

## Contents

- Choosing a Summer Camp for Children with Special Needs
- April is Sexual Assault Awareness Month
- Family Emergency Plan
- Stay Financially Fit: Reduce Your Interest Rates Before You Deploy
- Guard/Reserve On-Site Sales Newsletter
- Internships and Apprenticeships for Students and Recent Graduates
- Applications for the FINRA Foundation Military Spouse Accredited Financial Counselor® Fellowship are Now Open
- Employment and Transition Corner



## Month of the Military Child

During the month of April, we take time to recognize the sacrifices made by our military children. Throughout the month, Fleet and Family Support Centers and Child and Youth Programs Navywide will sponsor more than 500 special events. Below are just few of these activities.

Installation	Activity	Date	Phone
CFA Chinhae (Korea)	Children's Picnic	3 April	82-55-540-5446
Naval Base Guam	CYP Spring Fest	12 April	671-339-8626
NSA Bahrain	Egg Hunt/MoMC Carnival	19 April	973-1785-4901
NAVSTA Great Lakes	Sesame St. Live Show	6 April	847-688-2110
NAS Lemoore	Military Kids Karnival	25 April	559-998-4344
Saratoga Springs	Kids Ice Cream Social	16 April	518 886-0200

Family Connection is a publication of the Fleet and Family Support Program.

The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact Timothy McGough at [timothy.mcgough@navy.mil](mailto:timothy.mcgough@navy.mil).

Visit us online at:



## Child Abuse Prevention – IT ONLY TAKES A MINUTE

April is **Child Abuse Prevention Month** and **the Month of the Military Child**. This year's Child Abuse Prevention Month's theme, "It Only Takes a Minute," serves as a reminder that in just a moment, a child can experience a life-altering injury. The message was designed to encourage parents and child caregivers to remember that children are physically and emotionally fragile. In fact, research has shown that every four seconds, a child is abused or neglected. Every year, children endure unintentional and intentional injuries or deaths due to a lack of appropriate supervision, caregivers who lack basic parenting and child safety skills or being exposed to environmental hazards. In recent years, many child abuse, neglect and child death incidents involved parents and child caregivers who were distracted by electronic devices such as video gaming, text messaging or other smart phone and computer activities. Parents who are distracted by electronic devices



places children at greater risk for Shaken Baby Syndrome and Sudden Infant Death Syndrome incidents.

All child abuse, neglect and homicides are preventable. When parents and caregivers incorporate healthy parenting practices into their daily lives, child abuse and neglect risk factors are significantly reduced.

Below are several child safety and healthy parenting tips that parents and child caregivers should become familiar with and put into practice:

- All parents experience stress, especially during their child's infant and toddler stages. Parents need to develop self-awareness when they are frustrated and angry. This will help prevent them from "losing control" when feeling overwhelmed.

**Continued on Page 2**



**Continued from Page 1**

- Parents should participate in a parenting education or child development workshop to learn about health and nutrition, child safety and supervision.
- Many parents lack adequate support during their spouse's deployment or mission readiness activities. Parents should maintain regular communications with family, friends and their command ombudsmen as well as Family Readiness Groups.
- Every family experiences emergencies. Parents should become familiar with the emergency services that support their community. Know where the closest emergency medical facility is located and create a list of "in case of emergency" contacts.
- Marital and intimate partner relation-

ship conflicts can put children at risk for emotional and physical abuse. Adults in abusive relationships should get help immediately.

- Parents with untreated mental health issues are at high risk of abusing and neglecting their children.

Self-care through regular doctor appointments is the best form of prevention.

Visit the Center for Disease Control and Prevention's (CDC) website to learn about [Shaken Baby Syndrome Prevention](#) and [Sudden Infant Death Syndrome Prevention](#). For additional information contact your local [Fleet and Family Support Center](#) or [Military Treatment Facility](#).

"We may not be able to prepare the future for our children, but we can at least prepare our children for the future."

~ Franklin D. Roosevelt

## Choosing a Summer Camp for Children with Special Needs

Having a disability or a special need does not have to exclude your child from a rewarding camp experience, but ensuring that you choose the right one can be a difficult process. Searching websites and using tools such as the [American Camp Association's Find a Camp tool](#) can help you narrow your search. The [National Dissemination Center for Children with Disabilities](#) also offers links to camps designed for children with special needs. And [Operation Military Kids](#) offers camp experiences that link military kids together.



The National Military Family Association's [Operation Purple](#) camps offer a free week of summer fun for military kids with parents who have been, are currently or will be deployed. This program's application includes places to document special needs or accommodations your child may require. Through relationships with outside care partners, the program aims to offer an inclusive experience. If for some reason they are unable to meet your child's needs, Operation Purple will attempt to refer families to alternate options on a case-by-case basis.

Finding the right site for your child's camp experience may take some extra effort, but with the proper research and planning it may be one of the most rewarding experiences and best opportunities for growth yet. Once you have found the right camp, make sure to sign up as soon as possible because space is often limited.

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(577-6691)



### Relocation Tip

#### Military Youth on the Move

[Military Youth on the Move](#) is your one-stop-shop for advice and info on moving, social life, school and more.

