

House District _____

Senate District _____

**THE TWENTY- FOURTH LEGISLATURE
HAWAI'I STATE LEGISLATURE
APPLICATION FOR GRANTS & SUBSIDIES
CHAPTER 42F, HAWAI'I REVISED STATUTES**

Log No: 15-0

For Legislature's Use Only

Type of Grant or Subsidy Request:

- GRANT REQUEST – OPERATING
- GRANT REQUEST – CAPITAL
- SUBSIDY REQUEST

"Grant" means an award of state funds by the legislature, by an appropriation to a specified recipient, to support the activities of the recipient and permit the community to benefit from those activities.

"Subsidy" means an award of state funds by the legislature, by an appropriation to a recipient specified in the appropriation, to reduce the costs incurred by the organization or individual in providing a service available to some or all members of the public.

"Recipient" means any organization or person receiving a grant or subsidy.
The Department of Human Services

STATE DEPARTMENT OR AGENCY RELATED TO THIS REQUEST (LEAVE BLANK IF UNKNOWN):

DEPARTMENT OF HUMAN SERVICES

STATE PROGRAM I.D. NO. (LEAVE BLANK IF UNKNOWN): **HMS 903**

1. APPLICANT INFORMATION:

Legal Name of Requesting Organization or Individual:
The Baby Hui: Infants and Toddlers

Street Address:

Mailing Address: P.O. Box 10826, Honolulu, HI 96816

2. CONTACT PERSON FOR MATTERS INVOLVING THIS APPLICATION:

Name LARISA MAJORS

Title Executive Director

Phone # 808-386-7271

Fax # 1-707-988-1152

e-mail tbhed@thebabyhui.org

3. TYPE OF BUSINESS ENTITY:

- NON PROFIT CORPORATION
- FOR PROFIT CORPORATION
- LIMITED LIABILITY COMPANY
- SOLE PROPRIETORSHIP/INDIVIDUAL

7. DESCRIPTIVE TITLE OF APPLICANT'S REQUEST:

FEE WAIVER SUBSIDIES FOR LOW INCOME AND TEEN PARENTS PARTICIPATING IN TBH COMMUNITY BASED PARENTING SUPPORT GROUPS.

4. FEDERAL TAX ID # _____

5. STATE TAX ID #: _____

6. SSN (IF AN INDIVIDUAL): _____

8. FISCAL YEARS AND AMOUNT OF STATE FUNDS REQUESTED:

FY 2008-2009 \$ 40,000

9. STATUS OF SERVICE DESCRIBED IN THIS REQUEST:

- NEW SERVICE (PRESENTLY DOES NOT EXIST)
- EXISTING SERVICE (PRESENTLY IN OPERATION)

SPECIFY THE AMOUNT BY SOURCES OF FUNDS AVAILABLE AT THE TIME OF THIS REQUEST:

STATE \$ 0

FEDERAL \$ 0

COUNTY \$ 0

PRIVATE/OTHER \$ 0

TYPE NAME & TITLE OF AUTHORIZED REPRESENTATIVE:

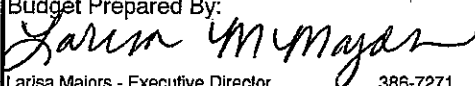



LARISA MAJORS – EXECUTIVE DIRECTOR-
NAME & TITLE

JANUARY 30, 2008
DATE SIGNED

BUDGET REQUEST BY SOURCE OF FUNDS
(Period: July 1, 2008 to June 30, 2009)

Applicant: The Baby Hui Infants & Toddlers

BUDGET CATEGORIES	Total State Funds Requested (a)	(b)	(c)	(d)
A. PERSONNEL COST				
1. Salaries	10,080			
2. Payroll Taxes & Assessments	2,120			
3. Fringe Benefits				
TOTAL PERSONNEL COST	12,200			
B. OTHER CURRENT EXPENSES				
1. Airfare, Inter-Island	1,300			
2. Insurance				
3. Lease/Rental of Equipment				
4. Lease/Rental of Space				
5. Staff Training	1,600			
6. Supplies	3,500			
7. Telecommunication	1,300			
8. Utilities				
9. Contractors	20,100			
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
TOTAL OTHER CURRENT EXPENSES	27,800			
C. EQUIPMENT PURCHASES				
D. MOTOR VEHICLE PURCHASES				
E. CAPITAL				
TOTAL (A+B+C+D+E)	40,000			
SOURCES OF FUNDING		Budget Prepared By:		
(a) Total State Funds Requested	40,000	 Larisa Majors - Executive Director 386-7271		
(b)		Name (Please type or print)		
(c)				
(d)		Signature of Authorized Official Phone 1/30/08 Date		
TOTAL REVENUE	40,000	Patricia J. Jordan, PhD - Board President TBH Name and Title (Please type or print)		

BUDGET JUSTIFICATION PERSONNEL - SALARIES AND WAGES

Applicant: The Baby Hui Infants & Toddlers

Period: July 1, 2008 to June 30, 2009

POSITION TITLE	FULL TIME EQUIVALENT	ANNUAL SALARY A	% OF TIME BUDGETED TO REQUEST B	TOTAL SALARY BUDGETED IN REQUEST A x B
Executive Director (Salaried part time)		\$22,400.00	45.00%	\$ 10,080.00
Assistant Director (Contractor)		\$18,900.00	25.00%	\$ 4,725.00
Participant Coordinator (Contractor)		\$17,400.00	25.00%	\$ 4,350.00
Group Leader Coordinator (Contractor)		\$11,700.00	25.00%	\$ 2,925.00
Big Island Coordinator (Contractor)		\$3,600.00	75.00%	\$ 2,700.00
Kauai Coordinator (Contractor)		\$3,600.00	75.00%	\$ 2,700.00
Maui Coordinator (Contractor)		\$3,600.00	75.00%	\$ 2,700.00
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
TOTAL:				\$ 30,180.00

JUSTIFICATION/COMMENTS:
The above represents the percentage of time it takes the staff and contractors to recruit and implement the parenting support groups for teen and low income parents. To be most efficient with limited funds, The Baby Hui hires one staff position and contracts out the remainder of the

BUDGET JUSTIFICATION CAPITAL PROJECT DETAILS

Applicant: **The Baby Hui**

Period: July 1, 2008 to June 30, 2009

TOTAL PROJECT COST	ANY OTHER SOURCE OF FUNDS RECEIVED IN PRIOR YEARS		STATE FUNDS REQUESTED		FUNDING REQUIRED IN SUCCEEDING YEARS	
	FY: 2005-2006	FY: 2006-2007	FY:2007-2008	FY:2008-2009	FY:2009-2010	FY:2010-2011
PLANS	Form not applicable to this application					
LAND ACQUISITION						
DESIGN						
CONSTRUCTION						
EQUIPMENT						
TOTAL:						
JUSTIFICATION/COMMENTS:						

**DECLARATION STATEMENT
APPLICANTS FOR GRANTS AND SUBSIDIES
CHAPTER 42F, HAWAII REVISED STATUTES**

The undersigned authorized representative of the applicant acknowledges that said applicant meets and will comply with all of the following standards for the award of grants and subsidies pursuant to section 42F-103, Hawaii Revised Statutes:

- (1) Is licensed or accredited, in accordance with federal, state, or county statutes, rules, or ordinances, to conduct the activities or provide the services for which a grant or subsidy is awarded;
- (2) Comply with all applicable federal and state laws prohibiting discrimination against any person on the basis of race, color, national origin, religion, creed, sex, age, sexual orientation, or disability;
- (3) Agree not to use state funds for entertainment or lobbying activities; and
- (4) Allow the state agency to which funds for the grant or subsidy were appropriated for expenditure, legislative committees and their staff, and the auditor full access to their records, reports, files, and other related documents and information for purposes of monitoring, measuring the effectiveness, and assuring the proper expenditure of the grant or subsidy.

In addition, a grant or subsidy may be made to an organization only if the organization:


- (1) Is incorporated under the laws of the State; and
- (2) Has bylaws or policies that describe the manner in which the activities or services for which a grant or subsidy is awarded shall be conducted or provided.

Further, a grant or subsidy may be awarded to a non-profit organization only if the organization:

- (1) Has been determined and designated to be a non-profit organization by the Internal Revenue Service; and
- (2) Has a governing board whose members have no material conflict of interest and serve without compensation.

Further, the undersigned authorized representative certifies that this statement is true and correct to the best of the applicant's knowledge.

The Baby Hui Infants and Toddlers
(Typed Name of Individual or Organization)


(Signature)

Larisa Majors
(Typed Name)

January 30, 2008
(Date)

Executive Director
(Title)

Application for Grants and Subsidies

I. BACKGROUND AND SUMMARY

1. The Baby Hui: Infants and Toddlers

The Baby Hui was founded in 1982 by Joan Kreeger, a social worker with the Hawai'i State Department of Health, and Lee Ann Mitchell, a member of the Junior League of Honolulu. The Baby Hui was envisioned as an essential resource, providing support to all parents and caregivers in Hawai'i, regardless of age, ethnicity, cultural background, religion, or income level. The Baby Hui helps parents celebrate the joys and cope with the stresses of raising young children. The Baby Hui was originally modeled after "Birth to Three," a successful Oregon-based program, recognized for its best practices by the Western Center for the Application of Prevention Technologies.

The Baby Hui founders adopted the "Birth-to-Three" structure of a volunteer-based organization, developed strategies to implement ongoing parent support groups, and introduced a positive parenting curriculum that continues to act as the foundation for all its program activities. Twenty-five years later, The Baby Hui is a thriving non-profit organization dedicated to promoting positive parenting and healthy lifestyles for families across Hawai'i, with a clear mission to support, encourage, and empower parents to meet the challenges of raising children. The Baby Hui supports parents through neighborhood-based parenting groups, facilitated by trained volunteers. The Baby Hui encourages parents in an atmosphere of mutual respect to raise their children with loving guidance. The Baby Hui empowers parents by sharing of experiences, knowledge, and community resources. The Baby Hui's curriculum is built on the following assumptions:

- Parenting is the most important and challenging job there is.
- Parents are their children's first and most important teachers.
- There are many right ways to be a parent or a child.
- Parents are the foundation of the family.
- Getting and giving support is essential for parents.

The Baby Hui provides a unique but comprehensive set of support services to a broad range of families, including expectant teens, to those with newborns, toddlers, and pre-schoolers. Further, The Baby Hui informally continues its cycle of support by engaging former participants whose children are in Kindergarten or grade school. The Baby Hui's basic services include:

- 10-week *Positive Parenting* peer support groups with trained facilitators;
- A *Positive Parenting* participant notebook for parents with children;
- A *Group Leader Training* manual for volunteers;
- Developmental screening using the "Ages and Stages Questionnaire (Hawai'i version)" and the "Ages and Stages Social-Emotional Screen";
- Resource referrals and materials;
- A quarterly newsletter;
- Quarterly Parent Education Workshops, including educational lectures by guest speakers;
- Quarterly parent-child Interactive Play Days at which children learn through play with their parents, and parents bond with and learn from each other; and
- One major special event that acts as a fundraiser and a tool for promotion to the community-at-large.

Positive Parenting: The Foundation of The Baby Hui Curriculum and Mission

Positive parenting calls for abundant love and respect, consistent guidance, and appropriate discipline when raising young children. Volunteer-led peer support groups promote positive parenting principles that not only empower parents, but promote healthy child development. Research has established that parent support groups, such as The Baby Hui, provide a forum where parents can share and learn in a positive atmosphere, gain confidence in their parenting skills, and develop good attitudes about raising their children. The Baby Hui is the only organization in Hawai'i to offer this unique combination of parent education and peer support for families with young children. The Baby Hui's method of peer interaction reflects the best practices promoted by the Association of Maternal and Child Health Programs (AMCHP), and the Western Center for the Application of Prevention Technologies (CAPT). Peer support groups promote positive parenting principles that not only empower parents, but promote healthy child development through adolescence.

Caring for a newborn, infant or toddler can be a wonderful, rewarding experience; but for many new parents, it can also bring isolation and depression. These feelings can lead to verbal, mental, and physical abuse of their young children (Hay & Jones, 1994). A variety of risk factors, such as being a teen parent, single parent, low-income parent, or homeless parent, often compound these challenges and increase the potential for abuse. Even parents who are not “at risk” can find raising a young child overwhelming and stressful.

The Baby Hui offers its parents these opportunities at the most crucial stages of their child’s life — the first three years. The Baby Hui’s programs help parents understand what to expect during each stage of their child’s development. In this way, learning and support become key elements that sustain parents through new and sometimes overwhelming challenges. The Baby Hui’s principles of providing parent support groups reflect the principles of parent support groups used by the Circle of Parents Organization (www.circleofparents.org). These eight principles, listed below, have been incorporated into The Baby Hui’s program since its inception:

- **Trust**. Parents who come to support groups rely on a safe environment in which to share. Parents know that all information shared in a Baby Hui group is confidential and not discussed outside the group setting (within the limits of the law). All parents have the option of anonymity in the support group.
- **Reciprocity**. Parents support one another in a non-judgmental fashion. The Baby Hui accepts that parents are the experts about their own families and their own children. Together, parents learn from one another about ways to strengthen families.
- **Leadership and Personal Accountability**. All Baby Hui groups belong to the parents and children who attend. Parents determine the meeting’s content, define their goals in the group, model healthy interactions, ensure regular meeting times, set individual goals, and act on their decisions. The Baby Hui’s 10-week curriculum is presented in a recommended sequence; however each group is given the flexibility to structure its 10-week sessions in any order that suits the participants.
- **Respect**. Parents in support groups can expect to have their feelings heard — one at a time. They can also count on having enough time for everyone to speak, rather than a few

people taking a majority of the group's time. Parents, facilitators, and leaders honor cultural traditions, boundaries, and needs of group members.

- Parenting in the Present. Support groups focus on what is happening today, rather than focusing on things in the past that cannot be changed. At the same time, we must respect that people may need to talk about the past, especially when it is affecting what is happening now.
- Shared Leadership. Parents and professionals build successful relationships. They share responsibility, expertise and leader roles. The Baby Hui's program of training participants to take over as volunteer group leaders ensures that the cycle of shared leadership is continuous.
- Responsibility. Members of the group hold each other accountable for the above principles, they ask for clarification if there is something they do not understand, and they proactively reach out if someone else is struggling.
- Non-Violence. Participants assist one another in developing positive methods of problem solving and recognize that violence at any level is an unacceptable means of dealing with problems and issues.

Program Description

The Baby Hui's primary program focus is to organize and facilitate ongoing positive parenting support groups serving families of all income levels and ethnicities, representative of Hawaii's population. The groups focus on parent educational materials and meet in a discussion group format. The Baby Hui support groups promote positive parenting for parents with infants and toddlers by encouraging them to raise their children with loving guidance and through the sharing of parenting experiences, knowledge and community resources. The Baby Hui positive parenting support group's goals include:

- Helping parents to cope with the stresses and the challenges of parenting.
- Helping parents with communication skills and learning positive ways to talk to and guide young children and respond to their needs.
- Helping parents gain knowledge about child development, including information on medical and dental services.
- Helping parents identify other community resources to prevent isolation.

