

April is "Prevent Child Abuse" month

Mālama i nā keiki

caring for the children

A publication by the Friends of the Children's Justice Center of Maui

April, 2009

Maui Team Selected for Prestigious National Prevention Program

By Randy Echito, Executive Director, FCJC

The Friends of the Children's Justice Center of Maui, Inc. is part of a five-member Maui team that is participating in the 2008/2009 PREVENT Child Maltreatment Institute. The PREVENT (Preventing Violence through Education, Networking and Technical Assistance) Child Maltreatment Institute theme this year is "Enhancing Leadership for Child Maltreatment Prevention". The Institute selected just 16 teams nationwide to participate in this year's program which is providing our team access to expert faculty in child maltreatment and primary prevention and the opportunity to network with other leaders from across the country.

The Institute builds skills to:

- Prevent child maltreatment before it starts
- Plan and evaluate prevention efforts based upon and adding to the best available evidence
- Lead sustainable efforts that produce lasting results
- Communicate effectively with policy makers, stakeholders and others
- Build a national network of colleagues

The PREVENT Child Maltreatment Institute consists of two (2) intensive three-day, on-site sessions separated by six months of team project work at home with an

experienced coach. The first three day on-site session was November 16-19, 2008, in Chapel Hill, North Carolina. The second on-site session will be conducted in May 2009.



The Maui team; Randy Echito, Venus Rosete-Hill, Jani Sheppard, Jeny Bissell, and Brandy Akimo

The Maui team consists of: Randy Echito, FCJC; Venus Rosete-Hill, Neighborhood Place of Wailuku; Jani Sheppard, Maui Family Support Services; Jeny Bissell, Department of Health; and Brandy Akimo, Neighborhood Place of Wailuku. This collaboration will enhance the visibility of child abuse and neglect prevention throughout Maui County and the State.

The team was selected based upon their experience working together, demonstration of leadership in child maltreatment prevention AND readiness to take an increased leadership role in making social and organizational changes to prevent child maltreatment. The team will take recent research into the best practices of child maltreatment pre-

vention and transform that research into programs and projects that will benefit the Maui County community.

One direct project outcome for the team has been to establish the Ho'oikaika Partners group, which consists of all Maui County agencies who participate in any way with child abuse and neglect primary or secondary prevention methods and techniques. This amazing group of agencies is meeting to map their programs; strategize about their training needs; focus on evidence based/promising/emerging programs for child abuse and neglect prevention; reinforce family strengthening projects; and solidify the five protective factors for prevention of child abuse and neglect.

The PREVENT Child Maltreatment Institute is supported by the Doris Duke Charitable Foundation and is operated by The University of North Carolina Injury Prevention Research.

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And much, much more...

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Teaching Children Discipline



- Remember the purpose of discipline . It is to teach your child socially acceptable ways of expressing natural desires and drives. Discipline guides your child into adulthood.
- Successful discipline is geared to the child's developmental state. Don't expect a child of any age to perform something he or she is not ready for.
- Children need positive reinforcement. Reward your child for doing right with smiles, hugs, attention, praise and thanks. Rewards do not need to be toys or candy.

- Never hit or shake a child. Hitting is not a useful discipline tool for your children. Hitting and other physical punishment are not effective because they teach a child that it is okay to hit people, make children much too angry to be sorry for what they've done and can hurt a child physically.
- Discipline is best taught by example. The lessons you teach your child come from what your child sees you do - not what you say.
- If what you are doing is not working, change it! Your best efforts, even those that worked in the past, may break down. Try to keep sight of your basic principles and always cherish your relationship with your child.

The important thing is not whether your child behaves in the next few minutes or today or this week. The really important thing is how your child turns out 5, 10, or 20 years from now.

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12 Alternatives to Lashing Out at Your Child

The next time everyday pressures build up to the point where you feel like lashing out -- **STOP!** Try any of these simple alternatives. You'll feel better... and so will your child.

