



Your Metro San Diego
Fleet & Family Support Center
Locations:

Naval Base San Diego (NBSD)

Buildings 259, 261 & 263
3005 Corbina Alley, Suite 1
San Diego, CA 92136-5190
Mon, 7:30 am-7 pm
Tue-Fri: 7:30 am-4:30 pm
619-556-7404

Naval Base Coronado (NBC)

Building 318, Sauffley Road
San Diego, CA 92135-7138
Mon-Fri: 7:30 am-4:30 pm
619-545-6071

Naval Base Point Loma (NBPL)

Buildings 211 & 212
140 Sylvester Road
San Diego, CA 92106-3521
Mon-Fri: 7:30 am-4:30 pm
619-553-8306

Murphy Canyon Branch (MCB)

4867 T Santo Road
San Diego, CA 92124
Mon-Fri: 7:30 am-4:30 pm
858-277-4259

Bayview Hills Branch (BVH)

1967 Sky Harbor Road
San Diego, CA 92139
Mon-Fri: 7:30 am-4:30 pm
619-556-1275

The Village at Serra Mesa Branch (VSM)

3141 Afton Road
San Diego, CA 92123
Mon-Fri: 7:30 am-4:30 pm
619-556-1277

Gateway Village Branch (GVB)

3207 Rosecrans Place
San Diego, CA 92110
Mon-Fri: 7:30 am-4:30 pm
619-222-5548

Family Readiness Express (FRE)

 Our mobile FFSC, the Family Readiness Express (FRE), will be stopping by Ramona Vista housing and NTC Branch Medical Clinic in November! For up-to-the-minute updates about location, dates, and hours, check out the FRE's Facebook page at <http://www.facebook.com/FamilyReadinessExpress>, send the FRE an email at familyreadinessexpress@mwrs.com, or call the FRE at 619-742-9745

CHILD CARE is available for classes held at the Murphy Canyon Chapel. Please call to arrange at least one week in advance: (619) 556-0031.



FFSC Department in the Spotlight: New Parent Support



Babies don't come with Instruction Manuals! That's why they're here....

All New Parent Support Home Visitation Program services are FREE!

Expectant parents and parents of children from birth to three years of age who are eligible to receive treatment in military medical treatment facilities are eligible, even if this is not your first baby. We provide: Information & Referral, Nurturing Parenting Education and Home Visiting Services. Individualized services means you tell us what your interests and needs are. We want to help you give your baby the best gift of all: Loving, Nurturing & Happy Parents! Our team provides Family Centered Care.

