

Strengthening Hawaii's Families

Experts Gather to Discuss Child Abuse Prevention & Strengthening Families at 10th Annual Prevent Child Abuse Hawaii Conference

Current headlines say that most families do not know what are the protective factors that will help prevent child abuse and strengthen families. The Tenth Annual Prevent Child Abuse Hawaii Conference to be held on Wednesday, April 29, 2009, at the Ala Moana Hotel will help parents, caregivers and professionals with this problem. This year's theme is "Strengthening Families...Because Children Matter!" The three protective factors being addressed this year are Nurturing and Attachment, Knowledge of Parenting and Child Development, and Social Connections. We all have a role to play in strengthening families in Hawaii and preventing the abuse and neglect of Hawaii's children.

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Dr. Stephen Bavolek

This conference will bring together 350 professionals and concerned community members who work with and care for children and families from across the state. Presenting Partners are Prevent Child Abuse Hawaii, Hawaii Children's Trust Fund, HMSA Foundation and The Institute For Family Enrichment. Regular price is \$85 if registered between March 1 and April 15. Registration after April 15, 2009 is \$100. A limited number of registration scholarships and neighbor island air scholarships are available.

Keynote speaker is Dr. Stephen Bavolek, an internationally recognized leader in the fields of child abuse and neglect prevention and treatment, and parenting education. The conference will also feature nationally and locally recognized speakers, exceptional workshops, a resource marketplace of agencies and organizations, great networking opportunities and great door prizes. This year we also feature a special session with free gifts sponsored by Joyful Heart Foundation that will relax, rejuvenate and motivate you.

Featured presentations at this timely conference:

1. "High Empathy Equals Low Abuse in Families" by Dr. Stephen Bavolek
2. "The Virtues of Effective Parenting" by Award-winning Author and Parent Educator Shirley Yuen

Concurrent Workshop Sessions

1. *Accident or Abuse? Preventing Traumatic Head Injury* by Bunny Carl Matsuura, Kapiolani Child Protection Center
2. *Dealing with Hard Times: Using Our Island Intelligence* by Andrew Aoki, Kanu Hawaii
3. *Invisible Children's Project* by Marya Grambs, Mental Health America in Hawaii and Dennis Arakaki, Invisible Children's Project
4. *Parents are Primary: Meaningful Parent Involvement*

Continued on page 3

Prevent Child Abuse Hawaii is committed to prevent child abuse through education, public awareness and advocacy, which promote positive parenting and healthy families where children are valued and loved.

What's inside....

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PCAH Kudos

**APRIL is
Child Abuse
Prevention
Month!**

Executive Director's Corner

"These are the times that try men's souls"and the fortitude, creativity, and resiliency of not-for-profit agencies. This includes Prevent Child Abuse Hawaii, as it faces turmoil in the economy and the giving scene upon which we depend. We have been blessed by the support we have received (SEE KUDOS SECTION), and now we are stepping half-way out of the box as we approach a new year.

For one thing, PCAH has been in discussions to coordinate the provision of training services to early childhood educators and parents. It would be a very good fit for PCAH. Right now we are anxiously waiting to hear if the project will come to fruition this year. For another thing, this year PCAH will be back to offering its own conference on Child Abuse Prevention, "Strengthening Families.....Because Children Matter," at the Ala Moana Hotel on April 29th. Those who attend will find it informative, enlightening and entertaining!

On Friday, Jan. 30, 2009, the board met in what was called a "Retreat." In reality, it was anything but going back. Those present boldly looked forward toward raising the bar with some very interesting and creative ideas. The experience was well worthwhile, and you should begin to see some new directions from PCAH. I believe the community will be positively affected. I can hardly wait to see what happens. Stay tuned to PCAH Central over the coming months.

Aloha,

Jon Won

Executive Director



Pinwheels for Prevention

Pinwheel Planting Ceremony
Monday, April 20, 2009
State Capitol Front Lawn
8:00 - 10:00 a.m.