#### RELOCATION ASSISTANCE PROGRAM



Moving Made Easy

### New Spouse Orientation



New Spouse Orientation is offered as an on-demand course designed to support new Navy spouses. It

provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

### Ready and Resilient Sailors and Navy Families Video Podcasts

Sailors and families are invited to view this series of [podcasts](#) designed to help Navy families adjust to the challenges of deployment.



## April is Sexual Assault Awareness Month

Everyone plays an important role in preventing sexual assault, and this is never more evident than during Sexual Assault Awareness Month (SAAM). SAAM



was created in order to help raise awareness and provide education to individuals and communities on how to prevent sexual assault from occurring in the first place. Since its inception, SAAM has become a highlight of the Department of the Navy (DON) Sexual Assault Prevention and Response (SAPR) program. SAAM events throughout the month of April not only bring together Navy and civilian services in support of SAPR initiatives, they have also become a great way of sending the awareness and prevention message as one voice across the fleet. This is accomplished through the collaborative efforts of the Navy SAPR program and civilian services (such as Rape, Abuse and Incest National Network (RAINN) and state and local sexual assault support providers) around the world.

The Department of Defense's (DoD) 2014 SAAM theme is "Live Our Values: Stand Up Against Sexual Assault." This year will see an increased lineup of activities and special events to engage SAAM participants. SAAM events often include Morale Welfare and Recreation (MWR) sponsored SAPR 5K runs/walks, sports tournaments, art exhibits, writing contests, poster contests, teal ribbon campaigns and more.

Another highlight of SAAM is the announcement of the Exceptional Sexual Assault Response Coordinator (SARC) of the Year. In addition to acknowledging the exceptional contributions of the selected Navy SARC, the Navy also recognizes the hard work and dedication of all SARCs for the vital role each of them plays in combating sexual assault in the Navy.

For more information on SAAM events and activities, as well as how to get involved, please contact your local SARC at the [Fleet and Family Support Center](#).

## Family Emergency Plan

Do you have a family emergency plan? Every individual or family should have a

preparedness plan ready to use in the event of an emergency. It should include a list of emergency contacts, designated places to meet, evacuation routes and much more. An emergency preparedness plan empowers you and will help keep you and your family safe. To learn more about creating a family emergency plan, visit [Ready Navy](#) or download the Navy Family Accountability and Assessment System smart phone app (search for NFAAS).



## Stay Financially Fit: Reduce Your Interest Rates Before You Deploy

Making sure you pay your bills on time every month can be tricky for anyone. But when you get orders to deploy, it can become even harder to keep track of your bills and maintain your financial goals. Getting financially fit can help ease your stress and allow you to focus on the mission.

A great way to do this is to ensure you are taking advantage of all of the benefits available to you while deployed. Through the Servicemembers Civil Relief Act, or SCRA, you can reduce your interest rates on several key items including your mortgage, credit card bills, car payment and more. Visit [Military OneSource](#) to find out how. Also, do not forget to take advantage of no-cost Personal Financial Counseling available at your local [Fleet & Family Support Center](#).

## Guard/Reserve On-Site Sales Newsletter

DeCA has created a Guard/Reserve On-Site Sales newsletter. It is a one-stop shop for on-site sale details. [Sign up](#) today and enjoy the peace of mind of knowing you will never miss a sale near you.



## Internships and Apprenticeships for Students and Recent Graduates

Civilian employment opportunities are available for high school and college students, recent college graduates and others who want to build new skills or change careers. The Federal Pathways Program was opened on 10 July 2012 and consists of three components: the Internship, the Recent Graduate and the Presidential Management Fellows (PMF) Programs. The Internship and the Recent Graduates Programs offer current students and recent graduates entry-level opportunities in the Federal government. The PMF Program offers opportunities to recent graduates with advanced degrees.

View the Pathways [factsheet](#) for additional information. Current Pathways opportunities in the Department of the Navy can be found on [www.USAJOBS.gov](http://www.USAJOBS.gov).

## Applications for the FINRA Foundation Military Spouse Accredited Financial Counselor® Fellowship are Now Open

The Military Spouse Accredited Financial Counselor program provides military spouses with the education necessary to enter the financial counseling career field. The fellowship covers the cost associated with completing the Accredited Financial Counselor (AFC) training and the associated exams.

Applications are being accepted through April 18, 2014. [Apply Today!](#)

## Employment and Transition Corner

### Pre-separation Counseling Overview

Whether you are retiring or separating, pre-separation counseling is the first step towards ensuring your successful transition to the civilian sector.

To fulfill this mandatory component of Transition GPS, make sure to schedule an appointment with a Command Career Counselor (CCC) or Command Transition Officer (CTO) 24 months before retirement; 12-18 months prior to separation; and not less than 90 days remaining on active duty whether retiring or separating.

During your appointment, the CCC or CTO will help you identify your post-military objectives, both personal and professional. With their assistance, you will also receive and complete part of the Individual Transition Plan (ITP) — a document which, along with the ITP Checklist, will act as an interactive roadmap to guide you throughout the transition process.