1. Take a deep breath... and another. Then remember you are the adult.
2. Close your eyes and imagine you're hearing what your child is about to hear.
3. Press your lips together and count to 10... or better yet, to 20.
4. Put your child in a time-out chair (remember this rule: one time-out minute for each year of age.)
5. Put yourself in a time-out chair. Think about why you are angry: is it your child, or is your child simply a convenient target for your anger?
6. Phone a friend.
7. Ask if someone can watch the children, go outside and take a walk.
8. Take a hot bath or splash cold water on your face.
9. Hug a pillow.
10. Turn on some music. Maybe even sing along.
11. Pick up a pencil and write down as many helpful words as you can think of.
12. Call for prevention information: 1-800-CHILDREN



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(From Prevention of Child Abuse)

Prevention of Child Abuse and Maltreatment

Because the origins of child maltreatment exist on multiple levels, preventing it requires a multi-pronged approach. For example, efforts to reduce child abuse include teaching high-risk parents effective parenting strategies, educating high school students about child development, and increasing social supports for low-income families. For families, increasing social supports can help reduce parental stress and child maltreatment. Parents Anonymous is one example of a national organization which provides a variety of supports to parents through local chapters.

Two-generation approaches, which strengthen the skills of children and parents, have also proven effective. For example, Healthy Families America, which was started in Hawaii, provides

three years of home visitation to at-risk families who are identified during pregnancy or at birth. Trained workers help parents solve problems, promote effective parenting, and connect with resources in their community. Recent research on this program found that home visitation reduced child neglect and effects were greatest when parents were also taught to modify negative appraisals about their children. Other social support programs like the Friends of the Children's Justice Center on Maui provide assistance to abused children, and work to prevent child abuse and neglect.

Child abuse is a pressing societal concern. Although efforts to reduce and prevent maltreatment have been successful, much more remains to be done. In addition, efforts need to be coordinated at a variety of levels including in the family, community, and culture. Increasing these efforts and our awareness is vital because the future of our children is at stake.

Mahalo!

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Shopping with Your Children

Anyone who has shopped at a grocery store or mall with children, especially young children, knows that the experience can be trying, and sometimes, stressful! Here are some tips that may prove useful on your next shopping trip:

Before You Go...

- How is everyone feeling? Is your child too tired or hungry to shop? Are YOU? It's best to go when you are rested; don't wait until the end of a tiring day. If possible, postpone your trip or arrange for a sitter.
- Have a talk with your child before you go shopping. Let your child know that it is a special outing to go shopping with you. You can go shopping and have fun, as long as you both understand your family's shopping rules.
- Make your expectations clear. For instance, "Stay close to me", "Use your quiet voice", "When we leave, you can select a special treat if you remember the rules"!
- One last thing before you go: wear comfortable shoes and clothes (you and your child). If the climate calls for

a winter coat, you may want to remove outerwear once in the store so that no one overheats. Now you're ready to shop. Just a reminder, keep your children within sight in the store. Hold hands. Put them in the basket or let them hold onto the cart with you.

At the Store...

- Give your child some choices. When possible, allow your child to make some decisions. "Do you want red apples or green apples?"
- Give your child a responsibility. "Can you help me pick out the hardest apples?" Or let your child steer the cart.
- Never leave your child unattended in a shopping cart!
- Reinforce good behavior. Say things like, "You are being so helpful!" Talk and play with your child. A hug can be reassuring and say more than words sometimes!

PROTECT OUR KEIKI

If you suspect child abuse
report it by calling:

**Call Child Welfare Services
at 1-800-494-3991 or MPD at
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Lee and John Hoxie

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Laying the Groundwork

Protective Factors for Strengthening Families

Protective factors are conditions in families and communities that, when present, increase the health and well-being of children and families. They are attributes that serve as buffers, helping parents who might otherwise be at risk of abusing their children to find resources, supports, or coping strategies that allow them to parent effectively, even under stress.

For years, researchers have been studying both the risk factors common among families experiencing abuse and neglect and those factors that protect families who are under stress. There is growing interest in understanding the complex ways in which these risk and protective factors interact, within the context of a child's family, community, and society, to affect both the incidence and consequences of abuse and neglect.

Why Focus on Promoting Protective Factors?

