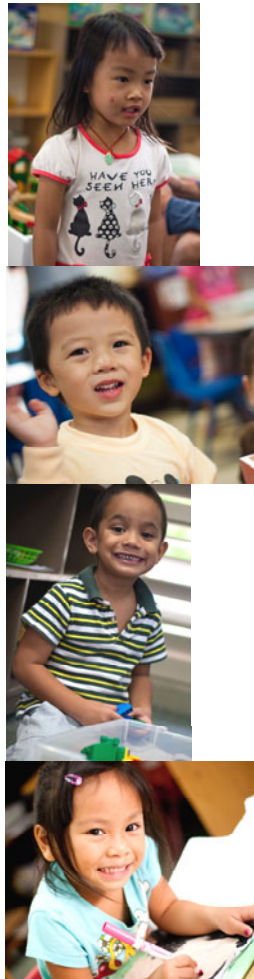
By Dr. Mari Uehara
from *Healthy Child Care Hawaii*

It should come as no surprise that success/failure at school starts at home. Parents are usually a child's first teachers and role models, who teach their child how to interact with others and encourage their child's cognitive, physical, and emotional development before they enter school. Parents should start talking about kindergarten soon after their child's fourth birthday. There are books on kindergarten; parents can also take their child to visit a kindergarten class. Talk with your child's pediatrician and child care provider about the development and ability of your child, including communication, social and self-help skills, and gross and fine motor skills. The doctor will also make certain your child is properly immunized.

One of the best ways to prepare your children for school entry is to read to them. Reading offers a one-on-one quiet time with children and can help develop their listening and language skills and increase attention. Turn off the television and talk with your child. Television does not help children learn listening skills. Also, children learn by example—let your children "catch" you reading.

To promote social skills, find opportunities for your child to interact with other children of both genders and with adults, for example, neighborhood play groups and story time at the library. Show your child how to be polite by saying *please* and *thank you*, taking turns, and following rules. When your child gets frustrated or unplanned circumstances arise (e.g. the library schedule changes), give him/her the words and actions to use to help to develop self-control, and to show how you solve problems by thinking out loud and by discussing different options. Also, discuss feelings using books and pictures to help your child recognize others' feelings.

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PATCH, Hawaii's only statewide child care resource and referral agency, is a participant in several local and national campaigns: A United Way campaign may be in progress at your workplace. If you wish, you may designate PATCH in your island's campaign.

For the Aloha United Way campaign, you may pledge a donation to PATCH by select Agency/Program Support and entering our donor choice number: 96420. You may also designate PATCH in **Kauai United Way** and **Hawaii Island United Way** campaigns.



We participate in the Combined Federal Campaign (CFC) which provides Federal government employees including those in the military with opportunities to improve the quality of life for all through workplace giving. PATCH's CFC campaign number is 64544.



To make a direct donation to PATCH, send your tax-deductible donation to any of our offices, or donate online at our website: www.patchhawaii.org with our secure Network For Good system.

Please pass this information on to anyone who it may benefit. Thank you very much for your interest in raising support for PATCH. The agency greatly values your efforts. Should you have any questions about fundraising policies, or require additional support or information, please contact Virginia Lord at PATCH at (808) 791-2121 (Oahu) or via email: VLord@Patch-Hi.org.



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 MAIN (Oahu) Office has Moved — See Page 7 for details!

Car Seat Recommendations for Children



By the National Highway Traffic Safety Administration,

Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time. Always refer to your specific car seat manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system; and check height and weight limits. To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements. Keep your child in the back seat at least through age 12.



A BOOSTER SEAT positions the seat belt so that it fits properly over the stronger parts of your child's body.



A FORWARD-FACING CAR SEAT has a harness and tether that limits your child's forward movement during a crash.



A SEAT BELT should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.



A REAR-FACING CAR SEAT is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

AGE DESCRIPTION (RESTRAINT TYPE)



Birth – 12 months Your child under age 1 should always ride in a rear-facing car seat.