Your CCC or CTO will also sign you up for the next part of Transition GPS: the five-day workshop scheduled through your Fleet and Family Support Center (FFSC). Workshop schedules and additional required documents are located on the [CNIC webpage](#). Remember, for the workshop's first day, you will need to bring copies of the following documents to receive the full benefits of the curriculum.

- Career interest assessment form, such as the [O\\*NET Interest Profiler](#)
- Evaluation or FITREP
- Individual Transition Plan
- Joint Service Transcript (formerly known as a SMART transcript)
- Preseparation Counseling Checklist (DD Form 2648)
- Recent credit report (free at [www.annualcreditreport.com](http://www.annualcreditreport.com))
- Recent leave and earnings statement
- VA eBenefits registration
- Verification of Military Experience and Training (VMET) documentation



Apply. Advance. Achieve.



## NAVY ia

### U.S. Navy Individual Augmentees

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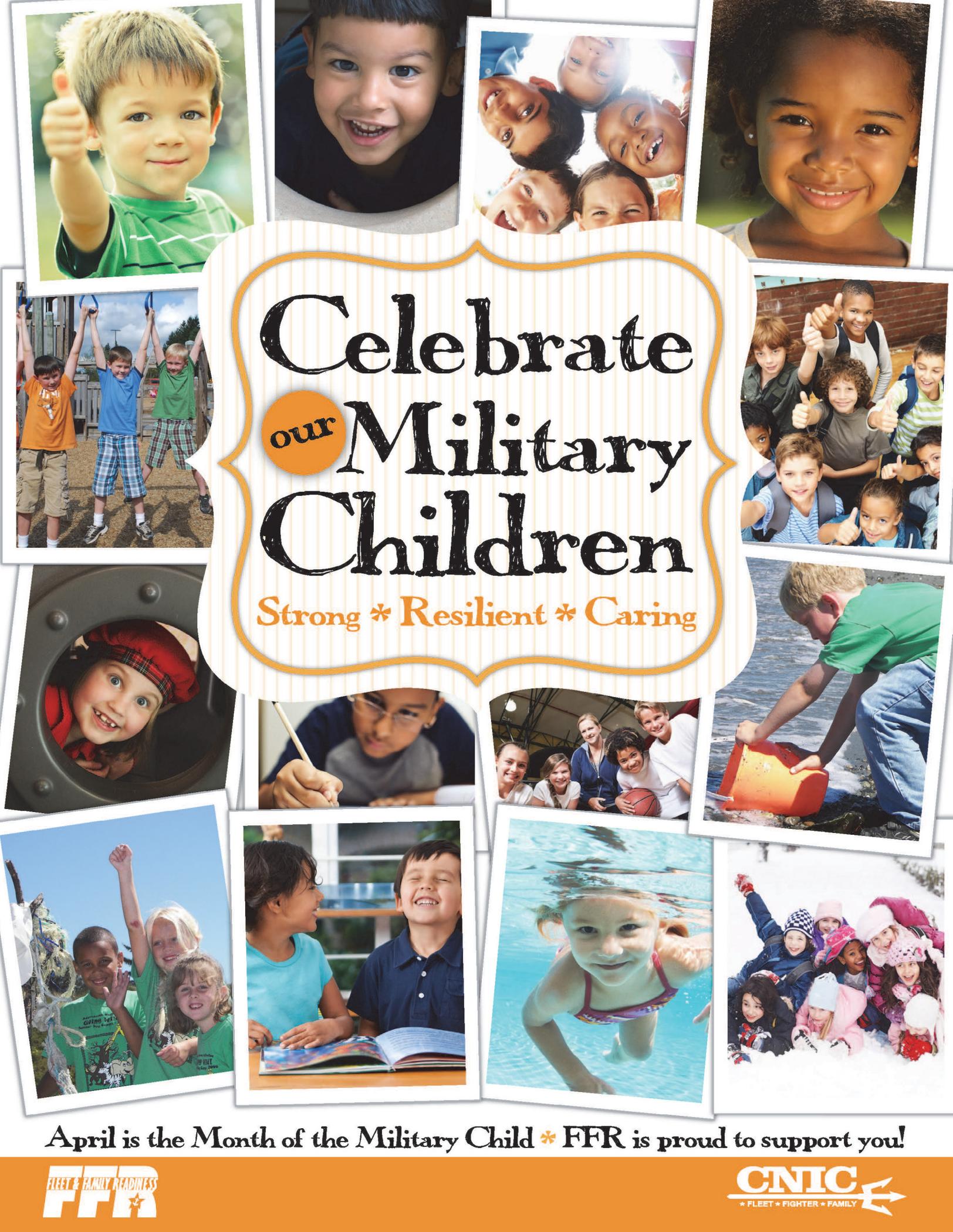
### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — [www.ia.navy.mil](http://www.ia.navy.mil). Click "Links and Resources."

### IA Discussion Group Schedule

[View the Fleet-wide list of classes, support groups and events.](#)





# Celebrate our Military Children

Strong \* Resilient \* Caring

April is the Month of the Military Child \* FFR is proud to support you!