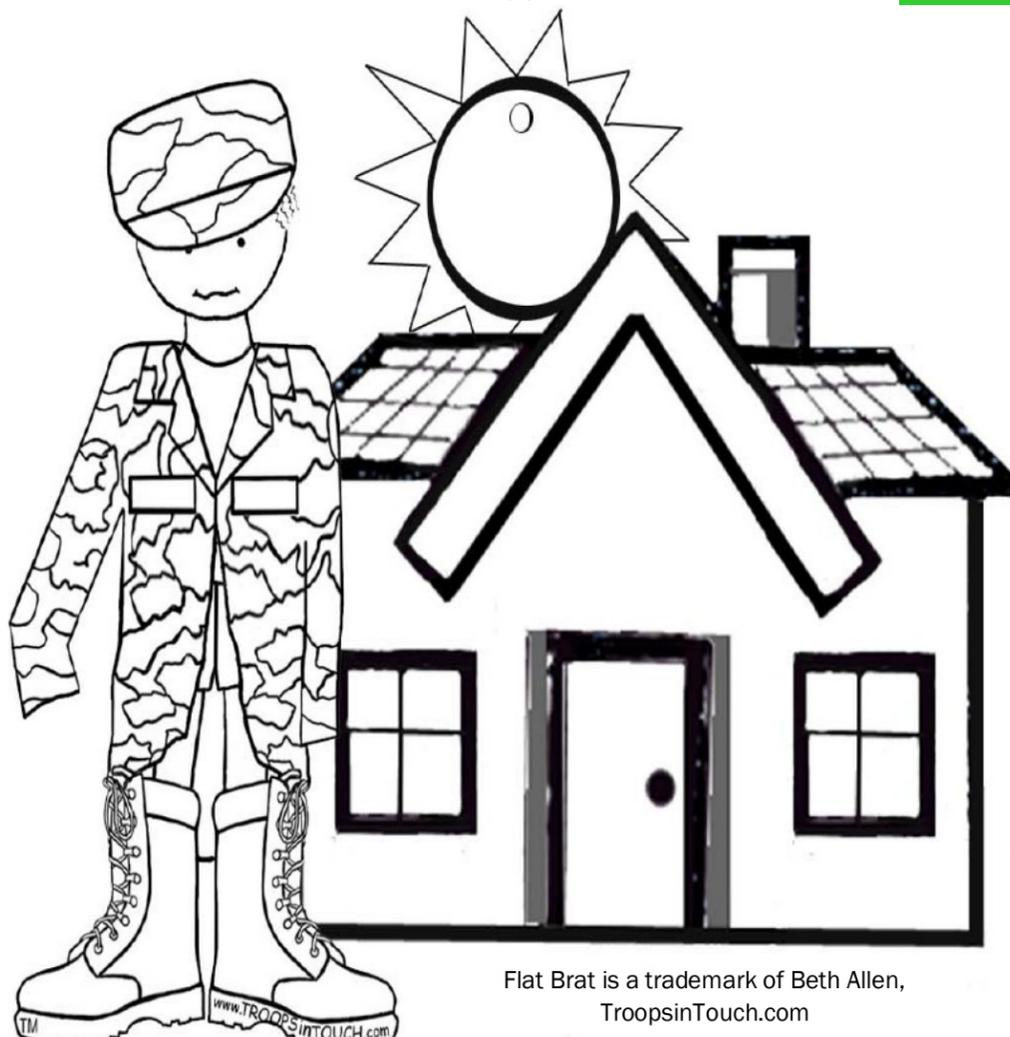
Do you have concerns and questions, but aren't sure where to turn to for help?

The professional, experienced Home Visitors provide confidential assistance. A home visitor meets with parents to determine their needs and introduce them to helpful services in the military and civilian community and give one to one support and education.

For more information or to set up a consult with your designated New Parent Support Representative contact your local Fleet and Family Support Center Office.

KIDS CORNER

Color and Display your FLAT BRAT



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Fleet and Family Support Center
Metro San Diego

EFMP NEWSLETTER

March 2012 - April 2012

NEW

Exceptional Family Member

Family Connection Meeting

- Held at San Diego Regional Center, Room 100 on the first Wednesday of the Month.

Exceptional Family Member

Talk Time Support Group

- Held at Village at Gateway Community Center on the third Wednesday of the Month.

If you would like to register for a workshop, please contact our Centralized Scheduling Center at:

1 (866) 923-6478

Exceptional Family Member Support Orientation

March:

Mar 12, 1-2pm at East County Career Center

Mar 13, 10-11am at VSM

Mar 20, 1-2pm, NMCS, BLDG 1. 2nd Fl. Social Work Conf. Rm.

Mar 29, 1-2pm at NBC

April:

Apr 5, 3-4pm at GVB

Apr 9, 1-2pm at East County Career Center

Apr 17, 1-2pm, NMCS, BLDG 1. 2nd Fl. Social Work Conf. Rm.

How to Make it Through Spring Break

By Holly M. Adams, M. Ed., <http://supportforspecialneeds.com/>



If spring break is bearing down on you, you might be thinking 5 more days of school and...THEN WHAT. Perhaps you are worried about the vacation to the beach you have planned with your family, or about the "staycation" you are planning. You and your child might even be using the week off to try some new therapies, or have a medical procedure that requires too much time off from school.