- Setting realistic parental expectations.
- Helping parents improve self-esteem and achieve personal growth.

The Baby Hui delivers its services through neighborhood and high-school-based support groups, or "Hui," for parents and caregivers of children aged birth to three years. Each Hui is comprised of 10-12 parents, their children, and a trained volunteer leader who organizes meetings and guides discussions. A Hui meets for at least 10 weeks and provides a safe, non-judgmental gathering place in which parents can share their joys, challenges and concerns, all while building lasting and supportive relationships with other parents.

In addition to weekly Hui sessions, The Baby Hui offers free quarterly Interactive Play Days at public parks, free Parent Education Workshops, free quarterly newsletters, and referrals to community resources for parents of young children. These elements, in combination with our highly successful support groups, have created a time-tested, outcome-based program of family strengthening and support. The Baby Hui has provided this support for 25 years, and annually places over 400 families in support groups across Kauai, Maui, the Big Island, and Oahu. No other program in the State of Hawai'i offers the unique combination of parent support and peer education that The Baby Hui provides. No other family-strengthening program in Hawai'i has been able to replicate our highly successful rate of family-to-family bonding. In fact, The Baby Hui has found that the majority of Hui continue to meet long after the 10-week cycle has ended; and many continue their individual relationships for years. For many, the early years of parenthood are turbulent, fraught with isolation, post-partum depression, and confusion about one's role as a parent. The Baby Hui encourages the development of each parent's wisdom and, perhaps most importantly, nurtures strong relationships within the group to create a foundation of support for years to come. The Baby Hui has been so successful because:

- Hui support groups encourage honest, respectful discussion that forges deep connections between participants,
- Group discussions emphasize the positive in participating parents and children, and
- Confident, supported parents are less likely to abuse or neglect their children and more likely to enjoy their parenting experience. Hui parents advocate for one another; offer referrals to one another for public services, pediatricians and financial assistance; and

provide one another with vital connections to community resources, and invaluable networks of social support.

During the past 25 years, The Baby Hui has seen consistent program growth made possible largely due to extramural funding sources. The Baby Hui has received financial support from the Hawai'i State Department of Health, as well as local Foundations, such as the Atherton Family Foundation, Cook Foundation Ltd., Trust, G.N. Wilcox Trust, Weinberg Foundation, Hawai'i Children's Trust Fund, and Women's Fund of Hawai'i. For the past five years, The Baby Hui has seen unprecedented growth in its programs both on Oahu and the neighbor islands. Annually, The Baby Hui provides services to:

- About 400 families through neighborhood-based or high-school based Hui;
- Nearly 500 parents through Parent Education Workshops or Interactive Play Days;
- More than 500 parents through our Phone Referral Line.

2. Goals and Objectives

The participant fees and Foundation grants The Baby Hui receives are not adequate to cover the full cost of operating expenses plus fee waiver subsidies for teen parents and low-income families. Despite these financial challenges, The Baby Hui has never refused service for inability to pay and continues to reach out to all island families. The Baby Hui is herein requesting \$40,000 to ensure the continued success and growth of this unique and valuable community program. The Baby Hui will use the funding award to continue to implement its Fee Waiver Program objectives.

The **Baby Hui's Fee Waiver Program** will serve 100 teen or low-income single or two parent families and will be accomplished by:

- Recruiting low-income parents through increased networking with community agencies.
- Recruiting pregnant or parenting teens through their high school classes and advisors.
- Publicizing the availability of fee waivers for families who cannot afford The Baby Hui program fees.
- Evaluating program outcomes and client satisfaction for parents receiving fee waivers.

This program will enable parents who otherwise could not afford our services to receive The Baby Hui referral services, a 10-week support group session, The Baby Hui's parenting resource

notebook, as well as access to quarterly parent-child interactive play days and educational parent workshop lectures.

3. **Public Purpose and Community Needs to Be Served by The Baby Hui**

The Baby Hui serves a diverse, multi-ethnic, multi-cultural population of parents, some living in urban settings, some in very rural settings. THE BABY HUI parents come from all socio-demographic groups in Hawai'i, and range in age from teenagers to Baby Boomers raising their first child. Our broad participant base includes, but is not limited to, single parents; teen parents; military parents whose spouses are deployed; gay and lesbian parents; parents who are caregivers to their own parents; parents who are community leaders; and culturally isolated parents. What our parents have in common is the parenting experiences and the challenges and joys of raising children to be the best that they can be and take advantage of all life has to offer them. THE BABY HUI's services honor and respect the cultural background, beliefs, language, interpersonal styles, and behaviors of all families served.

Research has found that to ensure the well-being of children and families, successful prevention programs should reduce risk and promote protective factors (Pollard, Hawkins, & Arthur, 1999). The scientific consensus appears to be that interventions that target the reduction of risk factors actually emphasize individuals' deficits; while those that focus on building strengths produce more positive outcomes (Benson, 1997; Fraser, 1997; Kirby & Fraser, 1997; Tolan, 1996).

The Center for the Study of Social Policy (CSSP, 2003) highlights five protective factors that are consistently linked to a lower incidence of child abuse and neglect: 1) nurturing and attachment; 2) knowledge of parenting and child development; 3) parental resilience; 4) social connections; and 5) concrete support for parents. 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. The Baby Hui's principles of providing parent support groups are consistent with these five protective factors, as illustrated below:

- **Nurturing and attachment.** This factor stresses the importance of early bonding, as well as nurturing throughout childhood. Building a close bond helps parents better understand,

respond to, and communicate with their children. This factor is fostered through activities that teach parents and caregivers to respond appropriately to the basic needs of their babies and young children, teach ways to stimulate healthy brain development, and develop a positive and secure attachment with their child.

The Baby Hui curriculum provides information about infant and toddler development, including brain development; stresses the importance of an early secure attachment between parents and young children; provides information on shaken baby syndrome and sudden infant death syndrome; and by virtue of its peer-support environment, provides examples of secure parent-child attachment at all ages.

- **Knowledge of parenting and of child and youth development.** This factor focuses on the importance of information about what to anticipate as children develop and strategies for effective parenting. Parents learn what to look for at each age and how to help their children reach their full potential.

The Baby Hui provides both information and activities that increase knowledge of parenting and child development, teach parents and caregivers the usual steps in their child's development, and gives parents tools to recognize if their child needs special help and how to promote healthy development. Baby Hui parents also learn what to expect and look for as their infant grows, positive ways to address developmental challenges such as inconsolable crying, bedwetting, eating or sleeping problems, and strategies for keeping children safe, including information on sudden infant death syndrome, childproofing strategies, and appropriate childcare.

- **Parental resilience.** This factor explores how a parent's ability to cope and problem-solve affects their capacity for dealing effectively with everyday stressors or major crises.

The Baby Hui curriculum includes sections on parenting stress, including how stress happens, ways to recognize stress and its triggers, how stress affects child health, how stress affects parenting, marriage, and family life, as well as coping strategies for parents.

- **Social connections.** Social connections work as a protective factor by identifying ways to help parents expand their social networks in order to build a broader base of parenting

support. Parents with an extensive network of family, friends, and neighbors have better support in times of need.

Involvement with The Baby Hui reduces social isolation and gives families access to informal resources that help ease the burden of parenting, provides support in crises, offers opportunities to help others, and models positive social interactions for children and gives children access to other supportive adults.

- **Concrete support for parents.** This protective factor includes determining what basic resources are available in the community and how to access them to address family-specific needs. Caregivers with access to financial, housing, and other concrete resources that help them meet their basic needs can better attend to their role as parents. Activities that assist families to receive concrete supports in times of need are those that reduce social isolation and provide the necessary information, referrals and supports for families to access needed formal community resources.

The Baby Hui helps parents connect with community programs by providing information about state agencies, playgroups and other parenting support services. Many parents are not aware of services that can help. The Baby Hui provides linkages and referrals to area resources, so parents can select what is most appropriate for their needs.

Other factors, which are characteristics possessed by the child, can also play a role in protection, such as good peer relationships, active coping style, positive self-esteem, good social skills, and a balance between help-seeking and autonomy. 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.

Hawai'i, as a community, benefits from having healthy keiki raised in healthy families, free from abuse and neglect. Current reports show that nearly 6,000 suspected cases of child abuse are reported in Hawai'i each year (www.preventchildabusehawaii.org). Child abuse doesn't discriminate; it bridges every economic level, ethnic and religious group. According to researchers, there are three primary categories of risk factors for child abuse (Bethea, 1999):

Community societal; Parent-related; and Child-related. The Baby Hui targets the largest of these, focusing primarily on parent-related needs (See Table 1, page 32).

The funding requested will ensure that families who often need parental support the most have access to the services they need. The need for supporting parents in the early lives of their children is well supported by significant research demonstrating that parental isolation is one of the highest risk factors for child abuse and neglect (Patterson, Reid & Dishion, 1992). This isolation is becoming increasingly common in today's world, with fewer social supports available for families, a declining sense of community and an increasing strain on families as a result of rapidly changing economies (Sviridoff & Ryan, 1996). Early support for at-risk parents is key, as peer-to-peer parent support has been proven to protect against the stressors that may trigger inadequate parenting (Cohen & Willis, 1985). The grant funding will specifically provide this crucial peer-to-peer parent support for 100 low-income and/or teen parents.

4. Target Population

The Baby Hui targets parents of children from birth to three years of age. The Baby Hui believes that these early years are the critical time in which lasting parenting habits are formed. As an organization dedicated to the primary prevention of child abuse and neglect, The Baby Hui knows that new families are particularly in need of support from other parents and caregivers, as well as especially open to learning new parenting skills. The Baby Hui proactively recruits families with unique needs, such as single-parent families, teen parents, low-income parents, working parents, and military families by collaborating with other referral agencies such as the Parent Line, the Hawai'i State Department of Education, Good Beginnings Alliance, Healthy Start, Parents and Children Together (PACT), and Military Family Services. Additionally, we inform the general public about our services through flyers distributed to new parents at hospitals, pre-natal courses, and community family events. For purposes of this grant, teens and low-income parents of children birth to three years old will be served.

The Baby Hui's baseline registration surveys suggest that the population served is somewhat representative of Hawai'i's population (U.S. Census Bureau, 2000). For example, in FY 2005-06 our data reflected the following percentages by self-reported familial ethnicity: 22% Caucasian, 22% Japanese, 12% Hawaiian, 12% Filipino, 5% Chinese, 5% Hispanic, 5% Korean,

5% Southeast Asian, 5% Pacific Islander, 2% African American. At least 32% of our participants consider themselves of mixed ethnicity.

5. **Geographic Coverage**

The Baby Hui provides services to families on Oahu, Maui, Kauai and the Big Island. This funding request will ensure that 100 teen or low-income families across these islands will receive fee waiver subsidies to fully participate in The Baby Hui parent support services.

II. **SERVICE SUMMARY AND OUTCOMES**

1. **Scope of Work, Tasks and Responsibilities**

The Baby Hui is prepared and qualified to deliver the following services with the requested grant-in-aid funds:

- Providing community-based, volunteer-led support groups that provide information, education, social support, referrals and screening for 100 teen or low-income, single or two parent families. These group sessions will last 10 weeks and will be scheduled at various locations throughout the year.
- Providing peer-led volunteer group leaders who have completed a standardized Group Leader Training to facilitate the parent support groups.
- Bringing the program to pregnant or parenting teens through their high school GRADS classes.
- Publicizing the availability of fee waivers for families who cannot afford The Baby Hui graduated membership fee.
- Evaluating program outcomes and client satisfaction for parents receiving fee waivers.
- Educating the community in the form of workshops and other events on child behavior and development, parent-child interactions and positive parenting guidance techniques.
- Implementation of core family education areas of Positive Parenting Support Groups, Parent Education Workshops and Interactive Play Days described below:

Positive Parenting Education Support Groups (10-Week Cycles) . The Baby Hui's primary program focus is to organize and facilitate ongoing positive parenting support groups serving

families of all income levels and ethnicities, representative of Hawaii's population. The groups focus on parent educational materials and meet in a discussion group format. The Baby Hui support groups promote positive parenting for parents with infants and toddlers by encouraging them to raise their children with loving guidance and through the sharing of parenting experiences, knowledge, and community resources. The Baby Hui positive parenting support group's goals include:

- Helping parents to cope with the stresses and the challenges of parenting. Raising young children can be a difficult job that brings both joy and frustration. Parents need to know that they are not alone in the struggle and that most feelings of frustration are normal.
- Helping parents with communication skills and learning positive ways to talk to and guide young children and respond to their needs. Children respond well to loving words and guidance. By using positively worded statements, parents can empower children, and teach appropriate behavior.
- Helping parents gain knowledge about child development, including information on medical and dental. The more parents know about the ages and stages of child development, the more realistic their expectations will be, and the more appropriately they can respond to their children's behavior.
- Helping parents identify other community resources to prevent isolation. The Baby Hui helps parents connect with community programs by providing information about state agencies, playgroups and other parenting support services.
- Setting realistic parental expectations. The Baby Hui helps parents set realistic expectations about the role parenting plays in one's life. Discussion with other parents in similar circumstances can help parents focus on the positive changes that come when integrating a child into the family unit. Peer support is also invaluable in helping parents accept the challenges that come with raising young children who are eager to exercise their own independence.
- Helping parents improve self-esteem and achieve personal growth. Through group discussions, parents realize their strengths and personal achievements. At the heart of The Baby Hui is empowerment of the individual. The Baby Hui covers all aspects of parenting (positive and negative) in a safe, non-judgmental environment through peer counseling and

support. Individuals, who are seeking guidance one week, often find themselves as mentors the next. Parents who feel empowered have the ability to foster their own growth and development, as well as that of their children.

Engagement and retention of parents in The Baby Hui support groups is critical to our operation and mission. Attached Table 2, page 33, tracks the normal flow of parents into The Baby Hui's support group.

Parenting Support Groups are individually organized by The Baby Hui's Participant Coordinator who groups parents by neighborhood, child's age, meeting location, and parental schedules. Special needs of children and parents are also considered. Each support group meets once a week for 10-weeks. Meetings are usually held in the homes of the group leader or group participants or on-site at a Department of Education classroom. Each support group averages 10-12 participants, and is facilitated by a trained Baby Hui Group Leader volunteer who leads discussions on a variety of parenting topics.

Each parent receives a Participant Notebook filled with current, well-researched and pertinent information about positive parenting, and helpful information about raising young children. The Participant Notebook was developed to address several targeted behaviors identified by parents as areas of concern. Each topic of conversation corresponds to topics in the notebook, and participants are encouraged to read the section before each discussion. The initial group meeting covers introductions, ice breakers, and information about The Baby Hui, group agreements and Baby Hui paperwork and dues, while the final meeting is generally used for discussion of statewide resources, including various state agencies, community networks, parenting resources, playgroups and referrals. Attached Table 3, page 34, outlines the remaining eight major topics, and selected subtopics, in alphabetical order.