Research has found that successful interventions must both reduce risk factors and promote protective factors to ensure the well-being of children and families. Focusing on promoting protective factors is a more productive approach than reducing risk factors alone because:

Protective factors are positive attributes that strengthen all families. A universal approach helps get needed support to families that may not meet the criteria for "at-risk" services, but who are dealing with stressors that could lead them to abuse or neglect.

Focusing on protective factors, which are attributes that families themselves often want to build, helps service providers develop positive relationships with parents. Parents then feel more comfortable seeking out extra support if needed. This positive relationship is especially critical for parents who may be reluctant to disclose concerns or identify behaviors or circumstances that may place their families at risk.

When service providers work with families to increase protective factors, they also help families build and draw on natural support networks within their family and community. These networks are critical to families' long-term success.

Which Protective Factors Are Most Important?

Research has shown that the following protective factors are linked to a lower incidence of child abuse and neglect:

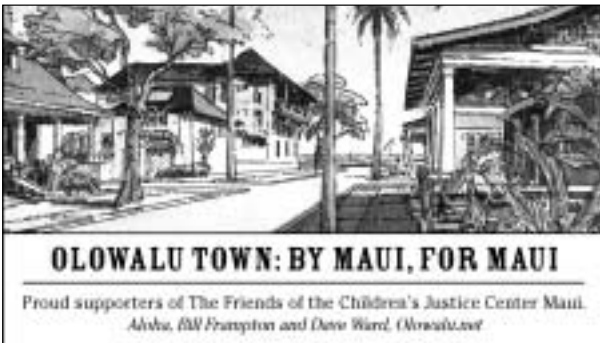
Nurturing and Attachment.

A child's early experience of being nurtured and developing a bond with a caring adult affects all aspects of behavior and development. When parents and children have strong, warm feelings for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection.

Knowledge of Parenting and of Child and Youth Development.

Discipline is both more effective and more nurturing when parents know how to set and enforce limits and encourage appropriate behaviors based on the child's age and level of development. Parents who understand how children grow and develop can provide an environment where children can live up to their potential. Child abuse and neglect are often associated with a lack of understanding of basic child development or an inability to put that knowledge into action. Timely mentoring, coaching, advice, and practice may be more useful to parents than information alone.

(next page)



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GENERAL PRACTICE OF LAW

(from previous page)

Parental Resilience.

Resilience is the ability to handle everyday stressors and recover from occasional crises. Parents who are emotionally resilient have a positive attitude, creatively solve problems, effectively address challenges, and are less likely to direct anger and frustration at their children. In addition, these parents are aware of their own challenges—for example, those arising from inappropriate parenting they received as children—and accept help and/or counseling when needed.

Social Connections.

Evidence links social isolation and perceived lack of support to child maltreatment. Trusted and caring family and friends provide emotional support to parents by offering encouragement and assis-

tance in facing the daily challenges of raising a family. Supportive adults in the family and the community can model alternative parenting styles and can serve as resources for parents when they need help.

Concrete Supports for Parents.

Many factors beyond the parent-child relationship affect a family's ability to care for their children. Parents need basic resources such as food, clothing, housing, transportation, and access to essential services that address family-specific needs (such as child care and health care) to ensure the health and well-being of their children. Some families may also need support connecting to social services such as alcohol and drug treatment, domestic violence counseling, or public benefits. Providing or connecting families to the concrete supports that families need is critical. These combined efforts help

families cope with stress and prevent situations where maltreatment could occur.

These protective factors are critical for all parents and caregivers, regardless of the child's age, sex, ethnicity or racial heritage, economic status, special needs, or whether he or she is raised by a single, married, or divorced parent or other caregivers. All of these factors work together to reinforce each other; for example, parents are more likely to be resilient in times of stress when they have social connections and a strong attachment to their child. Protective factors can provide a helpful conceptual framework for guiding any provider's work with children and their families.

(reprinted from Promoting Healthy Families in Your Community, 2009 Resource Book)



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Being a parent is the most difficult, yet most important and satisfying work you will ever do.