Pinwheels will remain on display until April 26.

Calendar of Events

APRIL IS CHILD ABUSE PREVENTION MONTH

- 3/30 Navy Region Hawaii Child Abuse Prevention Month and Month of the Military Child Proclamation Signing Ceremony**
Moanalua Navy Services Center
10:00 - 11:00 a.m.
- 3/31 - Institute on Violence, Abuse & Trauma**
- 4/2 Conference** Ala Moana Hotel
- 4/2 Child Abuse Prevention Month Proclamation Presentation by Maui County Mayor**
QLCC Meeting Room - Wili Pa Loop
10:00 a.m.
- 4/4 Strengthening Families Day, Teddy Bear Drive & Family Resource Fair**
Pearlridge Uptown Center Court
10:00 a.m. - 2:00 p.m.
- 2nd Annual Spring Father/Daughter Dance, "The Princess Ball,"** jointly sponsored by FFSC PH, Hickam AFB Family Advocacy, Hawaii Coalition for Dads
Catlin Clubhouse, 6:00 - 9:00 p.m.
- 4/7-10 Shaken Baby Syndrome Quilt Display**
Tripler Army Medical Center Lobby
9:00 a.m. - 3:00 p.m.
- 4/11 Family Story Time with Special Guest Reader, Vivian Aiona**
Hawaii State Library
10:30 - 11:00 a.m.
- 4/18 YMCA Healthy Kids Day**
Bishop Museum
9:00 a.m. - 2:00 p.m.
- 4/19 Child Abuse and Neglect 16-page Supplement in Maui News** sponsored by Friends of the Children's Justice Center of Maui
- 4/20 Pinwheels for Prevention Planting Ceremony**
State Capitol Front Lawn
Planting from 8:00 - 10:00 a.m.
Displayed through 4/26
- 4/29 2009 Prevent Child Abuse Hawaii Conference**
Ala Moana Hotel
7:30 a.m. - 4:00 p.m.
- 4/30 Spank Out Day - USA**

ONGOING THROUGH MONTH OF APRIL:

Child Abuse Prevention displays at Hickam Library

Make a Pledge to Help Prevent Child Abuse (Ideas on how to help prevent child abuse)



Conference Speaker
Shirley Yuen

5. *Measuring the Impact of Advocacy & Policy by Staff of Organizational Research Services*
6. *Is an Ounce of Prevention Really Worth a Pound of Cure? The Dollars & Sense of Strengthening Families & Child Abuse & Neglect by Dr. Stephen Bavolek*
7. *Surfing Safety – Today’s Online Child by Kristen Izumi-Nitao. Hawaii State Office of the Attorney General – Director of Internet Crimes Against Children Task Force*
8. *Recipe for Success: Key Ingredients of Successful Proposals by Staff of Organizational Research Services*
9. *The Impact of Family Violence on Child Health by Lois Magnussen, EdD, APRN, Professor and Jan Schoultz, DrPH, APRN, Professor at University of Hawaii at Manoa School of Nursing and Dental Hygiene*
10. *A Cultural Perspective on Parenting: The Kamalama Program – Healthy Values for a Healthy Ohana by Venus Rosete – Hill, Neighborhood Place of Wailuku*

Register for the conference online at www.preventchildabusehawaii.org. Call Prevent Child Abuse Hawaii at 951-0200 for more information and to find out about scholarship opportunities.

CAR SEAT SAFETY

Part 2 of 2

In our last issue, you learned the alarming statistics related to car seat safety. This time we explore the reasons why using a child restraint is of the utmost importance, what laws apply, what type of seat is best and how to best protect your child in a vehicle.

Why use a child restraint?

It keeps the child in the car.

It contacts the strong parts of the body - hips, shoulders, chest - and spreads forces over a wide area of the body.

In a crash, it slows the head and body gradually, protecting the head and spinal cord from direct impact and from snapping.

What happens in a crash?

The vehicle slams into something (another car, wall).