The Baby Hui offers a variety of strategies to deal with the challenges of parenting without resorting to verbal, physical, or emotional abuse. The Baby Hui acknowledges and celebrates cultural diversity and validates the many acceptable paths to being a "good parent." Within each Baby Hui group, participants are also encouraged to offer their own parenting strategies for the benefit of all group members. Parents' knowledge and parenting confidence is increased through a system of sharing information and peer support. In The Baby Hui groups, parents make strong

friendships while children learn to socialize with their peers. Participants have opportunities to share and discuss solutions to parenting dilemmas, learn new parenting strategies, gain exposure to community resources, form lasting friendships with parents whose children are of similar ages, and teach their children social etiquette in a safe, friendly environment. The 10-week session closes with participants filling out The Baby Hui program evaluations and with The Baby Hui referrals to community resources as needed. An additional Baby Hui goal is to create parent support groups that have the potential to continue meeting after the "official" 10-week session is completed. Group leaders encourage participants to continue meeting informally according to their needs and desires.

The Teen Hui Program. In 1999, The Baby Hui established a program to provide tailored support to Teen parents. Teen Baby Hui groups are held on site at area high school campuses during regular school hours. The Baby Hui feels strongly that teen parents face an unusual amount of stress and disadvantages, and therefore need more specific support. Trained Teen Leaders facilitate conversations with teens who are trying to finish their education and be good parents at the same time. All teen parents enrolled in The Baby Hui through their high schools are automatically given fee waivers of the normal Baby Hui program fees. Necessary referrals are made to Child and Family Services, Women Infants and Children - WIC, The Family Peace Center, and Kapiolani Teen Intervention Program.

The Baby Hui also provides expertise to other groups and agencies working with the same target population by providing information and strategies on parental concerns to the community at large, and providing referrals and linkages to community resources, as required.

Parent Education Workshops and Interactive Play Days. In addition to the educational opportunities provided through individual group topic discussions, The Baby Hui also offers continuing education opportunities in the form of quarterly Parent Education Workshops on topics of interest to all Baby Hui members and the community at large (e.g. Infant CPR), as well as quarterly Baby Hui Play Days at area parks (e.g. Baby Van Gogh Art in the Park community play day).

Quarterly Newsletter. The Baby Hui publishes a quarterly newsletter, The Baby Hui News, which provides parents with additional valuable parenting information and resources. Local professionals and parents are encouraged to make written contributions for parents of children

from age birth to three. The Baby Hui distributes the newsletter to a membership of over 1,200 including: past and present members, social service agencies, area businesses and foundation partners. The Baby Hui distributes over 4,800 newsletters annually (See Attachment 1).

Website. The Baby Hui has a commitment to reach out to as many new parents and families as possible. The Baby Hui website: www.thebabyhui.org is continually being remodeled to update its effectiveness, ease of use and attractiveness to Hawai'i's parents in our instant messaging age. The Baby Hui program information, community resources, an events calendar, and links to other parenting sites are all accessible. The website is updated and maintained by volunteers.

The Baby Hui also provides Group Skill Building Training to peer volunteers so that they can successfully facilitate a hui. The Baby Hui provides developmental screening and referral services to meet any special needs the children may have and closely coordinates its services with other community agencies that serve children ages birth to three years old.

Group Skill Building. The Baby Hui also provides Group Skill Building Training to peer volunteers so that they can successfully facilitate a hui. Within each Hui group, participants are encouraged to share their parenting experiences, successes, and strategies with their group members. Parenting knowledge and confidence are increased through this system of sharing information and peer support. The Baby Hui encourages parents to take leadership roles within the organization as group leaders or as board, committee, or staff members.

Group leaders receive a special training session and a Group Leader Training Manual to assist them with guiding group discussions (Selected excerpts are included as Attachment 2). Group leaders are trained to facilitate conversations, encourage group members to share experiences, foster leadership within the group, and listen and communicate effectively with a variety of people. Armed with these interpersonal skills, group members continue to support and encourage each other beyond the 10-week session. Strong community ties are established and nurtured through this peer support process.

As a testimony to the positive impact the leadership experience has for group members, many return to lead multiple groups and often become "veteran" Baby Hui group leaders. Group leaders are generally the best advocates for the organization and often encourage other members to become leaders. It is the cyclical nature of receiving and then giving back that ensures the continuation of the Baby Hui.

Coordination of Services. The Baby Hui provides developmental screening and referral services to meet any special needs the children may have and closely coordinates its services with other community agencies that serve children ages birth to three years old. Baby Hui works extensively with other agencies to provide services for families with children from birth to three years of age. In addition, The Baby Hui provides expertise to other groups and agencies working with the same target group. Efforts are coordinated with the Armed Services Welcome Baby Program to avoid duplication of services to military parents with children 0-3 years old. The Baby Hui meets on a regular basis with area physicians, pediatric nurses, social service providers, as well as Kaiser Hospital's "Mother Share Group" to present information on specific topics, and general parenting.

The Baby Hui is also proud to be part of the Inter-Agency Services Council, which links many services statewide. The Baby Hui has close ties with Good Beginnings Alliance and Champions for Children working to ensure that all of Hawaii's Children will be Safe, Healthy and Ready to Succeed, as well as Healthy Mothers, Healthy Babies. The Baby Hui distributes 20,000 flyers with information about The Baby Hui parent support programs to first time mothers statewide as part of the State of Hawai'i's Keiki O Hawai'i packets. All parents receive a Resource Directory of services available to parents of young children (See Attachment 3).

The Baby Hui is committed to enhancing the breadth of its services throughout the coming year. Part of this commitment includes: 1) improving the cultural competence of The Baby Hui's curriculum and resources; 2) improving communications and services with neighbor island coordinators and families; and 3) expanding our existing base of families served. Collaboration of services with other organizations will not only strengthen the outcomes of The Baby Hui, but can help increase the quality of services available to underserved or special populations.

Referral, Linkage and Screening. The Baby Hui offers referral services to several hundred parents each year. The Baby Hui makes referrals to numerous organizations including: Families for R.E.A.L., The Parent Line, Public Health Nurses, H-KISS, Zero to Three Project, Queen Lilioukalani Children Centers, PATCH, PACT, medical specialists and the Interagency Services Council, among others.

All Baby Hui participants receive a Participant Notebook containing information on a variety of parenting topics. The notebook is augmented with information from many area agencies. The Parent Line Flyers, Teddy Bear Post, Public Health Information, and the Keiki O Hawai'i Resource Directory are given to all group members. Parents are encouraged to seek other community services when referral is indicated.

The Baby Hui conforms to all standards of care and practice in the provision of support group services to parents. Contractors and volunteers are trained to administer the Ages and Stages Questionnaire (Hawai'i version) Procedure Manual and Guideline (ASQ). The Group Leader Coordinator and Program Coordinators on the neighbor islands offer eligible participants the ASQ as a first-level screening tool. All children requiring further evaluation, and those who fall into borderline areas, are referred for additional screening or testing. Concerned parents are encouraged to take the completed ASQs to their pediatrician, to call H-Kiss and to retest on a regular basis.

2. Projected Annual Timeline Outcomes of Service

The Baby Hui will provide services on Oahu, Kauai, Maui, and the Big Island. One hundred teen or low income one and two parent families of children birth to three years of age will be the population to be served. In each contract year, The Baby Hui will serve a minimum of 100 of these parents with the grant funds. The Baby Hui has already established a relationship with the Department of Education's Graduating Roles & Dual Skills (GRADS) classes and has been successful in providing teen groups on high school campuses.

	Projected Timeline											
Outcomes	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June
Parent Education Workshops												
Interactive Play Days												
Supervisory Board of Directors Meetings												

3. **Quality Assurance and Evaluation Plan**

The Baby Hui is a self-sustaining, self-reporting and evaluating program. The Board of Directors and Program Coordinators utilize both Training Quality Assurance and Evaluation Strategies to ensure the integrity and quality of The Baby Hui's programs.

Group Leader Training. Many parents, upon completion of their first Hui, want to give back to the organization by helping other parents realize the benefits of peer support and empowerment, coupled with increased parenting knowledge and skills. These parents have the opportunity to become trained volunteer group facilitators, with structured training and support provided by The Baby Hui.

The Baby Hui currently provides three types of facilitator trainings: 1) Regular Group Facilitator; 2) Japanese Language Group Facilitator; and 3) Teen Group Facilitator. All facilitator trainings are held "Hui style," i.e., keiki are welcome, snacks are provided, and questions are answered. Regular Group and Japanese Language Group facilitators are provided training that details The Baby Hui's philosophy, describes its comprehensive program, and imparts leadership skills; while Teen Group facilitators are provided with additional training that includes role playing and specialized techniques and skills to better support the teen groups and program. Each training consists of an icebreaker and a chance in the beginning for all to introduce themselves and relate why they have chosen to participate in the training. A brief outline of training topics for all facilitators is listed in attached Table 4, page 35.

Along with these training sessions, facilitators have unlimited access to support from the Participant Coordinator and Group Leader Coordinator, both of whom provide the leaders with guidance and answers to common questions. During the first 3 weeks (meetings), the Participant Coordinator provides one-on-one support and encouragement for each group facilitator (in the form of phone and e-mail "Check In's").

Near the end of the 10-week session, the Group Leader Coordinator provides one-on-one support for the Hui group leader and the participants by personally visiting each Hui. Each leader is furnished constant feedback and communication with The Baby Hui staff members, all of whom are readily available and easy to reach. Leader support days are held every quarter (or more, if necessary), and provide peer support and training on positive group facilitation; role playing, and tips for addressing common (and less common) facilitator issues/problems.

Developmental Screening. In addition to providing the support groups, The Baby Hui adheres to the Department of Health's standards of care and practice in the provision of support group services to parents which include developmental screening of children. Contractors and volunteers are trained to administer the "Ages and Stages Questionnaire Procedure Manual and Guideline" (ASQ; Hawai'i version). The Group Leader Coordinator and Program Coordinators on the neighbor islands offer eligible participants the ASQ as a first-level screening tool. All children requiring further evaluation, as well as those who fall into borderline areas, are referred for additional screening or testing. Parents are encouraged to take the completed ASQs to their pediatrician, to call the Hawai'i Keiki Information and Service System (H-KISS), and to retest their child on a regular basis.

Preparation of Resource and Program Materials. The Baby Hui models its Positive Parenting curriculum on materials developed by "Birth to Three," a parenting organization based in Eugene, Oregon. Throughout its 25 years of operation, The Baby Hui has refined and updated its Group Leaders' Manual to better reflect Hawai'i's unique cultural diversity and the latest empirical research. The Baby Hui has developed, maintained and has updated one Group Leader Training Manual for parents of children less than one year old; one manual for parents of children one to three years old; and separate manual for teen parents.

The teen notebook was developed with input from some of our teen parents and with financial assistance from the Women's Fund of Hawaii. The Baby Hui will continue to develop, maintain, and update its Group Leader Training Manuals. Our teen participant notebook has recently been updated to make it more user friendly to today's information age teens. This was accomplished in 2007.

The Baby Hui also provides a Japanese language manual to complement the growing numbers of Japanese-only speaking groups that are currently being facilitated by bilingual volunteers.

The Baby Hui has developed, updated and will continue to refine an educational participant notebook for each parent participant. The topics focus on appropriate child guidance and developmental issues and are detailed in the Service Summary and Outcomes Section of this proposal. The contents of the participant notebook are formally reviewed on a bi-annual basis by parent volunteers, staff, and members of the Board of Directors. The Baby Hui is not only

concerned about the numbers of participants it serves; it is equally committed to ensuring quality programs that provide a positive and lasting benefit to today's parents. Surveys administered at the close of each 10-week group session, indicated that participants have increased their positive parenting skills; increased their knowledge of child development and behavior, and increased their knowledge of community resources by 80%. Seventy percent of our parents have increased their knowledge in all evaluated parenting areas. These numbers accurately reflect the positive impact and dynamic success of The Baby Hui's positive parenting programs.

Quality Assurance. Each Baby Hui parenting group — or “Hui” — addresses a combination of recurring and unique parenting issues. Several mechanisms are employed to provide information that tracks and assures the quality of the services provided by The Baby Hui. First, each coordinator is continually engaged with her assigned group leaders in assessing group members' needs and the group's responses to various issues. Second, when a group reports that it has encountered and dealt with a unique problem (e.g., one that is not addressed in the Participant Notebook or the Group Leader Training Manual), The Baby Hui coordinators revise and update procedural norms for all groups so that other groups continue to learn from the experience. Third, at the conclusion of each 10-week session, The Baby Hui collects feedback from all group members via The Baby Hui Participant Evaluation Form (See Attachment 4). This evaluation form measures the effectiveness of the program and materials, as well as the effectiveness of the trained leader. The Baby Hui uses participant feedback to revise its population needs profiles and update its program and materials through this self-monitoring process.

The Baby Hui *Participant Evaluation Form* evaluates its program's success by rating whether participants have experienced an improvement in the following areas:

- Positive Parenting Skills
- Knowledge of Child Development and Behavior
- Knowledge of Community Resources
- Coping with the Challenges of Parenting.

At the end of their 10-week session, a minimum of seventy five percent of parents completing the evaluation form will show an increase in knowledge in these specific areas. Other performance measures include:

- Percentage of children completing the program who have received a baseline ASQ.
- Percentage of adults completing the program who identify at least one other individual/entity as part of their social support system.
- Percentage of adults completing the program who demonstrated an increased understanding of child behavior and development.

Evaluation. The Evaluation Plan of The Baby Hui will monitor progress towards meeting the following program objectives and scope of services:

- Development and maintenance of community based support groups that provide information, education, referrals and screening to a minimum of 100 teen or low income single or two parent families.
- Recruiting pregnant or parenting teens through their high school GRADS (graduation roles and dual skills classes).
- Publicizing the availability of fee waivers for families who cannot afford The Baby Hui program fee.
- Evaluating program outcomes and client satisfaction for parents receiving fee waivers.

The Baby Hui evaluates its Group Leader Trainings, as well as the effectiveness of its Parent Education Workshops and Interactive Play Days. All new group leaders are surveyed as to whether they have acquired sufficient information in the following areas: The Baby Hui policies and philosophies, safety guidelines, topic information, and where to get help if it is needed. All participants at Parent Education events are given the opportunity to complete comment cards or send an email following the event. In addition, The Baby Hui Board of Directors receives and discusses monthly staff reports on numbers served, comments on effectiveness of training, educational workshops, and community awareness events.

With these evaluation tools in place, The Baby Hui is confident that sufficient quality assurance and evaluation methods ensure the quality and consistency of parenting support groups, group leader trainings and parent education events.

4. **Measures of Assessment and Effectiveness**

Specific measures of effectiveness that will be reported to the State agency include the following:

- 100 teen or low income single or two parent families will attend the 10 week Parenting Support and Education groups.
- 75% of parents participating in The Baby Hui Support Groups will report an increase in their parenting skills.
- 75% of parents participating in The Baby Hui Support Groups will report an increase in knowledge of child behavior and development.
- 75% of parents participating in The Baby Hui Support Groups will report an increase in knowledge of community resources.
- 75% of parents participating in The Baby Hui Parent Support Groups will identify at least one other individual/entity as part of their social support system.
- 75% of children completing the program will be administered the Ages and Stages Developmental questionnaire.