During the busy and exciting days that make up the first weeks of parenting, remember to take good care of yourself as well as the new baby. Here are some tips on how to survive the early weeks with the new baby:

- Get as much rest as possible. Sleep when the baby sleeps, and moms and dads take turns sleeping late on weekend mornings.
- Eat nutritious meals. If a neighbor or friend offers to help, ask him or her to bring you dinner or do your grocery shopping.
- Join a parenting group. You will learn about caring for your baby, and you will meet other parents who share your interests and concerns.
- Don't expect too much from yourself. Housework won't always get done, but eventually you will get back to a routine.
- Call your doctor or clinic with any questions or concerns you may have. This will save you from needless worry.
- Visitors can be helpful, but don't let them interrupt your rest or your family time together.
- Dads -- don't let mothers have all the fun. Spend lots of time caring for and playing with baby. The rewards are great!
- Be sure your infant receives necessary immunizations and visits to the doctor as required.
- If you have older children, be sure to let them know every day that you love them.
- If you find yourself getting frustrated and angry with your baby, call for help. Ask a friend, neighbor or relative to take care of the baby while you take a break.

Have fun with your baby.

The early weeks can be the basis for a lifetime of loving and sharing!

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Connecting With Your Teen

What's Happening

Many teens spend less time with their families than they did as younger children. As they become more independent and learn to think for themselves, relationships with friends become very important. Sometimes it may feel like your teen doesn't need you anymore. But teens still need their parents' love, support and guidance.

What You Might Be Seeing

Normal teens ...

- Crave independence
- Question rules and authority
- Test limits
- Can be impulsive
- Make mature decisions at times, and childish ones at others

What You Can Do

Simple, everyday activities can reinforce the connection between you and your teen. Make room in your schedule for special times when you can, but also take advantage of routine activities to show that you care.

Tips to keep in mind:

• Have family meals.

If it's impossible to do every night, schedule a regular weekly family dinner night that accommodates your child's schedule.

• Share "ordinary" time.

Look for everyday opportunities to bond with your teen. Even times spent driving or walking the dog together offer chances for your teen to talk about what's on his or her mind.

• Get involved, be involved, and stay involved.

Go to games and practices when you can. Ask about homework and school projects. Look for chances to learn about your teen's latest hobby.

• Be interested.

Make it clear that you care about your teen's ideas, feelings, and experiences. If you listen to what he or she is saying, you'll get a better sense of the guidance and support needed. Get to know your teen's friends and their parents, too, when possible.

• Set clear limits.

Teens still need your guidance, but you can involve your teen in setting rules and consequences. Make sure consequences are related to the behavior, and be consistent in following through. Choose your battles. Try to provide choices in the matters that are less important.

Your words and actions help your teen feel secure. Don't forget to say and show how much you love your teen!

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10 Ways to Help Prevent Child Abuse

1. **Be a nurturing parent.**
Children need to know that they are special, loved and capable of following their dreams.
2. **Help a friend, neighbor or relative.**
Being a parent isn't easy. Offer a helping hand to take care of the children, so the parent(s) can rest or spend time together.
3. **Help yourself.**
When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control - take time out. Don't take it out on your kid.
4. **If your baby cries...**
It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby - shaking a child may result in severe injury or death.
5. **Get involved.**
Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
6. **Help to develop parenting resources at your local library.**
7. **Promote programs in school.**
Teaching children, parents and teachers prevention strategies can help to keep children safe.

8. **Monitor your child's television and video viewing.**
Watching violent films and TV programs can harm young children.
9. **Volunteer at a local child abuse prevention program.**
For information about volunteer opportunities, call 1.800.CHILDREN.
10. **Report suspected abuse or neglect.**
If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department.



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Gayland D.K. Yee, M.D.
Annelie E. Onishi, M.D.
Christopher Apostolides P.A.C.

Internal Medicine


Marcus L. Griffin, M.D.
Kenneth B. Kepler, M.D.

Pediatrics

Pierre Y.D. Langeron, M.D.