The person keeps traveling inside the vehicle until they are stopped by something (seat belt, windshield).

Internal organs keep moving inside the body until they are stopped by something (skull, ribs).

The force of the crash is roughly equal to the weight of the person x the speed of the vehicle. For example: a child of 40 pounds in a car going 40 MPH = 1600 pounds of force at impact (child against dashboard).

What is the best seat to use?

The one that fits your child, fits in your car, and that you will use correctly every time.

When buying a child seat, consider the size and type of your vehicle, and the size of your child. Ask the store to let you try the seat in your car before buying it.

What is the Hawaii Child Restraint Law?

Every child under 8 must be in a federally approved child restraint or booster seat, unless they are over 4’9" or the car has lap-only seat belts. Violators can be fined up to \$500 and must attend a mandatory 4 hour class with an extra charge of \$57.



Car Seat Safety (continued from page 3)

What other laws cover travel in a motor vehicle?

Children under 18 must be restrained anywhere in the car.

Everyone must be restrained in the front seat.

No one under 12 can be in the bed of a pickup truck.

Not restraining a child properly in a motor vehicle is not only a traffic violation. It may be considered child endangerment, which is a form of child abuse. Parents have been prosecuted when their child was seriously hurt or killed in a car crash because of not being restrained.

How can I best protect my child in the vehicle?

Follow the **4 steps of child restraint use**.

Consider every step a demotion in safety.

Step 1. Rear-facing (for Infants & young toddlers)

Rear-facing in the middle of the back seat is the safest because it is the farthest away from any point of impact.

Never put a rear facing seat in front of an air bag. The child will be seriously injured or killed.

Use an infant seat or convertible seat with a 5-point harness.

Harness slots should be at or below the shoulders; harness snug (cannot pinch any excess webbing); retainer clip at armpit level; no extra padding between baby and back of the seat.

Recline to about 45 degrees (follow manufacturer's instructions) to protect the baby's airway.

Install seat tightly enough so that it does not move more than 1 inch side to side at the belt path.

Keep rear-facing as long as possible - up to weight and height limits for convertible seat (30 to 35 pounds) - 18 months to 2 years.

Rear-facing position protects the head and spinal cord. Neck bones are not well developed in a young child.

If child outgrows infant seat by height or weight, move to a seat with higher weight limit (up to 35 pounds rear-facing).

Step 2. Forward-facing (for older toddler and preschooler)

After child outgrows rear-facing seat by height or weight.

Up to 40 -80 pounds with 5-point harness

Harness slots should be at or above the shoulders; harness snug (cannot pinch any excess webbing); retainer clip at armpit level.

Seat should not move more than 1 inch side to side at the belt path.

Step 3. Booster (for child over 40 pounds to about 80 -100 pounds and about 4' 9")

Belt-positioning booster with lap-shoulder belt in back seat.

Use until child is able to fit properly in lap-shoulder belt without booster (sit all the way back in seat with no slouching, knees bend over edge of seat, lap belt fits low over hips or thighs and shoulder belt lies mid-line between neck and edge of shoulder).

Use high back booster if the seating position has no vehicle head restraint.

Do not use a booster with a lap-only belt.

Step 4. Lap-shoulder seat belt (for child from about 8 to 10 years old up to adult)

Lap-shoulder belt must fit correctly (low over hip/thighs and mid-line between neck and edge of shoulder). Never put shoulder belt under arm or behind back - it can cause serious abdominal or spinal cord injuries.



Have you used GoodSearch.com lately?

Thanks and More Thanks...

January 15, 2009

Dear Aileen & Staff of Prevent Child Abuse Hawaii,

On behalf of the women and children residing in the Domestic Abuse Shelter-Honolulu, I would like to express gratitude for the 20 Breakfast with Santa tickets you provided for Sunday, 12/13/08.

The children and their mothers had a wonderful time. One of our little girls won the grand prize drawing that morning. What a happy little one she was.