There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

4 – 7 years Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.



8 – 12 years Keep your child in a booster seat until s/he is big enough to fit properly in a seat belt. To fit properly, the lap belt must lie snugly across the upper thighs, not the stomach, and the shoulder belt lies snugly across the shoulder and chest and not across the neck or face. Remember: your child should still ride in the back seat because it's safer there.



1 – 3 years Keep your child rear-facing as long as possible. It is the best way to keep him or her safe. Your child should remain in a rear-facing car seat until s/he reaches the top height or weight limit allowed by your car seat's manufacturer. Once the child outgrows the rear-facing car seat, s/he is ready to travel in a forward-facing car seat with a harness.

For more information please visit
www.Nhtsa.gov
www.facebook.com/childpassenger_safety
www.twitter.com/childseatsafety

Influenza Infection (the Flu) in Children



By Dr. Paul Roumeliotis, Dr. Paul's Child Health & Wellness

Site: www.drpaul.com

Is the flu the same as a cold?

The answer to this question is NO. The terms a cold and the flu are not the same thing. The common cold,

caused by any one of 250 viruses, lasts for a few days and causes cough and a stuffy or runny nose which may be accompanied by a fever. The "flu", caused by the *Influenza virus*, is a potentially more serious infection. The flu often begins like a cold, but is usually associated with:

- High fever.
- Severe muscle/body aches.
- Chills.
- Headache.
- Loss of appetite, and
- Extreme fatigue and weakness.

While a cold usually lasts a few days and goes away on its own without any complication or problem, the flu can last up to 7-10 days or even longer. Also, the cough and fatigue from an influenza infection can persist for weeks. **The bottom line is that the flu is not the same as a cold; it is potentially a much more dangerous infection than the common cold.**

How the flu is spread?

The influenza virus is spread from one person to another by airborne droplets in a cough or a sneeze. It is important to realize that Influenza virus can also be spread indirectly; because it can live for up to 48 hours outside of the body, the virus can be contracted from surfaces such as telephones, computer keyboards, door-knobs and toys. Don't forget that unwashed hands and kitchen utensils also transmit the virus.

Who is at risk?

In children less than 24 months of age or children of any age with chronic medical conditions such as asthma, heart problems or cystic fibrosis, the Influenza infection can be complicated by serious and potentially deadly complications such as pneumonia. The Influenza virus weakens the body's immune system and makes it easier for other infections to occur.

Children and the flu

Influenza infection rates are higher in younger children, and even healthy kids can end up quite sick as a result of the flu. Studies show that up to 42% of preschool age children develop flu. In addition, during influenza season, there are higher rates of ear infections (or Otitis Media) and severe bacterial lung infections among children.

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Attention: Air Force families of children with special needs - RESPITE CARE



PATCH now offers respite care services and resources for Air Force families with children with special needs.

Contact Lani Julian at 791-2121 on Oahu
 Or call your local PATCH office today!

Influenza Infection (the Flu) in Children

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Treating the flu

Unfortunately, there is no specific cure or medicine for the flu. There are new anti-influenza virus medications on the market, but these are not indicated for children. The best approach is prevention which can be achieved by getting a [flu vaccine](#). If a child develops the flu, the treatment includes:

- Rest.
- Drinking plenty of fluids.
- Acetaminophen (Temptra or children's Tylenol) for fever and pain.

Some important points

- Antibiotics *are not effective* against the influenza virus.
- Aspirin (ASA) should never be given to children with the flu.
- If anyone has the flu they should avoid contact with seniors, young children and people with chronic underlying medical conditions who are most at risk of developing influenza-related complications.

Prevention is best

Until recently, only those children with chronic medical conditions including asthma, heart problems and weakened immune systems (e.g. those with AIDS), were thought to be at risk for

flu related complications. Tragically, in the 2003-2004 flu season, several deaths occurred among young, otherwise healthy children, as a result of the flu in North America. It seems that the flu is more dangerous to normal young children. For this reason, new national vaccination guidelines recommend that all healthy children between 6 and 23 months of age receive [flu vaccine](#).