The Baby Hui's measures of effectiveness are both reasonable and achievable. In fact, in previous years, the organization has met or surpassed all its objectives. Moreover, this has taken place within a limited personnel and financial resource base, thanks in part to a large network of dedicated volunteers.

Furthermore, The Baby Hui has met or exceeded all goals and objectives for enrollment of parents and recruitment of group leaders as set out in past state contracts and by private foundation grants. Moreover, for the past five fiscal years, The Baby Hui has met or exceeded its projected goal of 400 participants enrolled in positive parenting support groups, 40 group leaders trained, and 500 + parents or caregivers attending educational workshops or play days, as well as providing developmental screening for children.

The Baby Hui has been funded by the Hawai'i State Department of Health since 1982, and the Department itself has records, including quarterly and year-end reports, of The Baby Hui's demonstrated experience for the past five years. Since November 2006, The Baby Hui, with the use of Temporary Aid to Needy Families (TANF), and through a grant with the Hawai'i State

Department of Human Services (DHS), has secured funds to provide fee waivers for low-income and teen parents. The DHS grant ends this year.

III. Financial

1. Budget

See attached budget.

Anticipated quarterly funding requirements for fiscal year 2008-2009:

Quarter 1 - \$10,000

Quarter 2 - \$10,000

Quarter 3 - \$10,000

Quarter 4 - \$10,000

TOTAL REQUEST - \$40,000

IV. EXPERIENCE AND CAPABILITY

A. Necessary Skills and Experience

The Baby Hui has celebrated twenty-five years of program effectiveness, administrative efficiency, and fiscal responsibility. The Baby Hui has the necessary skills, personnel, and experience relating to deliver parenting education and support to parents with children birth to three years of age. The Baby Hui has been funded by the Hawai'i State Department of Health (DOH) since 1982, and the Department itself has verifiable records (including quarterly and annual reports) of The Baby Hui's experience and the quality programs it has implemented over the past five years. Since 2006, The Baby Hui has also been funded both through TANF funds from the Department of Human Services and a grant in aid from the State Legislature.

In delivering parenting education and support to parents with children birth to three years of age, The Baby Hui will be able to provide the following services:

- Community-based volunteer led support groups that provide information, education, referral and screening to 100 teen or low-come parents.
- Serving pregnant or parenting teens through their high school GRADS (graduation roles and dual skills) classes.

- Publicizing the availability of fee waivers for families who cannot afford The Baby Hui's program fee.
- Evaluating program outcomes and client satisfaction for parents receiving fee waivers.

The Baby Hui has a cadre of staff, contractors, and volunteer group leaders who have been trained to provide parenting support groups and education. In addition, The Baby Hui's hands-on Board of Directors is composed of a broad range of parenting experts, including individuals from the fields of psychology, social work, conflict resolution, nursing, nutrition, literacy and international adoption — all of whom are current or former members of The Baby Hui. The Baby Hui has already developed and implemented training for its staff and leaders that focuses on parents with children under twelve months; parents with children from ages one to three; parents with siblings; and teen parents.

The Baby Hui has a strong record of successfully organizing community-based positive parenting support groups, training parents to become volunteer group leaders and reaching out to the community to address the issues of parenting young children. Since 1982, The Baby Hui has been organizing neighborhood based support groups for parents of children ages birth to three years old, offering 10-week sessions to present information and techniques on child development and positive parenting in a supportive interactive manner, in an effort to lessen the stresses of parenting, to decrease loneliness and isolation and to facilitate positive socialization. The Baby Hui provides these services on Oahu, Kauai, Maui, and the Big Island.

The narrative on pages 9-15 of this proposal application details the operations of the parent support groups and other key activities provided by The Baby Hui.

B. Facilities and Resources

The Baby Hui has no permanent facilities. All members of the Program Team work from their homes. Hui groups meet in the homes of group leaders and/or participants, at area parks, and at City and County recreation facilities. Teen Baby Hui groups are held on-site at area high school campuses during regular school hours, and with the support of each school's administration and teaching staff. Quarterly parent education workshops are currently held at area

churches, community centers, and the University of Hawaii. Quarterly community play days are held at various area parks.

V. PERSONNEL: PROJECT ORGANIZATION AND STAFFING

A. Proposed Staffing, Staff Qualifications, Supervision and Training

The Baby Hui provides its services with a combination of paid staff, contracted staff, and volunteer group leaders. While its staffing is listed below, The Baby Hui will only be requesting funding for some of its staffing in this proposal, mainly part of the Executive Director's salary and funding for a Neighbor Island Coordinator on Maui, Kauai and the Big Island. The remainder of its funding needs for staffing and the program will be secured with other funds. The staffing is as follows:

Executive Director: Responsibilities include, but are not limited to assisting the governing Board of Directors in implementing The Baby Hui programs, activities and recommendations; overseeing and submitting written reports on statewide activities; advising and working with the Board of Directors on fundraising and budgeting; drafting fundraising and grant requests; acting as liaison between The Baby Hui and funding sources; supporting and supervising the contractors, creating and maintaining relationships with other community agencies and overseeing development and operation of special needs groups.

Assistant Director: Responsibilities include ensuring program materials are current and available for publishing and distribution; providing written correspondence to all group members regarding starting date, time, location and membership fees, assisting in administrative needs of new groups, sending email and other mass communications for THE BABY HUI; coordinating general volunteer identification and assignment, and maintaining The Baby Hui program records and volunteer and membership databases to ensure that the data are current.

Participant Coordinator: Responsibilities include receiving and responding to all telephone and email inquiries regarding The Baby Hui; providing information about The Baby Hui and other related community resources; providing appropriate referrals to health and family agencies and community resources; creating and maintaining a database of membership information; organizing and coordinating The Baby Hui groups; and assigning and supervising group leaders.

Group Leader Coordinator: Responsibilities include recruiting and training group leaders; organizing training workshops on Oahu and the neighbor islands; maintaining contact with group leaders; visiting groups; distributing copies and assisting with the administration of the ASQ surveys and evaluations as needed; and updating and distributing group leader manuals and participant notebooks.

Neighbor Island Program Coordinators: Responsibilities include performing the combined tasks of both the Participant and Group Leader Coordinators with guidance and support from Oahu-based staff; establishing and maintaining relations with other community agencies and services as needed. The Neighbor Island Program Coordinators on Maui, Kauai and the Big Island also institute program modifications to better suit Neighbor Island communities that may have a smaller and more diversified group of parents.

Newsletter Editor: Responsibilities include ensuring the design, creation and publication of the Baby Hui's quarterly newsletter, The Baby Hui News, soliciting articles from membership and the community; providing written articles as needed; collecting advertisements and their payment; and coordinating, labeling and bulk mail delivery of the newsletter.

Volunteer Group Leaders: Responsibilities include calling prospective Hui group participants to organize a group based on the ages of the children, geographic location, and parents' schedules; facilitating each of the 10-week sessions; encouraging participant discussions; collecting The Baby Hui membership dues; providing participants with their The Baby Hui participant notebooks; collecting participant evaluations at the end of the 10-week meeting period.

Staff Qualifications

The **Executive Director** of The Baby Hui requires the following minimum qualifications:

- A college degree in human services, education, health or equivalent;
- Strong verbal and written communication skills;
- Staff support and supervision experience;
- Resource networking experience;
- The ability to manage budgets;
- The ability to work with people of varying perspectives, opinions and cultures with respect, compassion and honesty.

The **Assistant Director** of The Baby Hui holds the following minimum qualifications:

- Successful completion of The Baby Hui Group Leader training;
- Participation in at least 2 Baby Hui groups;
- Thorough knowledge of computer and standard programs (Excel, Word, FileMaker Pro, etc.); web experience preferred;
- The ability to read and write English in an understandable and meaningful manner;
- The ability to complete tasks in a professional and timely manner.

The Baby Hui's **Participant Coordinator** and **Group Leader Coordinator** both require the following minimum qualifications:

- A college degree in human services, education, health or equivalent, experience with parent organizations and parent groups;
- Previous participant in a volunteer- led parenting group for infants and toddlers;
- Experience as a volunteer group leader for parent groups;
- Experience in resource networking.

The minimum qualifications for the position of each **Neighbor Island Coordinator** include:

- Successful completion of The Baby Hui Group Leader training;
- Facilitation of at least four Baby Hui groups at an acceptable performance level;
- The ability to present training materials in an understanding and meaningful manner;
- The ability to read and write English in an understandable and meaningful manner;
- The ability to complete tasks in a professional and timely manner.

Provider Profiles

The Baby Hui currently employs the following paid part-time staff and contractors. Please note, all Baby Hui staff and volunteers attend a minimum of one training annually to stay abreast of current practices in working with parents and young children.

Larisa Majors, BS; Executive Director: Larisa Majors has served as Participant Coordinator since May, 2006. She holds a B.S. in Sociology from the University of Hawai'i (2000). Ms. Majors is a former Baby Hui Board member-at-large and Board Secretary. She has served on The Baby Hui Resource Development Committee, Volunteer Luncheon Committee, and Santa's

Workshop Committee. She has also participated in or led six Baby Hui groups. Larisa is the mother of 5 year old Gabrielo.

Robyn Johansson, BA; Assistant Director/Newsletter Editor: Robyn Johansson has volunteered for The Baby Hui since 2000, and been a contractor for The Baby Hui since October of 2001 as Newsletter Editor. Robyn took on the role of Administrative Coordinator in 2003 and Assistant Director in 2004. She holds a B.A. in Communications, with previous experience as a Director of Public Relations & Communications in the high-tech and publishing industries. She also was Lead Consultant for a marketing and communications consulting firm. Robyn is the mother of three young children. She has participated as a Baby Hui member and volunteer group leader of numerous Hui groups before and after becoming a contractor for The Baby Hui.

Mary D'Avirro, BA; Participant Coordinator: Mary D'Avirro has been a member of The Baby Hui since 2004 and has worked as The Group Leader Coordinator since May 2007. She holds a B.A. degree in Psychology from the University of Hawaii (1998). Prior to joining The Baby Hui, Mary was employed at Straub Clinic and Hospital in various positions including Customer Service Representative, Patient Relations Coordinator and Supervisor in the Medical Records Department. Mary is the mother of two young boys.

Group Leader Coordinator: We are currently interviewing for this position and anticipate a start date of February 15, 2008.

Lynn Araki-Regan, LLC.: Program Coordinator, Maui: Lynn Araki-Regan has been the Maui Coordinator since September 2007. Born and raised in Wailuku, Maui, Lynn received her bachelor's degree in accounting from Santa Clara University (1992) and then received her law degree from the University of Hawaii William S. Richardson School of Law (1995), where she served as Technical Editor of its Law Review. Lynn's law employment history includes a judicial law clerkship for the Honorable Mario R. Ramil, Justice of the Hawaii Supreme Court, private practice and Faculty Instructor of the University of Phoenix. She was honored by *Pacific Business News* as the 2007 Woman Community Leader of the Year.

Leilani Spencer; Program Coordinator, Kauai: Leilani Spencer has brought extensive experience with teenagers to The Baby Hui program and has had tremendous results bringing The Baby Hui programs into the high schools on Kauai. Ms. Spencer is the mother of two young children and has volunteered with The Baby Hui since 1999 and worked for The Baby Hui since 2001. She completed coursework at NYU in Anthropology.

Kelli Bolger, BA, MA; Program Coordinator, Big Island: Kelli has been the Big Island Coordinator since September 2007. Kelli received her bachelor's degree in psychology from the University of Colorado (2001) and then received a Master of Arts in Educational Psychology from the University of Colorado (2004). Her employment history includes being a preschool teacher, a lead elementary school teacher in Colorado as well as a 4th Grade teacher in Hilo. Kelli is the mother of one young daughter.

The Baby Hui's Volunteer Corps: The volunteer spirit is at the heart of The Baby Hui. More than 50 mothers and fathers volunteer each year to facilitate groups, special events, and fundraising. The Baby Hui strongly believes that this is a direct result of the positive role that The Baby Hui has played in their lives. Each quarter, dozens of volunteers donate many hours, entering data into our membership database that serves as our mailing list for *The Baby Hui News*, fundraising, and community outreach activities. Our staff, volunteers, and Board of Directors are all committed to serving families in need at every available opportunity.

Supervision and Training

A Board of Directors, an Executive Director, and a contract staff of Coordinators, oversee the program's daily operations, and supervise The Baby Hui volunteers. The Board of Directors meets monthly to discuss and review all matters including programming, financial, membership, compliance with contract requirements, volunteer and contractor concerns. The Executive Director and Oahu Coordinators meet monthly to address specific short term and long range goals and objectives. Daily contact between the Executive Director and all contractors maintains the operations of the organization. The Executive Director reports weekly to the Board President.

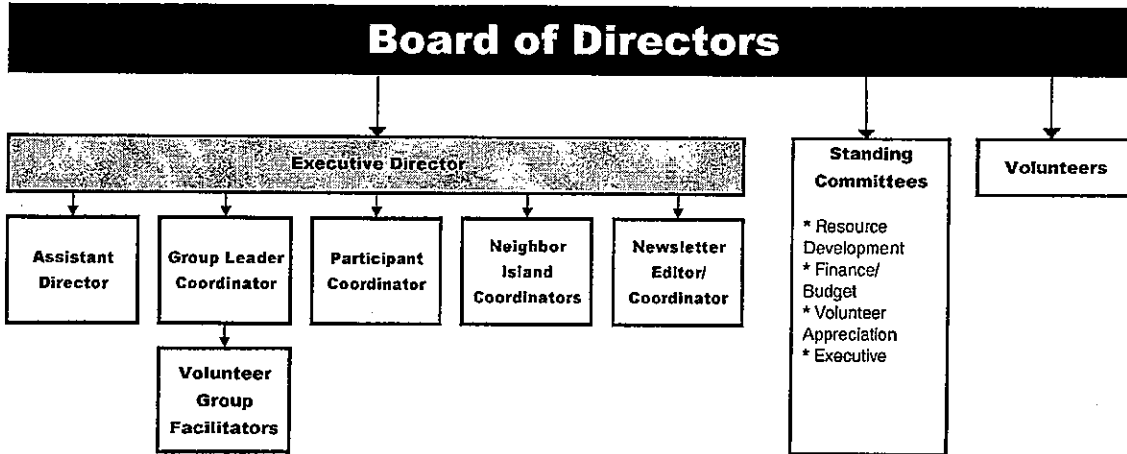
Program Coordinators on Neighbor Island are in regular phone contact, e-mail, and site visits are scheduled bi-annually.

The Group Leader Coordinator is in weekly communication with the volunteer group leaders during the course of the 10-week parenting sessions. Regular support and routine contact are performed as a function of the supervising members' needs and program monitoring. Members of The Baby Hui's volunteer Board of Directors are listed in Table 5, page 36.

