

Hawai'i Coalition for Dads

Hawai'i Dads (Makuakāne)

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March with the Hawai'i Coalition for Dads—Thursday, October 15, 2009—Honolulu

15th Annual Men's March Against Violence

October is Domestic Violence Awareness Month. The 15th Annual Men's March Against Violence and Rally is set for Thursday, October 15, 2009 in Honolulu.

This year's theme is *It's About Time: Fifteen Years of Speaking Out*. HCD joins in this effort to educate the public that domestic violence is our entire state's concern; that domestic violence is not just physical abuse; that domestic violence happens in families of all cultures, incomes, and educational levels; and that **each of us** can and **will** make a difference.

The March will begin at **NOON** at the **Capitol Rotunda** and end with a Rally at the **Queen Liliuokalani statue** (between the Capitol Rotunda and Iolani Palace). For more information, call the Men's March Against Violence coordinator Joe Bloom at 535-0159. ~HI Dads~

Spousal battery and spanking

In the overwhelming majority of cases, husbands and wives whose relationships include violence are also violent toward their children. It is likely that they may have been spanked when they were little, or witnessed others being spanked.

Battering and battered spouses who spank their children may be raising them to become batterers and victims like themselves. The children learn from the parents' example that the way to vent frustration, express disapproval and assert authority is by hitting someone smaller and weaker than themselves.

They see this principle demonstrated every time they witness their parents come to blows, as well as every time they are on the receiving end of violent punishments. They learn that once they are big enough and strong enough, they can control others by threatening or hurting them. They learn that it is okay for husbands and wives to mistreat each other and for adults to mistreat children.

When children, whose personalities have been formed in violent households, grow up and have children of their own, they find it very difficult to break free from the behaviors they have witnessed and experienced. The skills they apply to family life will be the ones they learned from their parents, and they are likely to perpetuate the cycle of abuse through their own innocent children.

As spanking disappears from family life, other forms of domestic violence will also disappear.

Adapted from: *Plain Talk About Spanking* (<http://nospank.net/pt2009.htm>). ~HI Dads~

Keeping tabs on raising children from ages 1 to 5

New handy tab on POSITIVE DISCIPLINE

Parents quickly learn that "discipline" isn't "punishment: discipline is teaching children safe and appropriate behavior—and it can be accomplished in ways that help enhance children's self-worth and their ability to control their own behavior. Channing Bete's new *Positive Discipline: Keeping tabs on raising children from ages 1 to 5* booklet is an easy-reference guide that provides age-appropriate techniques plus explanations that help parents provide ongoing, positive guidance.

It includes advice on how to handle some common challenging behaviors. Check it out at <http://store.channing-bete.com/onlinestore/search.html?vid=20050104004&newQS=1&key=positive+discipline>. ~HI Dads~

8 Ways Dads Benefit Boys

By Byron Ricks (www.byronricks.com)

Countless studies have shown that growing up with a father increases boys' school performance and decreases their risk of committing a crime and abusing drugs and alcohol. Here are eight more ways dads influence boys—whether they live in the home or stay involved on a regular basis.



1. **Shape their identity.** Boys look to fathers in their search for self. Without a father, boys have a harder time defining who they are and who they want to be. A boy's search for self starts with his father.
2. **Help them belong.** The need to belong to a family or tribe is a powerful force in boys. Having a father in the picture gives them this sense of alliance. Studies show that boys without fathers are more likely to join gangs—because they have to look outside the family for social acceptance.
3. **Influence their values.** Boys with fathers are more likely than their fatherless peers to have economic stability in the household. This gives them a sense of self-worth. There are other values fathers shape: work ethic, having a healthy relationship, and persevering.
4. **Demonstrate character.** Boys look up to their fathers and imitate what they see. Fathers can model good character traits like integrity, honesty, courage, restraint, fairness, foresight, and citizenship. When fathers are absent, boys look to celebrities, popular musicians, or sports figures for character cues.
5. **Teach respect.** A father who does not show up for his boy epitomizes disrespect. Present fathers, on the other hand, can actively teach respectful behaviors such as listening, trust, tolerance, politeness, and understanding limits.
6. **Fill the void.** Boys without fathers may feel as though there's something missing, which is why some fatherless boys turn to alcohol, drugs, violence, or other self-destructive behaviors. Having a father helps boys feel complete.
7. **Balance ideas about sex.** Boys without fathers have a lot of unanswered questions about sex. A side effect is that they don't talk about sex and get the practical advice that would carry them into healthy, fulfilling relationships as men. Fathers can give practical advice about girls, sex, wet dreams, contraceptives, pregnancy, and other topics they may not want to discuss with their moms.
8. **Give them love.** Boys who don't have involved fathers often view love as vulnerability, and trust as a bad thing. Fathers can show boys that love means satisfaction and completeness.