Well I am here to tell you all of the above scenarios can be completed seamlessly, yes seamlessly, without meltdowns and tantrums using only a few simple tricks:

1. Start talking to them about it NOW. Waiting until the weekend of the big trip does not allow your child enough time to process the information you are giving them.
2. Peace comes in the details. If you are prepared, they will be prepared. Make sure you have thought through all of the activities you have planned and that you are taking or have access to all the necessary equipment. You have the ability to stop most anxiety outbursts by planning ahead and sharing the details with your child.
3. A calendar can be your best friend. Use a weekly calendar with pictures to show your child what to expect each day. A calendar can also help them count down the days until they can return to school and see their friends.
4. A stopwatch or a visual timer will help to make foreign transitions easier. There are a variety of timers that can be downloaded onto almost any smart phone to help with transitions. (I recommend Time Timer) Often on vacation, you are doing things that highly preferred and are followed by a non preferred activity. i.e. play in the ocean, then shower. A portable timer will help your child anticipate transitions and cut down on meltdowns.

A vacation is meant to be just that, a break from all the stresses of daily routines and structure. You only need to take a few tools from your daily life to make your vacation life fun and relaxing for everyone.

5 Tips to Keeping the Germs Away

<http://special-needs.families.com/blog/>

When your child has an autoimmune deficiency or a chronic illness, exposure to germs is a scary and often dangerous event. Germ exposure can lead to the building of a child's immunities however, for some children, the common cold can result in a hospital visit or further complications.

Here are some tips to keeping the germs out of your child and your home:

1. While outside the home, arm yourself with hand sanitizer and make sure you wash your hands and your child's hands when you get home. Don't place your purse or bag on the floor or public bathroom counter.
2. Keep the shoes at the front

door. Leaving your shoes at the front door, and asking all guests to do the same, will keep your house cleaner.

3. Suggest that visitors to your home wash their hands upon arrival. Washing your hands cuts your chances of getting sick and spreading germs to others.

4. Wipe away germs. Use sanitizing wipes to clean common household items like door-knobs, light switches, remotes, faucets, and phones.

5. Keep sick people away. Ask friends and family to postpone or reschedule if they are feeling ill, even if it is "just a cold". If the visit has already commenced, politely ask them to leave or stay at least 3 feet away from your child.

Command EFMP POC Corner

On September 1, 2011 NFAAS went live with EFMP. It is currently for those members who are requesting first time enrollment or for those members who are seeking reenrollment for their family members. This is Phase I. Phase II is scheduled to roll out sometime this year and will include all family members enrolled in EFMP. Here are the questions we have received:

Question: How does the NFAAS process assist with initiating the enrollment process?

Answer: When the service member takes an application packet to the EFMP Coordinator for submission, either for first time enrollment or for reenrollment, the packet is scanned into the NFAAS system and will be tracked through the system.

Question: Has the enrollment process gone completely online?

Answer: The only time the enrollment does not occur online is when the family member is not recognized through NFAAS. This does not happen frequently.

Question: What is NFAAS?

Answer: Navy Family Accountability and Accessibility System. It was created after Hurricane Katrina when many service members and their families were literally scattered around the country. It was created so that the Navy could keep track of family's whereabouts to provide assistance.

With the introduction of NFAAS with EFMP, the enrollment process is taking much less time than with the mail system. It is now a system that can be monitored by the Liaisons so that service member will receive more resources and have someone to remind them that it is time to renew the EFM status.

DID YOU KNOW???

According to the COMNAVSURFORINST 1300.1A, Exceptional Family Member Program Checklist, The EFMP POC has received training on OPNAVINST 1754.2D requirements. Once you have taken a workshop from an EFMP Liaison, you will receive a Letter of Attendance for your files. Please look at the dates to see which fits your schedule best. You may register for a workshop by calling 619-767-7225 or emailing jacqueline.flohr.ctr@navy.mil. As always, one to one workshops are also available. We look forward to working with you, the Command EFMP POC, to better serve our Sailors and their families.