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Maui Resources for Information and Assistance

Child and Family Service -Domestic violence intervention/parenting/ sex abuse treatment Maui 877-6888
Molokai Branch 808 567-6100
24 Hour Hotline 873-8624

Department of Human Services (CPS)-Maui
Section 243-5143 Intake 800 494-3991 Molokai
Unit - 808 553-1703 / Lanai Office - 808 565-7102

Maui Police Department
244-6400 or 911

Aloha United Way - 24-hour information & referrals Phone: 211

ATV (Molokai) - TROs/anger management -all ages 808 553-3202

Aloha House - Outpatient substance abuse treatment & mental health services 579-9584

Big Brothers/Big Sisters - Provides 1-on-1 mentoring 242-9754

Catholic Charities 873-4673

Community Clinic of Maui - Medical outreach services 871-7772

Hi Foster Parent Association
 1-877-775-4400 www.hawaiifosterparent.org

DOH-Family Guidance Center - Mental health services for children 243-1252

DOH Family Health Services 984-2136

DOH Public Health Nursing 984-8206
 Hale Ho'omalua - 24-hour hot line & women's shelter on Molokai 808 567-6888

DHS-Income Maintenance - Financial, medical, and food stamps 984-8300

Hui Malama Center - Tutoring GED programs and youth services center 244-5911

Imua Family Services - Children with developmental delays 244-7467

Ka Hale A Ke Ola Homeless Resource Center 242-7600

Lanai Human Service Alliance - Crisis intervention 808 565-9566

Legal Aid Society of Hawaii- Civil (not criminal) legal assistance to low income persons 244-3731

Malama Family Recovery Center - Substance abuse education & treatment-women 877-7117

Maui AHEC Child Sexual Abuse Crisis Response - Molokai 553-3623

Maui County Catholic Social Ministry 244-8106

Maui Economic Opportunity - possible rent/utility help & child day care program 249-2990

Maui Family Support Services - In-home family strengthening services, Teen pregnancy prevention and support Program, Early Head Start, and Fatherhood Initiative Program 242-0900

Maui Food Bank 877-4357

Maui Humane Society 877-3680

Maui Youth & Family Services - Adolescent programs 579-8414 Molokai 808 553-3907

Mediation Services of Maui - Custody/dispute resolution 244-5744

Molokai Community Services Council 553-3244

Molokai Family Support Services-Family strengthening services, 0-5 yr. olds 808-553-3276

Na Hale O'wainee
 Lahaina Homeless Resource Center 662-0076

Neighborhood Place Of Wailuku 986-0700

Ohana Makamae 248-8538

PACT- Violence intervention services (men, women & adolescents), mental health services for public school students 244-2330

PATCH - Child care provider referrals 242-9232

Parents, Inc. - parenting services 249-8471

Queen Lili'uokalani Children's Center - Services for children of Hawaiian ancestry 242-8888 Molokai 808 553-5989

Salvation Army - Possible rent/utility help for homeless 871-6270

Victim Witness assistance Program - Court-related services for victims 270-7695

Women Helping Women - Shelter & help for women victims of domestic violence and their children 242-6600

Nationwide Resources for Information and Assistance

Child Help National Child Abuse Hotline 1-800-4-A-CHILD or 1-800-422-4453 www.child-helpusa.org

National Center for Missing & Exploited Children 1-800-843-5678, missingkids.org

National Center for Victims of Crime 1-800-FYI-CALL or 1-800-394-2255 www.ncvc.org

National Children's Alliance 1-800-239-9950 www.nca-online.org

National Organization for Victim Assistance -800-TRY-NOVA or 1-800-879-6682 www.try-nova.org
 National Runaway Switchboard 800-621-4000

Office for Victims of Crime Resource Center 1-800-851-3420 TTY 1-877-712-9279 www.ojp.usdoj.gov/ovc/ovcres/welcome.html

Children's Defense Fund 1-800-233-1200 www.childrensdefense.org

Darkness To Light 1-866-367-5444

National Clearinghouse On Child Abuse & Neglect Information <http://nccanch.acf.gov/>

National Criminal Justice Reference Service www.ncjrs.gov

Office of Juvenile Justice & Delinquency Prevention <http://ojjdp.ncjrs.org>

Prevent Child Abuse America www.preventchildabuse.org

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Children's Justice Center**

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