Reprinted from www.fathers.com (March 13, 2009) ~HI Dads~



connects single dads nationwide.

SingleDad.com seeks to help single dads navigate through the daily challenges of single parenting by providing resources and timely information to support the family's continued health, wealth, and general well-being.

At SingleDad.com, single dads can get help from other single dads, and/or help someone else out!. Some examples from SingleDad.com: "Haven't sewn a button in a while? Not sure how to braid your daughter's hair? Should you wash that red shirt with other darks? The *How-To* section is the single dad's encyclopedia with tips and reminders on how to get things done. These How-To's will help you manage things around the house a little more efficiently, saving you both time and money. We know you have some tips to share. Make another dad's life easier and post them!"

Check out www.SingleDad.com. ~HI Dads~

SingleDad.com—an online resource for single dads—provides an extensive array of services, advice, and referrals—plus an interactive social network that

From: www.positivecoach.org

Coach-Parent Partnership

Research is clear that when parents and teachers work together a child tends to do better in school. There is no reason to think that it is any different in youth sports. The following are some guidelines for how parents can contribute to a Coach/Parent Partnership that can help the athlete have the best possible experience.

1. **Recognize the Commitment the Coach Has Made:** The coach has made a commitment that involves many, many hours of preparation beyond the hours spent at practices and games. Recognize his commitment and the fact that he is not doing it because of the pay! Try to remember this whenever something goes awry during the season.
2. **Make Early, Positive Contact with the Coach:** As soon as you know who your child's coach is going to be, contact her to introduce yourself and let her know you want to help your child have the best experience she can have this season. To the extent that you can do so, ask if there is any way you can help. By getting to know the coach early and establishing a positive relationship, it will be much easier to talk with her later if a problem arises.



3. **Fill the Coach's Emotional Tank:** When the coach is doing something you like, let him know about it. Coaching is a difficult job and most coaches only hear from parents when they want to complain about something. This will help fill the coach's emotional tank and contribute to his doing a better job. It also makes it easier to raise problems later when you have shown support for the good things he is doing. And just about every coach does a lot of things well. Take the time to look for them.
4. **Don't Put the Player in the Middle:** Imagine a situation around the dinner table, in which a child's parents complain in front of her about how poorly her math teacher is teaching fractions. How would this impact this student's motivation to work hard to learn fractions? How would it affect her love of mathematics?

While this may seem farfetched, when we move away from school to youth sports, it is all too common for parents to share their disapproval of a coach with their children. This puts a young athlete in a bind. Divided loyalties do not make it easy for a child to do her best. Conversely, when parents support a coach, it is that much easier for the child to put her wholehearted effort into learning to play well.

If you think your child's coach is not handling a situation well, do not tell that to the player. Rather, seek a meeting with the coach in which you can talk with her about it in private.

5. **Don't Give Instructions During a Game or Practice:** You are not one of the coaches, so do not give your child instructions about how to play. It can be very confusing for a child to hear someone other than the coach yelling out instructions during a game.

As in #4 above, if you have an idea for a tactic, go to the coach and offer it to him. Then let him decide whether he is going to use it or not. If he decides not to use it, let it be. Getting to decide those things is one of the privileges he has earned by making the commitment to coach.

6. **Fill Your Child's Emotional Tank:** Perhaps the most important thing you can do is to be there for your child. Competitive sports are stressful to players and the last thing they need is a critic at home. Be a cheerleader for your child. Focus on the positive things she is doing and leave the correcting of mistakes to the coach. Let her know you support her without reservation regardless of how well she plays.
7. **Fill the Emotional Tanks of the Entire Team:** Cheer for all of the players on the team. Tell each of them when you see them doing something well.
8. **Encourage Other Parents to Honor the Game:** Don't show disrespect for the other team or the officials. But more than that, encourage other parents to also Honor the Game. If a parent of a player on your team begins to berate the official, gently say to them, "Hey, that's not Honoring the Game. That's not the way we do things here."