Other preventative measures

Aside from the flu vaccine, here are some other steps that parents, schools, and others can take to help prevent the spread of the flu virus:

- Avoid close contact with people who are sick.
- Keep your child home if he or she is sick.
- Teach your children to cover their mouth and nose with a tissue when coughing or sneezing.
- Teach your children to wash their hands, especially before and after meals.



Ready for School, Ready to Succeed!

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Help your child develop academic skills, like recognizing and remembering numbers, letters, colors, and shapes through fun activities. Have realistic expectations of your child's abilities because children become frustrated and angry when a task is too difficult, just like adults. At the same time, expect your child to succeed, which means you expect your child to do "her/his best" so that she or he will be proud of their own work. Praise the child's efforts rather than just correct answers by saying, "*I like the way you are trying*", for example.

Finally and most importantly, keep healthy habits for your family. You can't perform well when you don't feel good. Choose a bedtime that gives your child a good long sleep, provide a healthy breakfast each morning, and stick to a routine so your child knows what to expect.



Once your child starts school, talk about the day at school and what he or she likes and dislikes at school. Let your child express his/her feelings and continue to support by praising their achievements and efforts. Communicate regularly with teachers by phone or e-mail so that you can discuss any concerns.

Resource:

<http://www.healthychildren.org>

MARK YOUR CALENDAR

Date	Event	Island
October 15, 2011	South Maui Children & Youth Day event, Keniolo Recreation Park. 3:00-8:00pm.	MAUI
October 15, 2011	Princess Ka'iulani Keiki Festival, Storybook Theater Hanapepe Town. 11:00am to 4:00pm.	KAUAI
October 20 & November 5, 2011	1st Annual Early Child Development Conference, 2011. Co-Sponsors: Imua Family Services, UHMC Early Childhood Education Program. 10/20 at UH Maui, 11/5 at Cameron Center. See page 25 for information.	MAUI
December, 2011	Hawaii Montessori Schools Winterfest, TBA.	HAWAII
December 2, 2011	Lights on Rice Parade, Rice Street, Lihue, from 6pm. This is the first year PATCH will have its own float-Providers and Preschools, join us! See page 29.	KAUAI
December 3, 2011	Family Child Care Provider Appreciation and Holiday Brunch. See page 29.	KAUAI
December 10, 2011	Holiday Lights Celebration, Volcano Village. Volcano Art Center's Niauani Campus.	HAWAII



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@pacthawaii.org
Helping keiki prepare for school



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.

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
- Much more!

Mahalo to the State Department of Human Services, Benefit, Employment and Support Services Division.

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—West Hawaii

79-7393 Mamalahoa Hwy
Unit 4A
Kealakekua, HI 96750
Phone: 808-322-3500

Preschool Open Doors

560 North Nimitz Highway
Suite 218
Honolulu, HI 96817
Phone: 808-791-2130
Toll-Free: 1-800-746-5620

PATCH—Maui County

1063 Lower Main Street
Suite C-214
Wailuku, HI 96793
Phone: 808-242-9232
Lanai & Molokai: 1-800-498-4145

PATCH—East Hawaii

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



PATCH MAIN OFFICE HAS MOVED!

In October, PATCH moved to our new offices at
560 North Nimitz Hwy, #218, Honolulu, Hawaii 96817
(in the Gentry Pacific Design Center).

Our phone and fax numbers remain the same.

Child Care for Military Families



On Active Duty? Deployed?
We can help you with special child care referral services and subsidy information for quality child care programs.
Contact your local PATCH office today!



PATCH
560 North Nimitz Highway
Suite 218
Honolulu, Hawaii 96817
PATCH@PatchHawaii.org
www.PatchHawaii.org