Pictured:
Jackie Flohr, EFM Case Liaison and EFM POC Instructor

NEW

Exceptional Family Member POC Workshop Schedule 2012

- Mar 6, Tue 9 AM—11 AM, FFSC NBSD, Bldg 259, Classroom 2
- Apr 4, Wed 9 AM—11 AM, FFSC NBC, Bldg G, Conference Room
- May 1, Tue, 9 AM—11 AM, FFSC NBPL, Bldg 211, Classroom 1
- Jun 6, Wed, 1PM—3 PM, FFSC NBSD, Bldg 259, Classroom 2
- Jul 10, Tue, 9 AM—11 AM, FFSC NBC, Bldg G, Conference Room
- Aug 1, Wed, 9 AM—11 AM, FFSC NBPL, Bldg 211, Classroom 1
- Sep 6, Thu, 9 AM—11 AM, FFSC NBSD, Bldg 259, Classroom 2
- Oct 3, Wed, 9 AM—11 AM, FFSC NBC, Bldg G, Conference Room
- Nov 5, Mon, 9 AM—11 AM, FFSC NBPL, Bldg 211, Classroom 1
- Dec 5, Wed, 1 PM—3 PM, FFSC NBSD, Bldg 259, Classroom 2

Health and Wellness Corner

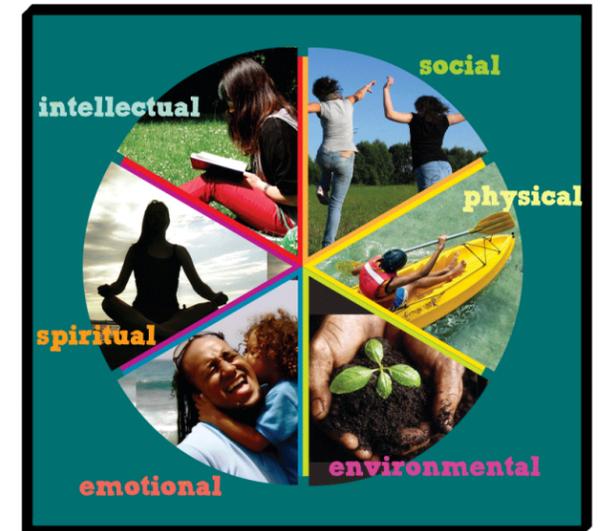
Dates of Importance

March:

- 3/5-11 National Sleep Awareness Week
- 3/5-9 National School Breakfast Week
- 3/8 World Kidney Day
- 3/14 St. Patty's Day 5k, NBSD
- 3/24 World Tuberculosis Day
- 3/27 American Diabetes Alert Day
- 3/31 Annual Woof Walk, NBSD
- National Colorectal Cancer Awareness Month
- National Nutrition Month
- Save Your Vision Month
- National Endometriosis Awareness Month

April:

- 4/7 World Health Day
- 4/21-28 National Infant Immunization Week
- 4/22-28 National Infertility Awareness Week
- Month of the Military Child
- Alcohol Awareness Month
- National Autism Awareness Month
- National Donate Life month
- Sexual Assault Awareness and Prevention Month



Summer Camps 'R' Us : Summer Time Camps and Activities

As we say goodbye to Winter and welcome in Spring, now is the best time to find the best Summer Camp or Summer Activities for your children. Do not wait for the last minute. Many camps book up fast so plan ahead. It is also important to research what is the best camp or activity for your children. Summer camp can be enriching for all children – with and without special needs. But with so many programs available, including those with special needs, how does one choose? Please go to the following website to read more on summer camps for children with special needs: www.care.com/special-needs-summer-camps-p1017-q14759.html

Also listed are websites with various camps and activities for children with special needs (and for those without):

- http://www.signonsandiego.com/uniontrib/20070407/news_1c07special.html
- www.sandiegokidsactivities.com
- www.ymca.org/camp.html
- www.sd-autism.org/communityResources.html
- sdr.org/c_res_recreation_camp.php