B. Organization Chart



The Baby Hui Organizational Chart



VI. OTHER

- A. **Litigation.** The Baby Hui has no pending litigation.
- B. **Licensure or Accreditation.** Not applicable to The Baby Hui program.

Tables

Table 1: Risk Factors for Child Abuse	32
Table 2: The Baby Hui Experience from a Participant's Viewpoint	33
Table 3: Participant Notebook Weekly Parenting Topics	34
Table 4: Training Topics for Discussion by All Baby Hui Group Leaders	35
Table 5: The Baby Hui Board of Directors	36

Table 1
Risk Factors for Child Abuse

<p>1. Community/societal High crime rate Lack of or few social services* High poverty rate High unemployment rate</p> <p>2. Child-related Premature Low birth weight Handicap</p> <p>3. Parent-related Personal history of physical or sexual abuse as a child Teenage parents* Single parent*</p>	<p>3. Parent-related (continued...) Emotional immaturity Poor coping skills* Low self-esteem* Personal history of substance abuse Known history of child abuse Lack of social support* Domestic violence Lack of parenting skills* Lack of preparation for the extreme stress of having a new infant* History of depression or other mental health problems Multiple young children* Unwanted pregnancy Denial of pregnancy</p>
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* Risk factors targeted by The Baby Hui

Table 2. The Baby Hui Experience from a Participant's Viewpoint

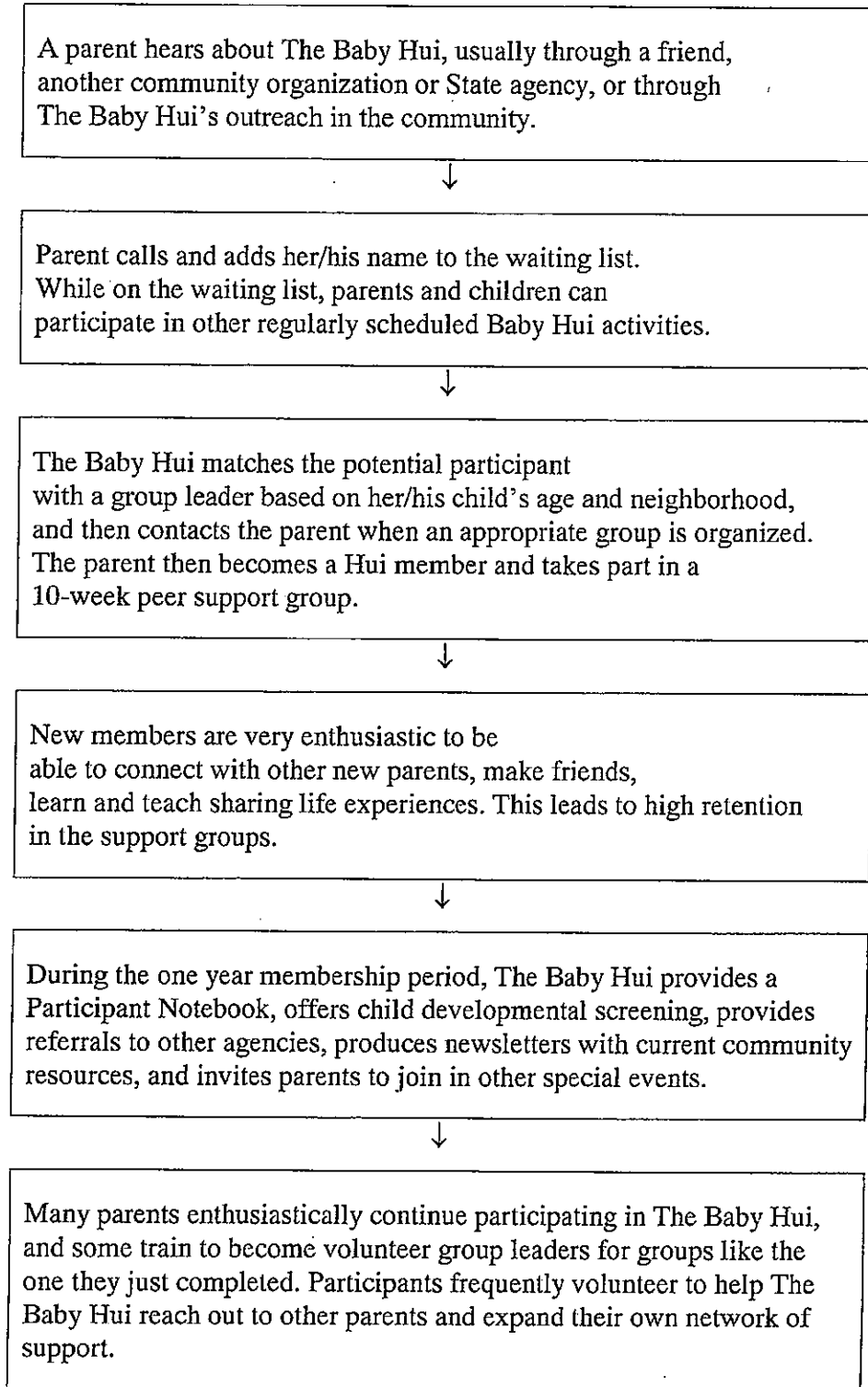


Table 3 Participant Notebook Weekly Parenting Topics

<p>Infant/Child Development What do milestones mean? Developmental checklists Physical and brain development Parenting stress Accepting your baby's temperament Separation anxiety Toilet training</p>	<p>Food and Nutrition Breastfeeding and Bottle feeding Weaning Introducing solid foods Food Safety Common mealtime mistakes Nutritious snacks and lunch ideas Eating in a restaurant with your child</p>
<p>Crying and Sleeping Why babies cry Technique for soothing a crying infant Sleep derivation Children's sleep needs Sleep pointers for parents Advice from the sleep experts Toddler naps SIDS Nightmares and night terrors The sleep diary</p>	<p>Health & Safety Protection versus overprotection Soothing your baby's symptoms Home remedies When to call a doctor (medical home) The well stocked medicine chest Allergies and asthma Home, outdoors and car safety Poison control (including poisonous plants specific to Hawai'i) Dental care (dental home)</p>
<p>Expectations Expectation versus reality The shock of new parenthood Before and after the birth of your baby Why do I feel sad? Myths about parenting Parenting more than one child Stress management Maintaining your self-esteem Making time for personal growth</p>	<p>Play and Language The benefits of play Play time with peers and parents Safe toy choices Age-appropriate toys Toys that enhance child development Child-friendly excursions The roots of language Music kids love Guidelines for TV watching</p>
<p>Family Stability The importance of support Building a support network Non-traditional family life Family life stressors Improving communication Balancing work and family Choosing quality childcare</p>	<p>Positive Parenting What is Positive Parenting? Principles of discipline Using positive language New ways to label behavior Styles of parenting Making timeouts work Handling toddler tempers Building positive self-esteem</p>

Table 4. Training Topics for Discussion by All Baby Hui Group Leaders

<p>1. The Baby Hui Contact Information and Staff Directory THE BABY HUI Vision and Mission THE BABY HUI History Group Types and Meetings Participant Dues Reporting Child Abuse</p>
<p>2. Getting Started THE BABY HUI Agreements Required Paperwork Registration Cards Payment Roster Participant Survey Participant Evaluation</p>
<p>3. Being a Group Leader Goals, Roles, Responsibilities Group Dynamics Types of Participants Active Listening</p>
<p>4. The Meetings First Meeting Tips Helpful Hints Enrichment Activities Ice Breakers</p>
<p>5. The Session Topics Introductions Expectations vs. Realities of Parenting Food and Nutrition Sleeping and Crying Development Positive Parenting Play and Language Health and Safety Family Life and Relationships Community Resources</p>

Table 5
The Baby Hui Board of Directors

THE BABY HUI Position	Name	Occupation	Email
President	Patricia J. (Trish) Jordan, Ph D.	Experimental Psychologist, Pacific Telehealth & Tech. Hui; Instructor, University of Hawai'i	zoesmom@thebabyhui.org
Vice President	Kerrie Urosevich, M.A.	Conflict Resolution Practitioner	urosevichk@thebabyhui.org
Treasurer	Kerriann Osada, M.B.A.	Business Consultant	kerriann.osada@gmail.com
Secretary	Kerry Lum	Pharmaceutical Representative	lumk@hawaii.rr.com
Parliamentarian	Elaine Wilson, M.S.W.	Retired Substance Abuse Administrator; Licensed Social Worker	elaine@thebabyhui.org
Board	Mizutho Karo, M.A., C.L.S.	Certified Child Life Specialist	mizuthokaro@yahoo.co.jp
Board	Stewart Yerton, M.S.	Freelance Journalist	syerton@gmail.com
Board	Kristine Altwies Nicholson, M.A.	Executive Director/CEO Hawaii International Child	kristine@h-i-c.org
Board	Kathy Ford, B.S., R.D.	Registered Dietician	kford@thebabyhui.org

The Baby Hui News

Positive Parenting of Infants and Toddlers

Membership Newsletter ♥ Volume 13, Issue 4 ♥ Fall 2007

SPECIAL ANNIVERSARY ISSUE



The Baby Hui

25
years...

**Supporting,
Encouraging &
Empowering
Hawaii's Parents
Since 1982**

Attachment 1

The Baby Hui Birth Story

CELEBRATING
25
Years
1982-2007



by Joan Kreeger

In 1979, I had a son and took a year's maternity leave from my job as a social worker with the Children's Mental Health Services Branch, Hawaii State Department of Health (DOH). Although I was raising two step-children, this was my

first baby. This new experience was fun and satisfying but also at times lonely and frustrating. There were so many questions I had about my new baby and new role and I would have loved to meet parents with similar age children in my neighborhood to share questions, concerns, support and information. When I returned to my job, I heard about a successful program in Eugene, Oregon called Birth to Three which provided community based parent groups run by volunteer parents. I thought this type of program would be perfect for Hawaii. I called them and asked for more information. The program coordinator promptly sent me information on their group format and parent manual. She also said she had gotten a written inquiry about her program from a Lee Ann Mitchell in Honolulu. She gave me her phone number and I couldn't hang up fast enough so I could call this Lee Ann to find out what her interest was in this program. I found out she was inquiring about the program for the Junior League and she suspected it was perfect for their various goals. She was also a new mother and had looked for programs to give her encouragement, support and information but had not been able to find any such resource.

Needless to say, this was the start of a perfect partnership. Lee Ann and the Junior League had the interest and enthusiasm, and I had early childhood and clinical skills and administrative support. We both knew the experience of being parents with young children and the need to find support and information from our peers. Through a

small Junior League grant and a small DOH prevention grant, we received seed money to develop the project. We named it "The Baby Hui: Infants and Toddlers" and recruited and trained our first group of parent volunteers in 1981. The first groups started in February 1982. Two special women stepped forward to be the overall volunteer project coordinators and nurtured this program for years. They were Patsy Asato and Lorna Carrier Smith, parents of young children and strong advocates of parent support and positive parenting ideas. Through the next few years, they were instrumental in finding and training group leaders, developing protocols, getting non-profit status, creating a Board and solidifying the program. Eventually, the Department of Health committed state general funds to support the program and a contract with the state was created. In that process, The Baby Hui expanded to statewide status. It is now part of DOH's Maternal and Child Health Branch budget. I enjoyed overseeing it as the program administrator and monitor for all these years. Lee Ann moved with her family years ago to the Chicago area and we have lost touch with each other but I know she would be thrilled that the Baby Hui has survived and grown. The Board and current staff are an asset to the program and have helped develop various grants and other money sources, guided the program through necessary changes and refinements and created a vision to keep it viable for the future. My best wishes for many more years of support and encouragement to Hawai'i's parents.

LOVE LETTERS

"I am thankful that I was lucky enough to be involved in a hui. My leaders were informative, reassuring, open-minded, and always making sure I never lost my sense of humor about being a new mom! I couldn't have made it through my son's newborn/infant stage without you guys! As the organizers, trainers and executive board of the hui, you should be especially proud! Keep up the great work. The families of Hawaii need you!"

Loni - Participant 2004



Silver Anniversary Silent Auction

The Baby Hui 25 years



Eleanor & Mylene do some early holiday shopping!



Mahalo to 3 of our tireless checkout volunteers, Mai Ly, Maile & Sam from the Alpha Gamma Delta Women's Fraternity at UH Manoa "We couldn't have done it without you!"



Cindy & Elisabeth get some great bargains.



Chanel & Steve take home their loot.



TBH Board President Trish Jordan says, "I'm Going to Hollywood!"

Become a Leader...



Have you been thinking about leading a Baby Hui group or perhaps even wondering if you should train to lead? Well, take the plunge and find out for yourself what a fun and rewarding experience it is! Make new friends and enjoy socialization for your child at the same time.

Upcoming Group Leader Training
December 6, 2007
9:30 to 12:30
Kailua

We need great leaders like you and welcome your help whether you're ready to lead now or after the holidays. Please call Mary at 261-8566 or email glc@thebabyhui.org if you can help.

The Baby Hui Alumni... oh how they grow!



Sequoia 2007



Misha 1994



Chancey 2005



Nicholas 2002



Sasha 1995



Chiara 2004



Kolya 1997



Damien 2004

"I am grateful for this group in my life. Each of the women in our group shares, teaches and inspires me in so many different ways. I am so blessed to know all of them. Thank you, Baby Hui for this fantastic organization which supports me as a devoted mom!"

Karla
Participant & Leader 2000

"The spirit of Aloha rings true in The Baby Hui. A spirit that I'll carry in my heart wherever I go."

Audrey
Participant & Leader 1996

Volunteer Coordinator

We are looking for a part time Volunteer Coordinator to help The Baby Hui.

We need someone to help us on a part time basis to manage our fantastic volunteer work force. This position would include a variety of responsibilities with the primary focus being on communicating with and coordinating volunteers for Baby Hui events as well as creating and maintaining volunteer database. Call Liz @ 386-7271 or check out our website for details. www.thebabyhui.org

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Building Brains, Bodies & Bonds

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Join our online parenting community
or for more show information:
www.bbtots.com

Building Blocks for Tots brings the benefits of play and learn classes to the comfort of your home. In Hawaiian Style! Enjoy Hawaii's popular weekly TV series that provide a toolbox of ideas to help stimulate your child's physical, social, and intellectual development through fun and easy-to-follow activities.

The best gift
you can give your keiki
is you and your time

Read To Me Tips

Brought to you by:

KAMEHAMEHA SCHOOLS

USA

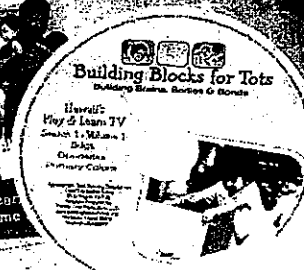
TONY'S
AUTOPLEX

VIM & VIGOR
Organic Foods &
Natural Marketplace

pdg
Pediatric Dental Group

Building Blocks for Tots was created by a parent who realized that a baby doesn't come with a manual. They also didn't have a lot of time, a college degree in early education! They mastered Google, but now what? How can they stimulate their child's development during their young child's most important years? Together, they consulted with experts and created Building Blocks for Tots for every parent who believes that the best gift you can give your keiki is you and your time.