Thank you for reaching out to our clients with the tickets each year, and thank you for the good work you all do for Hawaii's children and their parents.

Sincerely,

Ann Martin
Shelter Manager
Domestic Abuse Shelter-Honolulu
Child & Family Service

PCAH Kudos to HMSA who has been a most wonderful supporter of the PCAH Conference for the past 2 years (and hopefully many more to come!), awarding a grant of \$21,000 for our 2008 annual conference and now, \$18,000 for our 2009 conference in April.

PCAH Kudos to The **HAWAII CHILDREN'S TRUST FUND** for their staunch and continuing support of our annual educational conferences that we put on to bring the latest information and best practices to the professionals in the fields of child and family welfare. The Trust Fund has, for the past "umpteen" years, provided us with \$15,000 each year in support of our conference.

October 28, 2008

Dear Aileen Deese,

Thank you for your very generous donation of toys, miscellaneous computer items and stuffed animals to our school.

We greatly appreciate the partnerships we have with our community members. We believe that teamwork and support makes the difference in all that we do. We welcome donations throughout the year and thank you very much for your thoughtfulness and support for Ala Wai Elementary School.

Sincerely,

Ms. Potter
Ala Wai Elementary School
PCNC



SAVE! SAVE! SAVE!

Just when you thought saving \$\$\$ was a thing of the past...

**Register for the 10th Annual PCAH Conference
by April 15 and pay only \$85!**

Register online at www.preventchildabusehawaii.org or by calling 951-0200.

PCAH Child Abuse Prevention Tips



Illustration by Pat Hashimoto

DID YOU KNOW...

...**Prevent Child Abuse Hawaii** is the only primary prevention agency in the State of Hawaii, i. e., to stop any abuse or neglect **BEFORE** it happens? Here are some helpful ways to prevent child abuse:

- **Be a nurturing parent.** Children need to know they are special, loved and capable. Learn how children grow and mature and have realistic expectations of what your child can and can't do.
- **Reach out to friends and neighbors.** Being a parent isn't easy. Someone you know may be struggling. Offer a helping hand.
- **Know the warning signs of abuse and report it.** Speak up for children who are being abused. Call Child Protective Services to report suspected abuse and neglect. The phone numbers are listed on the inside cover of your yellow pages.
- **Take action when a child is being hurt in a public place.** Help the parent. Praise the child. If necessary, notify the store manager or security.
- **Take part in prevention efforts.** Together we can make a difference in preventing child abuse. To learn how you can help, call us at 808-951-0200.

MORE PCAH KUDOS to:

SERVO PACIFIC, for its \$17,000 contribution as part of Toyota Hawaii's 50th Anniversary in Hawaii in 2008 (BUY TOYOTA!!!). Servco Pacific and Toyota have been such strong supporters of PCAH and we do appreciate it immensely.

The **HARRY AND JEANETTE WEINBERG FOUNDATION** for making PCAH a part of its "Share the Joys of the Holidays" program with a Foundation gift of \$10,000.

The **HENRY AND COLETTE WONG FOUNDATION** who also have found its way to provide us about \$10,000 each year to support our child abuse and neglect prevention efforts, activities and programs.

The **SCHULER FAMILY FOUNDATION** for their very important annual support of \$10,000 each year of our Breakfast with Santa event, allowing children from shelters and other agencies across the State to attend this wonderful event.

Many, many others that we will recognize more fully in future editions of our newsletter. These include **The Pacific Law Group, Bank of Hawaii, First Hawaiian Bank, AIG Hawaii, VIP Transportation, The Queen's Medical Center**, and more. If your group is not mentioned here, look for it in future issues.



**Prevent Child Abuse
Hawaii**

1575 S. Beretania Street Suite 206

Honolulu HI 96826

Ph. (808) 951-0200

Fax (808) 941-7004

www.preventchildabusehawaii.org

Prevent Child Abuse Hawaii is a chapter of Prevent Child Abuse America.