Source: Adapted from *Positive Coaching: Building Character and Self-Esteem Through Sports* by Jim Thompson, the founder and leader of the Positive Coaching Alliance (www.positivecoach.org). ~HI Dads~

From: www.positivecoach.org

Becoming a Triple-Impact Competitor

A Triple-Impact Competitor strives to improve: 1) him or her self, 2) teammates, and 3) the sport as a whole. These are the key aspects of the Positive Coaching Alliance's Leadership Workshop for High School Athletes.

1) **Improving Oneself.** A Triple-Impact competitor is someone who makes him or herself better, relying not just on the scoreboard to evaluate performance, but instead focusing on mastery and continuous improvement. The Positive Coaching Alliance principle of the ELM Tree of Mastery is central to this. In the ELM Tree of Mastery the focus is on:

- Effort
- Learning
- Mistakes are OK

2) **Improving Teammates.** A Triple-Impact Competitor helps teammates improve, focusing on his or her own role while also seizing opportunities to encourage and support teammates, using the Positive Coaching Alliance principle of filling "Emotional Tanks."

3) **Improving the Sport.** A Triple-Impact Competitor understands and embodies the Positive Coaching Alliance principle of Honoring the Game. A principled competitor shows respect for the Rules, Opponents, Officials, Teammates, and Self (ROOTS). A Triple-Impact Competitor competes fiercely to win, but only within an ethical context of Honoring the Game, earning the pride of his or her family, the team, and the broader school community.



Source: Positive Coaching Alliance (www.positivecoach.org). ~HI Dads~

Guidance vs. Independence

How to raise a Responsible, Independent Kid

You know your kids need boundaries, but you also want them to think independently and make good choices for themselves. Here are some strategies for building good decision making skills, while still giving kids the guidance and boundaries they need.

Get Their Opinion. When making decisions, get your child in on the process. Explain the situation, and then ask for his/her opinion. When you make your decision, explain your logic. Be sure to pull you children in on age-appropriate decisions.

Let younger children help decide what family activity to do together, or what their new extra-curricular activity will be. Take your teenager with you when you buy your next car or make a big purchase.

Let Them Experience Consequences. If your daughter decides to severely procrastinate on a project, don't visit the teacher to plead for your child's case and up her grade. She needs to experience the consequence of a poor mark for her poor effort. If your son blows his allowance on candy, don't give him more money to spend.

Praise Good Decisions. Offer verbal praise for good decisions and let your child know that you are proud of him/her.

Face Fears Together. Go on a scary rollercoaster together or try something new as a family. Talk to your child about what fear is and how you overcome some of your fears.

Don't Give Up! Don't let your child give up on a new hobby, interest, or sport right away. Yes, there comes a time when you may have to cut back or redirect your child's energy towards something else, but encourage your children to persevere, learn new skills, and develop a strong work ethic and motivation.

Find small decisions your child can make and guide them to a good solution. Then, as they get older, they'll be able to learn from past situations and seek your advice as they become more independent and make their own decisions.

Source: Nat'l Fatherhood Initiative Dad E-mail, 4/8/09 (www.fatherhood.org/de040809.asp) ~HI Dads~

Animal House

Pets + Kids = ?



Most likely, your pets won't cause any trouble for your small children, but you should take some extra precautions. Plus, there are some things you need to teach your kids about Fido, too.

Limit Access. When you put your child down for bed or for a nap, make sure your pets are out of the room and won't be able to get in. As always, keep your eye on the monitor while he/she sleeps.

Train. Many parents get nervous about having a baby when there is a dog around, but if your dog is

well-trained, there really isn't much to worry about. Make sure your dog is well-trained and you have its behavior under control before baby comes. In particular, train your pet not to jump, or to wait on the stairs, so that it won't disturb your balance as you walk down the stairs holding your baby, or interfere with your child as he grows and learns to navigate the staircase.

Prepare Your Pet. Get your pet used to the sounds of a baby—turn on the swing, or watch a TV show or movie with a crying baby. Bring home a blanket with your baby's smell on it before you bring baby home.