Building Blocks for Tots
Building Brains, Bodies & Bonds



Just in
Time for
the Holidays!

Visit www.bbtots.com/shop/
to purchase this DVD and
other great gift ideas.
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Group Leader Manual

Attachment
The Baby Hui

Facilitating Your Group

You are called a leader, but you are really a facilitator. You are not a teacher or a parenting expert. Your role is to facilitate group discussions. Baby Hui meetings are a safe and supportive place for members to share parenting experiences. A facilitator creates this environment by listening more than talking, by respecting and acknowledging all parenting styles, and by trusting that people can make their own choices and solve their own problems. Your most important responsibilities are creating and maintaining a climate of support by asking questions, acknowledging people, and making sure that everyone is heard. In this way, our participants will feel a special connection to their group through the spirit of sharing and acceptance that is created and modeled by you, the group leader.

Managing the Conversation:

- Use the topics as a framework for conversations.
- A good starter question for each meeting might be, "Does anyone have any comments, questions, or concerns about the readings or the topic?"
- The questions that appear under each topic were written to encourage members to share their feelings and experiences. There are no correct answers.
- Don't be afraid of the silence while people think and prepare to respond. Try counting to 10. Time may be racing for you, but not for your group members.
- If questions are continuously directed towards you ("the leader") turn them back to the group by saying, "That is a good question. Does anyone have a response or what do you think/feel?"
- If a question is asked that is above the group's expertise, feel free to call The Baby Hui for support.
- If the group seems to be going off topic despite your attempts to continue, ask if anyone has any comments or concerns about the current topic. If there are no responses or objections, you may then change the topic.
- Maintain your sense of humor. Have fun.
- Believe in the goodness of your group. All want to be there. They would not have come otherwise.
- Remember, most people just want to be noticed, heard and liked.
- Handle problems as they arise. The Baby Hui staff is always here to help you. Most of what we worry about never happens anyway.
- If you are sick, please try to cancel the meeting the night before. Members cannot always be reached in the morning, and it would be very frustrating for them to arrive and discover the meeting had been cancelled.
- Thank everyone for coming or calling. Show your appreciation for their commitment to the group.

As a Baby Hui representative, you are a powerful role model for the people in your group. Please keep

Group Dynamics

Group members will bring their unique histories, family dynamics and social etiquettes when they join your group. Learning to adapt to and deal with a diverse group of people will help you to better facilitate your group discussions. People generally behave in a group as they do in their own families. Here are a few types of personalities you might encounter :

- **Outgoing** --Great help when you are nervous, because they are not afraid to talk. You can always count on their participation. You may have to interrupt them to get back on track.
- **A Bit Reserved**--Usually need a big silent space to participate. You may have to call on them directly and create an opening for them to share. Try to accommodate them. Include them, but don't push too hard.
- **Confident**--They appear to have everything worked out. Parenting appears to be no sweat. Other parents may judge themselves harshly when this person shares, since they may not have everything quite so worked out. Remember, their challenges may not be as apparent as those of others. Humor may help you diffuse any discomfort in the group.
- **Passionate**--These members have strong opinions. Thank them for their input, and try to steer them away from judging parents whose choices may differ from their own, or from trying to solve other parents' problems.
- **True Authority**--Our membership has included pediatricians, nutritionists, nurses, child psychologists, counselors, therapists and others professionals well versed in parenting topics. Other members will frequently ask them for advice in their area of expertise or they may feel compelled to volunteer information themselves. Thank them for their advice, and tell the group how lucky they are to have an expert. However, remind the group that this person is "off duty."

As The Baby Hui Group Leader, you will play both task roles and group building roles. Your task roles are starting and closing the meeting, introducing the topic, and setting up the next meeting. Your group building roles are facilitating the discussion, encouraging all members to share, and handling conflicts that may arise. At some point, you will also function as a participant. Your group members will also take on various roles. The following examples may help you to identify these other roles that can help the group stay focused, and encourage positive relationships.

Task Roles: These roles help carry out a group's task.

Initiator: Proposes solutions, suggests new ideas, and gets the group started.

Fact Seeker: Seeks facts, clarifies values, goals or ideas.

Opinion Giver: Provides facts, opinions and information.

Evaluator: Compares and contrasts facts, pulls ideas together.

Group Building Roles: These roles help strengthen group life.

Encourager: Friendly, warm, responsive to others, praises others and their ideas.

Gatekeeper: Facilitates discussion, keeps group on task.

Compromiser: Seeks consensus and mutual agreement.

Harmonizer: Mediates differences, relieves tensions, clarifies differing opinions.

Active Listening

Active listening differs from hearing. Hearing is an act of merely taking in sounds with the ear and is a passive act. Listening, on the other hand, is the active pursuit of understanding what another person is saying and feeling. The following are important characteristics of a "good listener."

Be There: Be present in heart, mind and spirit with the person. You need to hear what he or she has to say. This is reflected especially with your body through eye contact and open posture.

Accept: Accept the person as he or she is without judgment, reservation or putting the person in a mental box or category, even though he or she may be very different from you.

Trust: Trust the person's ability to handle his or her own feelings, work through them, and find solutions to his or her own problems.

Respect: Respect the person's feelings, whatever they may be, however they may differ from your feelings or from what you think a person "should" feel.

Listen: Don't plan what you are going to say. Don't think of how you can interrupt. Don't think of how to solve the problem, how to admonish, how to console or what the person "should" do.

Remain Objective: Don't intrude physically, verbally, or mentally. Be quiet and listen. Sometimes this can be challenging.

Stay With The Other Person: Put yourself in the other's shoes, at his or her point of reference. Don't become that person, but understand what he or she is feeling, saying, thinking. Be separate enough to remain objective but involved enough to support.

Active Listening Skills

The Greek philosopher Zeno noted that we have been given two ears and but a single mouth so that we may listen more and speak less. There are a few tools that can help you concentrate your full attention on another person in order to become a more empathetic listener.

Paraphrasing: Restating in your own words the situation. This insures that the listener understands what is being said, and lets the speaker know he or she has the other person's full attention.

- Example: The baby didn't go to sleep until midnight and was back up from 1 until 3, and then again from 4 to 6. I finally dozed off and as soon as I did, the rubbish man came down our street.
- Paraphrasing: You didn't get much sleep last night. You must be exhausted.

Clarifying: Using questions to check out your understanding of what the speaker said or of the feelings behind it. You can ask Yes/No questions, or open-ended questions. Yes/No encourage simple answers. Open-ended questions encourage the speaker to share more deeply.

- Example: I'm really stressed out about feeding the baby.
- Clarifying: Does your baby have a problem with what he's eating, or is it something else?

Reflecting: Responding in a way that clearly conveys your understanding of the feelings involved. It should be immediate, honest and supportive of the speaker's need to share information with you. Respond from your heart how you believe the person feels—not how you think he or she should feel.

- Example: The baby cries. She's been fed, her diaper is clean, she won't go down for a nap, I pick her up and she struggles to be put down. ACK!
- Reflecting: It sounds like you are frustrated and feeling a little helpless about calming your baby.

Summarizing: Toward the end of the conversation, it can be a good idea to tie together the key ideas and feelings in broad statements. This is a way to close up the conversation that validates the other person has been heard and understood. DO NOT add new ideas.

Possible Weekly Enrichment Activities

Some Baby Hui Leaders enjoy offering an enrichment activity to do in preparation for the next meeting. You can suggest as many or as few of the activities as you choose, you can create your own activities, or you can skip this altogether. The activities are listed here in the same order the topics appear in the Participant Notebook.

Preparation for Expectations vs. Reality: Do something to nurture yourself this week.

Preparation for Food and Nutrition: Bring in your idea of a good snack that your child actually eats, or a fast, simple family dinner recipe.

Preparation for Sleep and Crying: Take note of your and your child's sleep patterns for 3 nights in a row and whether or not you are getting enough sleep.

Preparation for Development: What is something that you are looking forward to sharing with your child when he or she is older that you and your child can't do now?

Preparation for Positive Parenting: Do you and your child have a good match in personalities? To find out more about matches in personalities, read and complete the Temperament and Family Fit pages in the Participant Notebook.

Preparation for Play and Language: Bring a book, activity or game that you enjoy with your child to share with the group.

Preparation for Health and Safety: Baby-proof your house (again). Get down on baby's level and look around. Did you notice a new problem area? Did you find any surprises?

Preparation for Family Life: Think of a favorite family ritual that you have now, or one from your own childhood. Why is it important to you?

Preparation for Resources: Share a favorite place, outside activity, interesting parenting resource, or class you and your child enjoy. (Bring the phone number if you can!) If you'd like to share it with a larger audience, write it up for the Baby Hui News! Think about and take note of suggestions for the future of this group.

Topic 3

Food and Nutrition

Sample Agenda

Arrival: Thank everyone for coming.

Optional Icebreaker: See page 28 for suggestions.

Enrichment Follow Up: Would anyone like to share a good snack idea or a fast, simple family dinner recipe?

Topic Introduction: Ask if there are any concerns, questions, or responses regarding the reading in the Participant Notebook.

Summary of Key Concepts: Food and Nutrition.

- Feeding Choices
- Food Milestones
- Favorite Foods
- Reluctant Eaters
- Managing Mealtime
- Public Dining

Topic Questions: Additional questions for the topic are found on the following pages.

My favorite part of feeding my child is....

My biggest challenge concerning feeding my child is...

I was least prepared for...

My biggest surprise was...

I worry most about...

Break, Snack, Informal Chatting

Closing: Sing a song with the children, if you like. Ask who would like to host or bring snacks next time.

Next Topic: *Sleeping and Crying*

Optional Enrichment Activity: Make a note of your family's sleep patterns for 3 nights in a row. Are you getting enough sleep?

Notes

Topic 3

Food and Nutrition

Food can evoke emotional issues that last a lifetime. New parents in particular need positive support for the decisions they make about feeding their babies. This support can be especially important when a feeding choice of one member differs from the choices of the majority of the group, or when a choice is not supported by the important people in the member's life.

Questions: Infants

Choose 2 or 3 of these questions to help your group discuss the topic.

Are you breastfeeding, bottle-feeding, or using a combination of both? What influenced your choice? How is it working for you?

If you are breast-feeding, has it come easily for you, or have there been difficult times? If you are bottle-feeding, what process did you go through to choose your formula, bottles and nipples?

How long do you plan to breastfeed or bottle-feed your baby?

Have you introduced a sippy cup?

How do you handle those people who do not support your feeding choice? What do you do about the unsolicited advice people give you concerning feeding your baby?

What influenced your choice to feed your baby on demand or on a schedule?

How do you manage night feedings?

Have you encountered any challenges related to feeding the baby in a public place?

How did you or will you introduce solid food? What were the cues that your child was ready?

What was/will be your child's first food? Does your child have a favorite food?

What are some good baby foods that can be made at home, and how do you prepare and store them?

Is there any family history of food allergies? Has your child had a reaction such as gassiness, fussiness, or vomiting from any food he or she ate -- or you ate?

Do you give your child vitamins or fluoride? Why or why not? How do you get your child to take them?

Do you allow your baby to play with his or her food, or do you control the mess?

Where do you feed the baby?

Topic 3

Food and Nutrition

Food issues can evoke emotions that last a lifetime. The Baby Hui notebook is full of wonderful information about the nutritional needs of toddlers. However, many toddlers become less cooperative about food than they were as infants and babies. While parents should speak with their child's doctor about concerns regarding nutrition and health, they may also find ways of accommodating their own child's food quirks as the group shares real life dinner table talk.

Questions: Toddlers

Choose 2 or 3 of these questions to help your group discuss the topic.

Does your child eat regularly scheduled meals, or does he or she eat more frequently throughout the day? Have you noticed a pattern of when your child appears most hungry or refuses to eat?

On a typical day, what does your child eat? What are his or her favorite foods?

Does your child enjoy the foods you prepare for him or her? If yes, what have you done to make food attractive?

How much do you trust your child's food instincts? Are there foods your child is always allowed to eat? Are there foods you do not allow? (Please encourage parents to become aware of foods that are choking hazards such as popcorn, nuts, grapes, and hot dogs).

How do you handle sweets, sugar, juice or what you feel are unhealthy foods?

Do you give your child vitamins or fluoride? Why or why not? How do you get your child to take them?

What was your own favorite food as a child? Do you still feel the same about that food as an adult? Does your child like the same food?

What are your own memories of mealtime as a child?

Do you feed your child at the table with the entire family, or at a different time or place?

What kind of table manners do you expect? How do you teach them?

Do you take your child to restaurants? What is that like?

What are some child-friendly, healthy recipes?

Topic 3

Food and Nutrition

Food issues can evoke emotions that last a lifetime. Nursing or bottle-feeding an infant while trying to feed a hungry toddler with an active social life can be a challenge. Some parents change their views about eating when they have more than one child.

Questions: Siblings

Choose 2 or 3 of these questions to help your group discuss the topic.

Are you feeding your second child the same way as you fed your first child? Why or why not?

Has your older child wanted to nurse or have a bottle? How did you handle it?

Have you had any eating/feeding challenges since the arrival of your baby?

How do you manage night feedings?

How are you managing meal times with more than one child? Do you feed your children at the table with the entire family, or at a different time or place?

Are you breastfeeding, bottle-feeding, or using a combination of both? Was this your first choice for feeding your baby? How does this work for you? What influenced your choice?

If you are breastfeeding, has it come easily for you, or have there been difficult times? If you are bottle-feeding, what process did you go through to choose your formula, bottles, and nipples?

Is there any family history of food allergies?

Do your children enjoy the healthier foods you want them to eat? If yes, what have you done to make those foods attractive?

How do you handle sweets, sugar, juice or what you feel are unhealthy foods?

What kind of table manners do you expect? How do you teach them?

Do you take your children to restaurants? What is that like?

Topic 4
Sleeping and Crying
Sample Agenda

Arrival: Thank everyone for coming.

Optional Icebreaker: See page 28 for suggestions.

Enrichment Follow Up: Would anyone like to share their notes on their family's sleep patterns and whether you are getting enough sleep?

Topic Introduction: Ask if there are any concerns, questions, or responses regarding the reading in the Participant Notebook.

Summary of Key Concepts: Sleeping and Crying

- Sleeping Schedules
- Night Feeding and Waking
- Sleep Deprivation
- Family Bed or Nursery
- Naps
- Coping with Crying
- Tantrums

Topic Questions: Additional questions for the topic are found on the following pages.

My favorite part of putting my child to sleep is...

My biggest challenge concerning sleeping or crying is...

I was least prepared for...

My biggest surprise was...

I worry most about...

Break, Snack, Informal Chatting

Closing: If you'd like sing a song with the children, if you like. Ask who would like to host or bring snacks next time.

