



Family Hui

It takes a Hui to raise a child!

Vision: Every child in every family is thriving, healthy and safe

Mission: To support, encourage and empower families to meet the challenges of raising young children, by celebrating the joys and coping with the stresses in healthy ways.

Family Hui ***supports*** families through neighborhood-based family groups, facilitated by trained group leaders; ***encourages*** families in an atmosphere of mutual respect to raise their children with loving guidance; ***empowers*** families by sharing of experiences, knowledge, and community resources. ***We value***.....

- The uniqueness of every child and every family
- Mutually respectful and supportive relationships between family members and children
- The ability to get behind the eyes and hearts of children
- Mindful reactions to challenging behaviors
- Community building and a sense of belonging
- Thriving families = Thriving schools = Thriving communities

Family Hui Goals:

- 1) Empower families to create safe and nurturing environments for their children to ensure healthy brain development and attachment
- 2) Reinforce that parents are a child's first and most important teacher, highlighting that family engagement begins at birth
- 3) Provide families with comprehensive information on raising young children
- 4) Facilitate peer-led, communities of families who can be resources for one another through their children's transitions
- 5) Build the necessary skills for families to confidently engage schools, the medical field and community services to support their children most effectively

Comprehensive support services for families with children from birth to age five for a \$20 flat fee:

- 12-week *Positive Parenting* neighborhood peer groups with trained facilitators;
- A *Positive Parenting* participant notebook to be used in groups
- Developmental screening using the "Ages and Stages Questionnaire" 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/caregivers, and parents/caregivers bond with and learn from each other.

Family Hui builds on the strong foundation of the former Hawai'i based Baby Hui organization which successfully organized community-based positive parenting peer groups to address the issues of parenting young children since 1982. The former Baby Hui organization served on average 400 families per year. Family Hui would like to reach and exceed that goal in years to come. Family Hui is the only program in Hawai'i to offer this unique programming of parent education and peer support for families of young children.

Peer facilitator-led groups promote positive parenting principles that not only empower parents/caregivers, but promote healthy child development through adolescence. Family Hui's method of peer counseling has proven effective through empirical research and clinical practice. Positive parenting calls for abundant love and respect, consistent guidance, and positive discipline when raising young children. Not only does the Family Hui program strengthen families, but also it builds community with documented Hui relationships and support lasting through the child's high school experiences.

How it Works

Enroll in the Program: Families contact Family Hui to enroll in the program; while waiting for a group, families can participate in other regularly scheduled Hui activities.



Join a Group: Family Hui matches the potential participant with a group leader based on her/his child's age and neighborhood, and then contacts the parent or caregiver when an appropriate group is organized; the family then becomes a Hui member and takes part in a 12-week peer group hui.



Build Community: New members are very enthusiastic to be able to connect with other families, make friends, learn and teach, sharing life experiences; this leads to high retention in the peer groups.



Share and Learn Ideas and Tips: Family Hui provides a Participant Notebook to be used at group meetings, offers child developmental screening, provides referrals to other agencies, produces newsletters with current community resources, and invites families to special events.



Grow With Your Hui: Many parents continue participating in Family Hui, and some train to become group leaders; participants frequently volunteer to help The Family Hui reach out to other families and expand their own network of support.

Weekly Topics

<p><u>Ch. 1 Expectations</u></p> <ul style="list-style-type: none"> • Expectation versus reality • The shock of parenthood • Taking Inventory • Baby Blues, postpartum depression and bonding • Myths about parenting • Parenting more than one child • Stress management • Fabulous 4s • Maintaining your self-esteem • Making time for personal growth 	<p><u>Ch. 2 Nutrition</u></p> <ul style="list-style-type: none"> • Breastfeeding • Bottle feeding • Weaning • Introducing solid foods • Food Safety • Common Allergies • Common mealtime mistakes • Nutritious snacks • Eating Out • USDA guidelines • Healthy proportions • Tips for Caregivers • Fabulous 4s
<p><u>Ch. 3 Crying and Sleeping</u></p> <ul style="list-style-type: none"> • Why babies cry • The 5 “S”s • Sleep deprivation • Children’s sleep needs • Sleep pointers for parents • Advice from the sleep experts • Toddler naps • SIDS • Bedwetting • Nightmares and night terrors • Sleep diaries • Tantrums and whining • Fabulous 4s 	<p><u>Ch. 4 Infant/Child Development</u></p> <ul style="list-style-type: none"> • Avoiding milestone madness • Developmental checklists • Physical and brain development • Parenting stress • Your child’s temperament • Terrible or terrific 2s • Separation anxiety • Is something wrong? • Toilet training • Fabulous 4s
<p><u>Ch. 5 Positive Discipline</u></p> <ul style="list-style-type: none"> • What is Positive Discipline? • Using positive language • Discipline by temperament • Redesigning the labels • The attachment approach to discipline 	<p><u>Ch. 6 Play and Language</u></p> <ul style="list-style-type: none"> • How play helps your child • Play time with peers and parents • Safe toy choices • Age-appropriate toys • Toys that enhance child development • Child-friendly excursions

<ul style="list-style-type: none"> • 9 steps to more effective parenting • Handling toddler aggression • Guidance for temper tantrums • How to make time-outs work • Facts about spanking 	<ul style="list-style-type: none"> • Fun recipes • Playing with your baby • Playing with your toddler • Playing with your preschooler • The roots of language • Music kids love • T.V. watching guidelines • Fabulous 4s
<p><u>Ch. 7 Health and Safety</u></p> <ul style="list-style-type: none"> • Protection versus overprotection • Soothing your baby's symptoms • Home remedies • When to call a doctor (medical home) • The well stocked medicine chest • Immunization schedule • Allergies and asthma • Home, outdoors and car safety • Poison control (including poisonous plants specific to Hawai'i) • Dental Care • Fabulous 4s 	<p><u>Ch. 8 Media</u></p> <ul style="list-style-type: none"> • Your preschooler and screen time • Your role • Media violence and child development
<p><u>Ch. 9 Family Stability</u></p> <ul style="list-style-type: none"> • The importance of support • Building a support network • Non-traditional family life • Family life stressors • Improving communication • Balancing work and family • Choosing quality childcare • Co-parenting 	<p><u>Ch. 10 Preschool and Kindergarten</u></p> <ul style="list-style-type: none"> • Family Partnership • Hawaii Common Core Standards • Family and Community Guidelines to Support Preschool Aged Child Development • Ready for School Checklist

Types of Hui: Infant for parents with children ages newborn to one; ***Toddler*** children ages 1 -3; ***Preschool*** children ages 3 - 4; ***Siblings*** children 0 - 5; ***Working Parents*** children 0 - 5; ***Teen Parents; Dads*** children 0 - 5; ***Language Specific*** for groups with specific language needs.