

Hi'i Na Kupuna Coalition



Resources and Support for Grandparents Raising Grandchildren in Maui

KNOWLEDGE OF GRANDPARENTING AND OF CHILD AND YOUTH DEVELOPMENT

We continue exploring the factors or characteristics of strong families. In this issue, the focus is factor #3 - Knowledge of Parenting and Child Development.

Parenting the second or third time around is different. It is often much more stressful! As a grandparent, you have insight and wisdom that you didn't have as a young parent. Because of this, you may have more patience and enjoy life more. But the world is also a different place and because of that, parenting is different. Children are exposed to technology at young ages and grandparents may feel overwhelmed by quickly changing technology. Our society has become less safe and children can no longer play outside all day unattended. Some grandparents experience health problems, financial challenges related to a fixed retirement income, and legal or custody issues. Although we can't take away these stressors, grandparents who constantly

hone or sharpen their parenting skills are better able to manage the challenges.

The Hi'i Na Kupuna Coalition put together the following tips and resources to help wade through all the advice and information grandparents receive about parenting and child development. As you read this, think about what other tips would you would add

6. Join a grandparent support group
7. Know your own limits
8. Set boundaries and stick to them
9. Say "NO" and don't feel guilty about it
10. Ask the pediatrician for information

Resources for up-to-date parenting and child development information:

- www.text4baby.org
- Maui County Early Childhood Resource Center – 250-7775
- Parent line,
- 800-816-1222
- Hi'i Na Kupuna, hiinakupuna@gmail.com
- Internet Search, on your favorite search engine, type in words such as: ages and stages, child development, parenting AND university, cooperative extension, association. The second set of words will improve your chances of finding good, research-based information.

Hi'i Na Kupuna Coalition

The Hi'i Na Kupuna Coalition needs grandparents like you to join and be the voice of others on Maui.

Consider joining us on the 3rd Tuesday of each month from 12:30-2pm at the Community Services Building on the UH Maui College Campus. Contact Heather for more information, 244-3242 ext 226 or by email hiinakupuna@gmail.com

to this list.

1. Reach out and ask for help
2. Take a parenting class
3. Step away from a stressful situation
4. Breathe deeply
5. Find simple ways to take care of yourself



GRANDPARENTS SUPPORT GROUP

Join a support group today! Times may change, so call the hosting organization for information!

Raising Our Keiki's Keiki (ROKK), 1st Thursdays and 3rd Wednesdays of every month, 9am -12:30pm, Maui Family Support Services, 242-0900

Queen Liliu'okalani Children's Center, last Thursday of each month, 5:30-7:30pm, 242-8888

UPCOMING EVENTS

August 27th, Baldwin Complex 21st Century Community Learning Centers Program, 9:30-12:30pm, Iao School, for more information contact 298-1540 or

ccollins.21centuryclc@gmail.com by August 10th

September 4th – 10th, Prevent Suicide Week, watch the newspaper and listen to radio for events celebrating the week

September 9th, Koi Like the Fish, 6:30pm UH Maui College, Kalama Building Room 103, For more information call Audrey Inaba, Maui District Health Office, 984-2143

September 10th, Teen Expo, 11am – 4pm, Maui Tropical Plantation, for more information visit www.bgcmaui.org.

September 11th, GRANDPARENTS DAY!

September 27th, Prime Time Wellness Fair, 8:30-12:30pm, Kihei Community Center

September 17th, Stand for Children Rally & Celebration , 10:00-1:30pm, Ka'ahumanu Shopping Center, for more information contact Maui Family Support Services at 242-0900.

September 27th, Creating a Healing Environment in Your Home: Supporting a Child Who Has Been Abused by Sex Assault, 5:30-8pm, Queen Lilioukalani Children's Center. To register or for more information call 1-866-545-0882 by Sept 20. Dinner and childcare provided

October 15th, South Maui Youth Day, 2-8pm, Kenolio Park, Kihei

October 20th, 16th Annual Maui Disability Alliance Legislative Forum, 4:30-7pm, Velma "McWayne" Santos Community Center, 395 Waena Place, Wailuku. For more information call Mary Matsukawa at 984-8218.

November 10th, Maui County Caregiver Conference, 8:00-3:30pm, Maui Beach Hotel, For more information contact Norma Circle, Maui County Office on Aging / Aging and Disability Resource Center at 270-7774. Scholarships available.

GOOD TO KNOW

- ❖ Grandparents and other caregivers who have full time physical custody of a grandchild but do not have legal guardianship can sign an Educational Affidavit Form. This allows grandparents to enroll children in school and sign "ALL SCHOOL" documents. Ask the school office for this form.
- ❖ The Foster Grandparent Program provides adults over age 55 opportunities to give back in the classroom. Income eligible participants receive a tax-free stipend that does not affect Social Security benefits. Contact Heather Greenwood, 244-3242 ext 226 for more information.
- ❖ Maui County Early Childhood Resource Center serves families with children age birth to 8 years. To learn about financial assistance for childcare tuition and other important resources offered through this office, contact 270-5557.
- ❖ The Boys and Girls Club of Maui offers grandparents peace of mind by providing a low cost afterschool option for youth ages 9-17. Sites are located throughout the island; call 242-4363 for additional information.
- ❖ Tutu & Me Traveling Preschool supports grandparents and others raising young children by offering socialization and other learning opportunities through their traveling preschool. Contact 249-2430 for more information
- ❖ Keiki Play Morning is a free community-based program that provides a comfortable learning environment which encourages positive parent/grandparent-child interactions and relationships. Contact Marie Fitzsimons for additional information, 344-3379.