Next Topic: *Development*

Optional Enrichment Activity: What is something that you are looking forward to sharing with your child when he or she is older that you and your child can't do now?

Notes

Topic 4

Sleeping and Crying

New parents often feel overwhelmed; exhaustion can intensify those feelings. Whoever coined the phrase "sleeping like a baby" must not have spent much time with a baby! Each family must feel comfortable with the decisions they make concerning getting their baby to sleep and meeting their own needs for sleep. To reduce the risk of SIDS (Sudden Infant Death Syndrome), the safest position for babies to sleep is on their backs.

Questions: Infants

Choose 2 or 3 of these questions to help your group discuss the topic.

What is your baby's nighttime sleep schedule? How did you and your baby arrive at this schedule, and are you comfortable with it?

What do you do when your baby wakes at night? If your baby sleeps through the night, was this something you encouraged or did it happen naturally? If your baby wakes often, how does lack of sleep affect you during the day?

Where does your baby sleep? How does this work for your family?

How do you get your baby to fall asleep during the day? Do you rest or catch up on chores while the baby naps?

Does your baby have different cries for different needs? Have you ever let your baby cry it out? How did that feel to you?

What physical responses do you, as a parent, feel when your baby cries?

Is there a time of day when your baby seems to cry the most? What do you do to comfort or soothe your baby?

Do your responses to your baby's crying affect him or her? How do you handle your frustration?

Are other people able to comfort your baby, or are you the only one who will do?

Does anyone's baby have colic*? What do you do to cope? Does your partner help you?

*(*The AAP identifies colic as regular periods of inconsolable crying, often accompanied by screaming. It appears to be caused by abdominal pain; the baby may have a distended stomach, pull up and extend his or her legs, and pass gas. The crying can happen around the clock, but is usually worse in the early evenings. Babies usually outgrow colic by 3 or 4 months.)*

Topic 4

Sleeping and Crying

Studies have shown that only 25% of two and three year old children consistently sleep through the night and that the other 75% awaken at least once each night. That makes for a lot of tired parents and children! It's enough to make the parent of a wakeful toddler want to cry!

Questions: Toddlers

Choose 2 or 3 of these questions to help your group discuss the topic.

What is your child's nighttime sleep schedule? How did you and your baby arrive at this schedule, and are you comfortable with it? How do you handle night waking?

Are there any reasons such as illness, a new developmental milestone, a new baby in the home, or a change in routine that might affect your child's sleep?

Where does your child sleep? How does this choice of sleeping arrangement work best for your family?

Does your child have nightmares, night terrors, or sleepwalking incidents?

What is your bedtime routine with your child?

Where and how long does your child nap? Have you noticed a change in napping routines as your baby has evolved into a toddler? Do you have a naptime ritual?

How does your child behave when tired? Is your child's crying related to sleep patterns?

Does your toddler have different cries for different needs? Does your toddler ever fake crying? How can you tell the difference? How do you respond to the different type of cries?

Does your child exhibit separation anxiety? How do you respond to it?

Are there times of the day, or certain locations when your toddler cries more often? Are there times when it is more difficult for you to respond to your child's crying?

Are there certain things, or people, that always trigger crying in your child?

Does your child have tantrums? How do you handle tantrums at home? How do you handle tantrums in public? What is the worst tantrum you and your child have survived?

Topic 4

Sleeping and Crying

Remember when napping when the baby napped was great advice that could actually be followed? Being sleep deprived makes coping with the demands of two or more children a challenge. Parents need to feel comfortable with and supported for the choices they make about family sleeping arrangements.

Questions: Siblings

Choose 2 or 3 of these questions to help your group discuss the topic.

Are you getting any sleep at all? How do you catch up with your own sleep needs?

Do your children have similar sleep or nap schedules, or are they on different schedules?

Do you have a problem with one child waking the other?

How do you put your children to sleep at night? Where do your children sleep? Is your partner comfortable with this sleeping arrangement? How does this work for your family?

Do your children have nightmares, night terrors, or sleepwalking incidents?

When one child is going through a difficult day or stage, how does this affect the rest of the family?

What do you do when both your children are crying at the same time?

How do you handle your frustration?

Does your child have different cries for different needs? Have you ever let your child cry it out? How did that feel to you?

What physical responses do you feel when your children cry? Is there a time of day when they seem to cry the most? What do you do to comfort or soothe them?

Do your children exhibit separation anxiety? How do you respond to it?

Are there times of the day, or certain circumstances that make your children cry more often? Are there times when it is more difficult for you to respond to the crying?

Do your children have tantrums? How do you handle tantrums at home? How do you handle tantrums in public? What is the worst tantrum you and your children have survived?

Topic 6
Positive Parenting
Sample Agenda

Arrival: Thank everyone for coming.

Optional Icebreaker: See page 28 for suggestions.

Enrichment Follow Up: Would anyone like to share what they discovered in completing the Temperament and Family Fit pages in the Participant Notebook?

Topic Introduction: Ask if there are any concerns, questions, or responses regarding the reading in the Participant Notebook.

Summary of Key Concepts: Positive Parenting

- Temperament and Family Fit
- Discipline and Punishment
- How were you raised?
- Parenting Styles and Strategies
- Positive Language
- Choosing “Battles”

Topic Questions: Additional questions for the topic are found on the following pages.

My favorite part of parenting is...

My biggest parenting challenge is...

I was least prepared for...

My biggest surprise was...

I worry most about...

Break, Snack, Informal Chatting

Closing: Sing a song with the children, if you like. Ask who would like to host or bring snacks next time.

Next Topic: *Play and Language*

Optional Enrichment Activity: Share a book, activity or game that you enjoy doing with your child.

Notes

Topic 6

Positive Parenting

Positive Parenting begins at birth. Infants are building relationships of trust and your sensitive responses to your baby are essential. Preparation is the key at this stage of family life. The better you know your child, the better you can meet his or her needs. Parents can learn from each other as they exchange ideas about child rearing.

Questions: Infants and Babies

Choose 2 or 3 of these questions to help your group discuss the topic.

Do you consider your child's temperament fairly cooperative or somewhat challenging? Do you and your child have a fairly good match in temperament?

How was discipline handled in your home growing up? What things are you planning to do that your parents did? What things will you not do? How was your partner raised?

How does your child express frustration? How do you handle inconsolable moments? Are there certain times of the day (or month) when it is harder for you to handle frustration? What are some ideas for making these times easier?

Does your partner agree with you on how to best deal with frustrating moments? Do the other important people in your life, extended family, friends, or childcare providers agree with your child rearing practices?

What are some positive words or actions to use with infants to soothe or encourage them?

Can you spoil a baby?

It is natural to look ahead and plan strategies for dealing with toddlers. Be prepared to learn from your child and your experiences.

Overall, do you see yourself becoming a somewhat strict or fairly lenient parent? How does this fit with your child's temperament? Are you prepared to make adjustments to your parenting plans?

Choose your battles wisely. What "battles" will you choose concerning your child's behavior? What things do you see yourself allowing?

Have you read any parenting books on child guidance that you recommend?

Topic 6

Positive Parenting

Children need abundant love and clear guidelines as they develop into independent people. The Baby Hui encourages parents to respect their children's feelings and abilities. Seeing the world through our children's eyes helps us to have developmentally appropriate expectations about their behavior. Parents can learn from each other as they exchange ideas about handling discipline issues.

Question: Toddlers

Choose 2 or 3 of these questions to help your group discuss the topic.

In the spectrum of challenging to cooperative how do you see your child? Do you and your child have a fairly good match in temperament? If not, how can you accommodate your child's temperament while respecting your own needs?

How do you handle your child's growing need to do things independently? How does your child handle frustration? How do you handle frustration? Are there certain times of the day (or month) when it is harder for you to handle frustration? What are some ideas for making these times easier?

How was discipline handled in your home growing up? Can you remember a specific time you were punished? What was the penalty and do you remember your crime? What did you learn from it? What role does your history play in your child rearing philosophy today? What things do you do that your parents did? What do you do differently?

Do you have any ongoing concerns about your child's challenging behavior? Examples: running into the street, refusing to wear clothes, biting, or hitting.

- Is anyone else in the group facing the same challenge? What are the ways you are handling the situation?
- What physical or developmental reasons might be causing your child's behavior? (Example: Biting sometimes occurs when a child is teething or lacks the vocabulary to express frustration. Physical sensitivities can cause physical discomfort which might lead to acting out).
- What changes can you make in your home environment that might support your child's independence or protect him from harm? (Example: If a child opens the door at home and runs into the yard, putting a lock above the child's reach is changing the environment.)
- Children respond well to choices. What are some acceptable choices you can offer your child to encourage their cooperation? (Example: When crossing the street the child might be offered the choice of holding hands or being carried.)
- What positive language can you use to encourage positive behavior? (Example: "Please walk!" versus "Don't run!")

Choose your "battles" wisely. What "battles" do you choose concerning your child's behavior? What battles do you avoid? Overall, do you consider yourself somewhat strict or fairly lenient? How does this fit with your child's temperament?

Do the other important people in your life, friends and family, agree with your child rearing practices? How do you handle criticism or lack of support?

Have you read any parenting books on child guidance that you recommend?

Topic 6

Positive Parenting

Each person is unique. Parents may find that guidance they use with one child may not work as well with their other children. Parents may find that their children's responses to guidance change as the children mature.

Question: Siblings

Choose 2 or 3 of these questions to help your group discuss the topic.

Are your children similar or different in temperament?

Has your parenting style changed since having another baby?

How do you handle your child's growing need to do things independently? How does your child handle frustration?

How do you handle frustration? Are there certain times of the day (or month) when it is harder for you to handle frustration? What are some ideas for making these times easier?

Does your partner agree with you on how to best deal with frustrating moments? Do the other important people in your life, extended family, friends, or childcare providers agree with your child rearing practices?

Does your older child have any behavior issues that you see as being related to having another child in the house?

What can you do to encourage the older child to act lovingly to the baby?

How was discipline handled in your home growing up? What role does your history play in your child rearing philosophy today? What things do you do that your parents did? What things don't you do?

Choose your battles wisely. What are the "battles" you choose concerning your child's behavior? What things do you allow? Overall, do you consider yourself somewhat strict or fairly lenient? How does this fit with your child's temperament?

Have your ideas changed about which issues are important now that you have another child?

What is your biggest behavior struggle with two or more children?

Have you read any parenting books on child guidance and siblings that you recommend?

2007

KEIKI HAWAII



RESOURCE DIRECTORY FOR PARENTS OF YOUNG CHILDREN

EMERGENCY SERVICES

- General Emergency (Police, fire and ambulance) 911
- Poison Center - Statewide toll-free (24 hours) 1-800-222-1222
- Suicide and Crisis Line (24 hours)
(Access Adult Mental Health Division)
- O'ahu 832-3100
- Statewide toll-free number 1-800-753-6879

Your Family Physician/Pediatrician:

Dr. _____ Phone _____

Friend or relative to contact in an emergency

Name _____ Phone _____

The Parent Line

**Call us for information on child behavior, child development, parenting support
and community resources**

Monday - Friday 8:00 a.m. - 6:00 p.m. Saturday 9:00 a.m. - 1:00 p.m.

O'ahu 526-1222 Neighbor Islands 1-800-816-1222



Linda Lingle, Governor | Chiyome Fukino, M.D., Director of Health
 Funded by: Hawai'i Department of Health, Maternal and
 Child Health Branch (808) 733-4054



** We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice) within 180 days of a problem.

For additional copies, please call The Parent Line Distribution Center 593-0437
 or visit our website at <http://www.theparentline.org>

Revised 1/07

Attachment 2
THE D.O.H. IT.



CRISIS SERVICES

Child Welfare / Protective Services

O'ahu (24 hours) 832-5300
 Neighbor Islands (24 hours) toll-free 1-800-494-3991

Child Help USA

Child abuse hotline (24 hours) 1-800-422-4453

Domestic Violence Drop-in Centers (PACT)

Pu'uhonua Crisis Counseling 585-7944
 Ohia Shelter - 24 hr. hotline 526-2200

Domestic Violence Clearinghouse and Legal Hotline

O'ahu 531-3771
 Neighbor Islands 1-800-690-6200

Sex Abuse Treatment Center - 24 hr. hotline

(8:00 a.m. to 4:30 p.m.) 524-7273
 535-7600

Shelter and Crisis Lines for Family Violence (24 hours)

Honolulu & Leeward Oahu 841-0822
 O'ahu - 528-0606 Windward - 526-2200
 Hilo - 959-8864 Kona - 322-7233
 Kaua'i 245-6362
 Maui 579-9581
 Moloka'i 567-6888

National Domestic Violence Hotline (24 hrs)

TTY 1-800-799-7233
 1-808-787-3224



HEALTH, NUTRITION AND FAMILY PLANNING

American Red Cross

(Infant CPR classes / Babysitter training) 734-2101

Birth, Marriage, Divorce and Death Certificate Information (DOH)

O'ahu 586-4533
 Hawai'i 974-6008
 Kaua'i 241-3498
 Maui, Lana'i & Moloka'i 984-8210

Breastfeeding Services of Maui

..... 572-5237

U.S. Consumer Products Safety Commission

Hotline: 1-800-638-2772
 Honolulu Field Office (to report hazardous consumer products & for "recall" information) 973-7757

Family Planning Information Lines

O'ahu 737-6311
 Neighbor Islands 2-1-1
 Planned Parenthood (Honolulu clinic) 589-1149

Hawai'i Mothers Milk Inc. (Info. on breastfeeding)

..... 949-1723

Keiki Injury Prevention Coalition

(Miscellaneous safety info.) 537-9200

Kids Health Insurance Hotline - HI Covering Kids (Free/low-cost healthcare for children) AUV Statewide toll-free

..... 2-1-1

Kona Lactation Center

..... 322-4482

La Leche League

O'ahu 254-5496
 Hilo - 938-5090 Kona - 325-3055
 Kaua'i 826-6467

Med-QUEST (Low income health insurance)

O'ahu 587-3521
 Kapolei 692-7364
 Hilo - 933-0339 Kona - 327-4970
 Kaua'i 241-3575
 Maui - 243-5780/1-800-894-5755 Moloka'i - 553-1758
 Lana'i 565-7102

MothersCare (Free pregnancy resources)

O'ahu 535-7988
 Neighbor Islands 1-800-772-3020

National Lead Information Center

(Information on childhood lead poisoning) ... 1-800-424-5323

Public Health Nursing Branch

O'ahu:
 Main Office 586-4620
 Central 453-6190
 East Honolulu (Diamond Head) 733-9220
 West Honolulu (Lanakila) 832-5757
 Leeward 675-0073
 Windward 233-5450
Neighbor Islands:
 East Hawai'i - 974-6025 West Hawai'i - 322-1500
 Kaua'i 241-3387
 Maui 984-8260
 Moloka'i 553-3663
 Lana'i 565-7114

WIC (DOH) - (Nutrition education and food supplement program for women, infants and children)

O'ahu 586-8175
 Neighbor Islands 1-888-820-6425

Valley Isle Childbirth Education (Maui)

(Childbirth / infant care / breastfeeding information) .. 572-5237



CHILD CARE, PRESCHOOL & PLAY ACTIVITIES

Alu Like, Inc. (Native Hawaiian Child Care Assistance Project)

O'ahu 535-1300

Child Care Connections (DHS)

Honolulu 832-3800
 Leeward 692-7775
 Windward 233-3655
 Hilo - 981-7286 Kona - 327-4755
 Kaua'i 241-3679
 Maui / Moloka'i / Lana'i 243-5866

Head Start

(Information on free preschool programs for ages 3-under 5 yrs. of low income families)
 Application Hotline (Oahu) 847-1000
 O'ahu 847-2400
 Hawai'i County 961-2686
 Kaua'i 245-5914
 Maui 249-2988
 Moloka'i 553-3727/553-5472

Keiki o Ka Aina / H.I.P.P.Y. Hawaii (3-5 yrs.)