Be Gentle. As your child grows, she will start to interact with your pet. "Be nice" and "be gentle" are important reminders for small children who may not understand how to interact with an animal. Keep watch and make sure your child does not irritate or aggravate your pet

Let Your Child Help. Even young children—as young as one year—can begin to get involved with pet care. Get your small child excited about walking the dog or let her help give your cat treats.

For more ideas or information, visit the Humane Society's website (www.hsus.org/pets/pet_care/introducing_your_pet_and_new_baby.html).

Source: Nat'l Fatherhood Initiative Dad E-mail, 4/29/09 (www.fatherhood.org/de042909.asp) ~HI Dads~

Support the Hawai'i Coalition for Dads.

Help promote involved, nurturing, responsible fatherhood in Hawai'i.

- Please keep me informed about the activities of the Hawai'i Coalition for Dads.
- I would like to volunteer to help; contact me.
- Here is my contribution. \$ _____

~ Your donations are tax-deductible. ~

Name _____

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Please make your check payable to: Hawai'i Coalition for Dads/PACT Phone: 841-2245
...and send it to: 1485 Linapuni St. #105; Honolulu, Hawai'i 96819 E-mail: HawaiiDads@pacthawaii.org

Hawai'i Coalition for Dads

Promoting involved, nurturing, responsible fatherhood

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The Hawai'i Coalition for Dads, with funding from the HMSA Foundation under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.

GOALS:

1. To enhance the ability of Hawai'i's children to grow in peaceful and safe environments.
2. To increase community awareness about fatherhood.
3. To promote the availability and accessibility of quality, father-centered community resources.
4. To advocate for informed public policy regarding fatherhood.
5. To strengthen community collaboration in support of fatherhood.
6. To respect and honor everyone's unique role in children's lives.

Fatherhood & Family Resources

1. **Hilo**: YWCA of Hawaii Island (Healthy Start) (961-3877; ywcawahaiiisland.org)
 2. **Kailua-Kona**: Family Support Services of West Hawai'i (326-7778; fsswh.org)
 3. **Kaua'i**: Nana's Place/Child and Family Service (338-0252; cfs-hawaii.org)
 4. **Maui**: Fatherhood Program—Maui Family Support Services (242-0900; mfss.org);
Neighborhood Place of Wailuku (986-0700); Maui Economic Opportunity (249-2990; meo.org)
 5. **Molokai**: Mediation Center of Molokai (553-3844)
- Oahu (and statewide):**
6. Hawai'i State Commission on Fatherhood (www.hawaii.gov/dhs/fatherhood/fatherhood)
 7. TIFFE (Nurturing Fathers; Playgroups) (596-8433; www.tiffe.org)
 8. PACT (Family Centers; Hana Like; Head Start; Family Peace Center) (847-3285; www.pacthawaii.org)
 9. Navy Fleet & Family Support Center (Boot Camp For New Dads) (474-1999; www.greatlifehawaii.com)
 10. PARENTS (235-0488); 11. Kathy's Parenting Solutions (352-3303; kathysparentingsolutions.com)
 12. The Baby Hui (groups for Dads, and Moms) (735-2484; thebabyhui.org)
 13. The Parent Line (Info & Referral) (526-1222; www.theparentline.org) 14. AUW – 211 (auw.org/211)
 15. HPIRC (HI Parental Information & Resource Centers) (841-6177; hawaiipirc.org)
 16. DOE Family Support (PCNC; Families for R.E.A.L.; VISTA) (733-4476; familysupport.k12.hi.us)
 17. SPIN (Special Parent Information Network) (586-8126; spinhawaii.org)
 18. Big Brothers Big Sisters (support for single Dads, and Moms) (521-3811; bigshonolulu.org)
 19. Good Beginnings Alliance (Playgroups) (531-5502; goodbeginnings.org)
 20. Tutu and Me (traveling preschool for Hawaiian families) (524-7633; tutuandme.org)
 21. Queen Lili'uokalani Children's Center (Hawaiian families) (847-1302; qlcc.org)
 22. ALU LIKE (Hawaiian families) (535-6700; alulike.org)

Religious resources: Contact your place of worship...church, temple, synagogue

Internet Resources (check on their "Links," too):

1. **mr.dad** (mrdad.com)
2. **fathers.com** (fathers.com)
3. **Nurturing Father** (nurturingfathers.com)
4. **Nat'l Fatherhood Initiative** (fatherhood.org)
5. **ParentingTime.net** (parentingtime.net)