



THE PARENT LINE

A NEWSLETTER FOR PARENTS



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The Power of Mothers, The Strength of Women: Featuring Sunny Chen

There are leaders who guide from the front and then there are leaders like Sunny Chen, who walk alongside families every step of the way. Known affectionately as Healthy Mothers, Healthy Babies Coalition of Hawai'i "Chief Baby Whisperer," Sunny's work is rooted in something deeper than titles or roles. It is grounded in motherhood, culture, and an unwavering belief that when we uplift families, we uplift entire communities.

Since joining Healthy Mothers, Healthy Babies Coalition of Hawai'i in 2019, Sunny has been a quiet force behind countless moments of care, from supporting new parents to strengthening grassroots partnerships across the islands. But when asked what shaped her most as a leader, she does not point to a career milestone. She points to becoming a mother.

“Motherhood gave me a sense of purpose, especially working at HMHB.”



Redefining Success Through Motherhood

Sunny describes motherhood as a turning point that reshaped her perspective on life and leadership. Where success once meant achievement, it now means connection, raising not only her own children, but helping nurture the next generation across Hawai'i.

In her work at HMHB, that philosophy shows up in the way she centers families, listens deeply, and approaches community care with empathy. For Sunny, every program, every conversation, and every resource shared is part of a larger vision of raising healthy keiki and stronger 'ohana together.

“Motherhood redefines what success is prior to having kids, you become a mom and then, you see success in so many different ways”.

Standing on the Shoulders of Strong Women

Women’s History Month holds special meaning for Sunny, both as a leader and as a mother. Surrounded by inspiring women from family members to community advocates, she reflects on the legacy that makes her work possible today.

One figure who deeply moves her is Queen Emma, whose compassion and determination helped establish The Queen’s Hospital. Sunny admires how Queen Emma transformed privilege into service, going door to door to raise funds so that healthcare would be accessible to all people of Hawai’i.

That same spirit of service is what Sunny sees reflected in HMHB’s mission, creating pathways to health, dignity, and opportunity for families across the islands.

“I feel like I am standing on the shoulders of strong women who paved the way for me to serve today.”

Through her connection with the Hawai’i Korean Nurses Association, Sunny also witnesses how women preserve culture while advancing health equity. She describes these women as the backbone of community care, guiding families through complex systems with both knowledge and heart.

For Sunny, Women’s History Month is not only about honoring the past. It is also about shaping the future. As a parent, she hopes to raise children who understand respect, compassion, and the power of women’s leadership in every culture.

Inspired by the Quiet Strength of Mothers

When asked who motivates her most, Sunny’s answer comes easily.

“Honestly, it’s all the mothers we serve at HMHB. I am constantly motivated by their quiet strength”.

Every day she witnesses parents navigating challenges, advocating for their children, and showing up with resilience and love. Their strength reminds her why grassroots support matters and why community connection is at the heart of everything Parent Line Hawai’i stands for.

Finding Your Voice Through Community

Sunny believes that empowerment begins with connection. For parents looking to grow their confidence and advocacy skills, she encourages joining supportive spaces like Piko Pals or the Parent Leadership Training Institute through Hawai'i Children's Action Network. She also recommends First Five Hawai'i for families seeking guidance on childcare, housing, nutrition, and parenting resources.

It is a message that reflects Sunny's journey, one grounded in collaboration, cultural connection, and a deep belief that every parent deserves to feel supported.

"Finding your voice starts with finding your community."

As we celebrate Women's History Month, Parent Line Hawai'i honors leaders like Sunny Chen, mothers, mentors, and changemakers who continue to uplift 'ohana through compassion, service, and a shared commitment to building stronger futures for Hawai'i's keiki.

'Ohana Safety Tip

As spring activities pick up, remind keiki about water safety. Always keep children within arm's reach when near water, even if they know how to swim. Choose beaches with lifeguards when possible, check ocean conditions before entering, and remind keiki to follow posted signs and flags. Wearing bright-colored swimwear can help you spot children quickly, and taking regular water breaks helps prevent fatigue and dehydration.

💡 **Reminder:** Designate a "water watcher". One adult whose only job is to keep eyes on the keiki so everyone can enjoy the day safely.

Books We Love This Month

The Doctor Says: Let's Talk About Water Safety

By: Dr. Pat Morgan

Kapaemahu

By: Hinalaimoana Wong-Kalu

Ho'onani: Hula Warrior

By: Heather Gale



Workshop Dates

Tūtū Reads - 3:00PM-4:00PM

Thursday, March 12, 2026

Thursday, March 26, 2026

Safe Sleep Workshop - 4:30PM-5:30PM

Monday, March 23, 2026

Piko Pals Parent Lounge - 4:30PM-5:30PM

Tuesday, March 10, 2026

Tuesday, March 17, 2026

Tuesday, March 24, 2026

Tuesday, March 31, 2026



For details on how to sign up, please visit our social media platforms or contact us by phone.

'Ohana Activity: Nature Hunt

Looking for an easy way to get the whole family moving and connecting? Try a simple nature scavenger hunt right outside your home or at a nearby park!

What you need:

- Paper or phone notes
- Pencil or crayons
- A small bag or basket (optional)



How to play:

Create a short list of things for keiki to find, like a leaf, something green, a flower, a smooth rock, or something that makes them smile.

Walk together as a family and talk about what you see, hear, and feel along the way.