O'ahu 845-3454

P.A.T.C.H. (Child care referrals)

O'ahu 839-1988
 East Hawai'i - 961-3169 West Hawai'i - 325-3864
 Kaua'i 246-0622
 Maui 242-9232
 Lana'i and Moloka'i 1-800-498-4145

Parent-Child Interaction Program

Kahuku, Punalu'u, Hau'ula (Na Kamalei), La'ie ... 237-8500

Parent-Child Interactive Play Mornings

O'ahu (TIFFE) 596-8433
 Hilo (TIFFE) - 961-5166 Kona (TIFFE) - 323-3305
 Kaua'i (TIFFE) 632-2114
 Maui (TIFFE) - 280-3431 Lana'i (TIFFE) - 565-9010

IN PEACE - Keiki Steps

O'ahu 620-9043
 Big Island 640-0881

Preschool Open Doors (DHS) (Preschool subsidies)

O'ahu 587-5254
 Neighbor Islands 1-800-746-5620

Tiny Tots Program (Dept. of Parks and Rec., ages 3-5 yrs.)	
Hawai'i Kai to McCully	973-7250
Makiki to Aiea	522-7070
Pearl City to Wai'anae and Wahiawa	675-7130
Wai'alu to Waimanalo	233-7300
YMCA (Parent-child activity classes and child care)	
O'ahu	541-5261
YWCA (Parent-child activity classes / child care / preschool)	
O'ahu	588-7061
Hilo	935-7141

PARENT EDUCATION AND FAMILY SUPPORT

Baby Hui: Infants and Toddlers (Statewide network of support groups for families with children ages 0-3 yrs.)	
O'ahu	735-2484
Hilo	1-808-735-2484
Kaua'i	823-6923
Catholic Charities Hawaii	
Child & Family Service	
O'ahu	681-3500
Hilo - 935-2188	Kona - 323-2664
Kaua'i	245-5914
Maui	877-6888
Moloka'i	567-6100
Early Headstart (PACT) (Parent education / child development activities for children 6 wks.-3 yrs. of low income families)	
O'ahu	842-5996
Families For R.E.A.L. (Classes for families with children 0-5 yrs)	
Leeward	453-6478
Windward	233-5656
Maui	263-3138
Family Centers	
Kahalu'u (Key Project)	239-5777
Kaneohe (PACT)	235-7747
Kuhio Park Terrace (PACT)	841-6177
Big Island:	
Ka'u	929-9611
North Kohala	889-0036
Kaua'i	
Hanalei Community Center	826-1011
Kapa'a (Hale Ho'omalua)	821-2520
Waimea (Nana's House)	338-0252
Moloka'i	553-3276
Family Peace Center (PACT) (Domestic violence intervention for victims, batterers and child witnesses)	
O'ahu	832-0855
Maui	244-2330
Good Beginnings Alliance (Parents and community councils supporting families with young children)	
O'ahu	531-5502
Hawai'i	887-1228
Kaua'i	632-2114
Maui	242-1608
Healthy Start Intake and screening for children up to one year. (Provides home-visiting and early intervention services)	
O'ahu	566-4141
MOMS Club (Support / activities for stay-at-home moms & keiki)	
Windward	261-3219
Waipahu / Aiea	455-5127
Leeward	674-0187

Neighborhood Place	
Kalihi	841-6177
Wai'anae	696-4598
Big Island: Kona - 331-8777	Puna - 965-5550
Maui: Wailuku	986-0700
P.A.R.E.N.T.S. (Parent education groups)	
O'ahu	235-0488
East Hawai'i	934-9552
Maui	249-8471
Pulama'i Na Keiki - (Alu Like) (Home-based & small group education for families of Hawaiian children: prenatal - 5 years)	
Oahu	535-1314
Big Island - Kona - 329-4801	Waimea - 885-7040
Kaua'i	245-8859
Maui: Wailuku	242-9774
Moloka'i	560-5393
Queen Lili'uokalani Children's Center (Services for Hawaiian orphans or destitute children)	
O'ahu	847-1302
Hilo	935-9381
Kona	329-7336
Kaua'i	245-1873
Maui / Lana'i	242-8888
Moloka'i	553-5369
Respite Care Programs (Time-out from parenting for families under stress)	
O'ahu (PACT)	841-1027
Wai'anae (Hawai'i Family Services)	696-3482
(Also available: Tutu support group)	696-3482
The Parent Line	
O'ahu	526-1222
Neighbor Islands (toll-free)	1-800-816-1222
Communities in Schools	
O'ahu	671-4900

SPECIFIC CONCERNS

Aloha Mothers of Multiples	247-TWIN(8946)
Aloha United Way 2-1-1 (General information and referrals)	
Statewide toll-free 24 hours	2-1-1
Coalition For A Drug-Free Hawaii	
O'ahu	545-3228
Neighbor Islands	1-800-845-1946
Hawai'i Families As Allies (Families of children with emotional / behavioral concerns)	
O'ahu	487-8785
Neighbor Islands (Statewide toll-free)	1-866-361-8825
Warm Line	487-3845
Hawaii Coalition For Dads	
O'ahu	841-2245
H-KISS (DOH) (Information for parents of children with special needs from birth to under three years of age M-F 8:30 am - 3:00 pm)	
O'ahu	594-0066
Neighbor Islands	1-800-235-5477
Jewish Community Services (Crisis intervention for Jewish families)	
	258-7121
Preschool Developmental Screening Program - PDSP (DOH) for ages 3-5 yrs	
	832-5675
Prevent Child Abuse Hawaii (Info / advocacy)	
	951-0200

Special Parent Information Network (SPIN)

(For families of children with disabilities)

- O'ahu 586-8126
- Neighbor Islands . . . Call the island's exchange number - then 6-8126:
- Big Island 974-4000
- Kaua'i 274-3141
- Maui 984-2400
- Lana'i & Moloka'i 1-800-468-4644

Substance Abuse Treatment

Baby S.A.F.E. - Outreach, case management & referrals for substance-using pregnant women

- O'ahu 696-1559
- Maui 877-7117
- Kaua'i 245-5914
- Hilo - 961-5022 Kona - 322-3100
- Hale Ho'okupa'a (Moloka'i) 553-3231
- Malama Family Recovery Services (Out-patient substance abuse/drug treatment services)
- Leeward O'ahu 668-2277
- Maui 877-7117
- Women's Way 732-2802 (Residential substance abuse /drug treatment services)

Teen Intervention Program

(Counseling for pregnant/parenting teens) 522-4186

Teen Line - To speak to a teen: Call M-F: 3:30 - 6:30 p.m.

(Taped information) 521-TEEN

Telecommunications Relay Services

(Sprint Relay Hawaii assists individuals in completing local calls free-of-charge)

Text telephone users (TTY) 877-447-5991 or 711

Hearing persons calling persons with TTY modem

..... 877-447-5990 or 711



SERVICES FOR MILITARY FAMILIES

Military Once Source (Info & referral) 1-800-342-9647

Armed Services YMCA

(Play mornings, childbirth education & Welcome Baby Prgm)

Helemano / Iroquois Pt. / Schofield / Wheeler 624-5645

Kaneohe 254-4719

Pearl Harbor / Aliamanu / Ft. Shafter / Hickam 833-1185

Welcome Baby Program 833-1185

Army Public Health Nursing

Tripler - 433-6834 Schofield - 433-8675

Family Service / Support

(Support services and parenting classes)

Life Skills Support Flight 449-0175

Airman and Family Readiness Flight 449-0300

Army Community Service

Ft. Shafter - 438-9285 Schofield - 655-4227

Coast Guard Family Resource Specialist 842-2089

Joint New Parent Support (Tripler) 433-4864

Kaneohe MCBH New Parent Support 257-8803

Navy/Marine Corps Relief Nurse (Home visits to Navy and Marine families with newborn babies) 423-1314

Pearl Harbor Fleet and Family Support Center 474-1999



IMMIGRANT SERVICES

Bilingual Access Line

(Interpreters) 526-9724

Catholic Charities Hawaii 528-5233

Kalihi-Palama Health Center

Low-cost medical, pediatric, family planning & social services. 848-1438
Dental & Optometry services. 845-0686

Pacific Gateway Center (Immigrant Center)

Chinese, Ilocano, Korean, Laotian, Samoan, Spanish, Thai, Tagalog, Tongan, Vietnamese, Visayan, Micronesian, Cambodian, French, Pohnpei, Japanese, Kosraen, Marshallese, Pangasinan, Burmese. 845-3918

VIETNAMESE

Nếu quý vị có điều gì thắc mắc về các vấn đề sức khỏe, sự phát triển và cá tính nhân phẩm của con em quý vị, xin vui lòng liên lạc về văn phòng IMMIGRANT CENTER điện thoại số 845-3918

SAMOAN

AFAI E IAI SE FESILI I MATAUPU E UIGA ILE SOIFUA MALOLOINA I LOU ALO(PEPE) MA LONA TUPUTUPU AE, FA AMOLEMOLE, FA AFESOOTA I LE OFISA O LE PACIFIC GATEWAY CENTER ILE 845-3918.

ILOCANO

No adda damagen you maipapan ti salun-at ti anak yo, panagdackel na ken ugali na, umawag kayo koma iti Immigrant Center 845-3918.

KOREAN

여러분의 아이들에 건강, 발달상황 그리고 행동에 관하여 의문나시는 점이 있으시면 갈리히-팔라마 이민봉사소로 연락해 주십시오. 전화번호는 845-3918 입니다.

CHINESE

如果你對你的孩子的健康、身心發展、和行為有疑問，請撥電話八四五·三九一八號與移民服務中心聯絡。

LAOTIAN

ຖ້າວ່າທ່ານມີຄວາມຖາມ ກ່ຽວກັບສຸຂະພາບຂອງລູກທ່ານ, ຄວາມຈະເລີນເຕີບໂຕແລະຄວາມປະພຶດ ກະຮຸນາ ໂທຫາ ອົງການ ອິນິກແຮນ ດຳລິເຕີ ຫຼື 845-3918.

CHUUKESE

IKA EN MEI SINE FOSUN CHUUK ME IKA EN MEI NEED ANINIS KOKORI PACIFIC GATEWAY CENTER WON EI NAMPA 845-3918.

INTERNET RESOURCES

- <http://www.theparentline.org>
- <http://www.aap.org/parents.html>
- <http://www.epsc.gov> (consumer product safety)
- <http://doe.k12.hi.us>
- <http://www.goodbeginnings.org>
- <http://www.honoluluupd.org>
- <http://www.kipchawaii.org> (injury prevention)
- <http://www.patchhawaii.org>
- <http://uhfamily.hawaii.edu/index.asp>
- <http://www.zerotothree.org>
- <http://www.family.samhsa.gov/talk>



The Baby Hui
Infants and Toddlers

P.O. Box 10828, Honolulu, HI 96816 (808) 735-2484

BABY HUI PARTICIPANT EVALUATION

Date Baby Hui Group Began _____ Month / Year _____

We are continuously seeking ways to improve our program. Your input is valuable to us and could provide new ideas for the growth of The Baby Hui. Please circle the numbers that best describe the way you feel based on the overall IMPROVEMENT you have experienced in these areas from the beginning of your ten-week Baby Hui session. **THANK YOU FOR YOUR HELP.**

Strongly Agree Agree Neutral Disagree Strongly Disagree

- | | | | | | |
|--|---|---|---|---|---|
| 1. I have become aware of more community resources and know how to contact help if I need it. | 5 | 4 | 3 | 2 | 1 |
| 2. I feel like I have a support network when coping with the many challenges of parenting such as the lack of sleep, crying and illness. | 5 | 4 | 3 | 2 | 1 |
| 3. I enjoy my child and the time spent caring for him/her. | 5 | 4 | 3 | 2 | 1 |
| 4. I have learned about the importance of play and language. | 5 | 4 | 3 | 2 | 1 |
| 5. I have received helpful information about the stages of physical and emotional development. | 5 | 4 | 3 | 2 | 1 |
| 6. I have learned about the importance of using positive language and guidance. | 5 | 4 | 3 | 2 | 1 |

Please rate your volunteer Group Facilitator on the following:

Group Leader Name (confidential) _____

Strongly Agree Agree Neutral Disagree Strongly Disagree

- | | | | | | |
|---|---|---|---|---|---|
| 1. Punctual for meetings | 6 | 4 | 3 | 2 | 1 |
| 2. Supportive of individuals. | 6 | 4 | 3 | 2 | 1 |
| 3. Receptive to the particular needs of the group. | 6 | 4 | 3 | 2 | 1 |
| 4. Promoted group member networking and bonding to each other as resources. | 6 | 4 | 3 | 2 | 1 |
| 5. Fostered leadership development within the group. | 6 | 4 | 3 | 2 | 1 |
| 6. Facilitated discussion with all members of the group. | 6 | 4 | 3 | 2 | 1 |

Please rate our Participant Coordinator (initial phone contact) on the following:

Strongly Agree Agree Neutral Disagree Strongly Disagree

- | | | | | | |
|---|---|---|---|---|---|
| 1. Provided a good understanding of what to expect from The Baby Hui group sessions. | 6 | 4 | 3 | 2 | 1 |
| 2. Provided it in a friendly and informative manner. | 6 | 4 | 3 | 2 | 1 |
| 3. Provided me with a referral for an appropriate group based on location and my child's age. | 6 | 4 | 3 | 2 | 1 |

How did you find out about The Baby Hui? _____

Please take a moment to share comments or feelings about The Baby Hui.
Thank You!



The Baby Hui

INFANTS AND TODDLERS

The Baby Hui Participant Notebook is currently going under revisions. We would like your opinions on the notebook to help us improve and update our materials. Please answer the questions below. Feel free to continue your answers on the back of this paper if necessary. Thank you for your time and consideration.

What did you like about the notebook? (Overall and/or specific articles)

What did you dislike or you think needs revising? (Overall and/or specific articles)

What information would you like to see included in the notebook?

May we use your comments in The Baby Hui Newsletter or other publications? Yes _____ No _____

Name (optional) _____

MAHALO!
The Baby Hui Board and Staff