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## Military CHILDREN: A Nation's Inspiration



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 resiliency of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

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

Visit us online at:



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April is Month of the Military Child. This observance allows the nation a chance to honor its youngest heroes. Looking for inspiration? Take note of military children. Their ability to change and adapt during frequent moves and parental deployments is a true example of resilience. We all play a key role in providing for the mental, emotional and social well-being of our children. Create an environment where they can express themselves. Be honest and listen to them. Enlist the assistance of your extended family. Remember: it takes a village to raise a child. Special activities celebrating the Month of the Military Child will be scheduled worldwide. A snapshot of events is provided below. Check with [your installation](#), commands and local media to find more events.

Installation	Activity	Date	Phone
NWS Earle	Carnival	02 April	732-866-2194
Sigonella	Child Abuse Prevention Awareness Walk	02 April	DSN: 314-624-4291/ 011-39-095-56-4291
NWS Yorktown	Puppet Show	03 April	757-688-6289
Northwest Annex	Puppet Show on Safety	05 April	757- 421-8770
NAVSTA Everett	Kids Camp Deployment	05 April	425-304-3714
New London	Mystic Aquarium Field Trip	09 April	860-448-6875
NSA Millington	Awareness Walk/Celebrate Military Kids	20 April	901-874-5075
NBSD/ Bayview	Chula Vista Day of the Child	21 April	619-556-7438
NAS Jacksonville	Pajama Party Fun Night	27 April	904-542-2767
Norfolk Naval Shipyard	Family Festival	28 April	757-967-2676
Atsugi	KIDZ FEST	28 April	DSN: 315-264-3628/ 011-81-467-63-3628/4189

*"A person's a person, no matter how small."*  
 — Dr. Seuss



## MilitaryKidsConnect



Kids deploy, too. MilitaryKidsConnect (MKC) offers children a safe, fun, interactive place where they can build resilience and learn coping skills to help deal with the challenges of having a deployed family member. Through participation in MKC's monitored online forums, children (ages 6-17) can share their experiences with other military children, letting them know they are not alone.

The site hosts a message board, games, activities and videos. The My Stuff area allows kids to personalize their space with a picture or avatar and earn different stamps for their "passports" as they travel through the site. In the Deployment Daily, users have the chance to read what other kids are thinking about various deployment topics and learn some helpful coping tips. Parents and educators have an area, too. MKC provides information to help them understand what it takes to support military children in home and school settings. For additional resources for children, please visit the CNIC Deployment Readiness Website.

## Exceptional Family Member Resources

There are excellent online resources available to military families with special needs to ease access to literature and other important documents.

[Military OneSource](#): Click on the "Health & Relationships" tab and then "Special Needs." Access information on topics such as: family support, moving, medical, education and early intervention, adults with special needs, taking care of yourself and respite care.

[Military HomeFront](#): Click on "Troops and Families," then "Special Needs/EFMP" for downloads including the DoD



Special Needs Parent Tool Kit, Special Care Organization Record (SCOR) for Children with Special Health Care Needs and the EFMP Mobile Website. Click on "subscriptions" at the bottom of the page to receive the EFMP eNewsletter, Joint Family Support Assistance Program (JFSAP) eNews and the Military Community and Family Policy (MC&FP) eMagazine.

Remember, enrollment in the Exceptional Family Member Program is mandatory if you have a family member with special needs. You can begin the enrollment process by logging on to the [Navy Family Accountability and Assessment System \(NFAAS\)](#) and clicking on the EFM tab. For further information and assistance, contact the [EFMP Liaison](#) at your local Fleet and Family Support Center.

### Moving Tips for Military Children

- Make sure children have an opportunity to take a few of their favorite things with them on the trip to your new duty station.
- Give children a special job on move "out" and move "in" days so they feel a valuable part of the process.
- Teach your children their new address and phone number as soon as you arrive at your new home.



### Navy Family Accountability and Assessment System (NFAAS)

NFAAS allows Navy personnel to manage the recovery process for personnel affected by a widespread catastrophic event. It is also helpful in providing commands with information to support IA family members while their sponsors are deployed overseas. [Watch the video](#) and [log on to NFAAS](#).





## Every Child Counts

The New Parent Support Home Visitation Program is committed to providing support services to active-

duty families with children under the age of four. This program offers an array of services designed to strengthen families, with a primary mission to identify risk factors that could lead to incidents of child abuse and neglect.

There are individuals who believe that parenting does not require “real” skills or effort. This is a huge misconception. Every year, the Department of Navy compiles a report of all child deaths that occurred in active-duty military families. In 2010, there were 10 child deaths in families of active-duty Sailors and Marines. According to the 2010 Department of Health and Human Services report on Child Maltreatment, 68 percent of all child deaths were caused by neglect. Unfortunately, severe neglect cases are due to parents and child caretakers lacking knowledge of parenting and early child development.

This year’s Child Abuse Prevention Month Theme is “Every Child Counts.” This theme reflects our belief that every child deserves to be safe, nurtured and allowed to thrive. Every parent, guardian and child caretaker can actively participate in the child abuse prevention campaign by simply raising their awareness.

**The Letters in PURPLE Stand for**

<b>P</b>	<b>U</b>	<b>R</b>	<b>P</b>	<b>L</b>	<b>E</b>
<b>PEAK OF CRYING</b>	<b>UNEXPECTED</b>	<b>RESISTS SOOTHING</b>	<b>PAIN-LIKE FACE</b>	<b>LONG LASTING</b>	<b>EVENING</b>
Your baby may cry more each week. The most at 2 months, then less at 3-5 months	Crying can come and go and you don't know why	Your baby may not stop crying no matter what you try	A crying baby may look like they are in pain, even when they are not	Crying can last as much as 5 hours a day, or more	Your baby may cry more in the late afternoon and evening

- **Purple Crying:** Describes the point in a baby’s life when they cry more any other time. It begins at about 2 weeks of age and continues until about 3-4 months. All babies go through this period, though some can cry a lot, some far less.
- **Sudden Infant Death Syndrome (SIDS):** Is the sudden and unexplained death of an infant under one year of age.
- **Child Neglect:** Is the failure of parent, guardian, or other caregiver to provide for a child’s basic needs. Neglect may be physical, medical, educational or emotional.

Click for information about the [New Parent Support Home Visitation Program](#).

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(577-6691)

### IA Discussion Group Schedule

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

### 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.”



### U.S. Navy Individual Augmentees

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## Ways You Can Support a Survivor of Sexual Assault

April is Sexual Assault Awareness Month (SAAM), calling both military and civilian communities to raise awareness. According to the National Intimate Partner and Sexual Violence Survey, nearly one in five women and one in 71 men in the United States report having been raped or sexually assaulted in their lifetime (CDC, 2010). If you know someone who has been sexually assaulted, here are some ways that you can support them:

- **Listen to them.** Ask survivors what they need and respect their wishes. Everyone reacts differently: they may just want you to listen. Don't assume you know what they need.
- **Believe them and let them know they are not to blame.** Many survivors of sexual assault are afraid to tell anyone about their experience

because they think they will not be believed. Recognize the courage it must have taken to tell you; reassure survivors that you believe them and that the assault was not their fault.

- **Respect their right to privacy.** It is the survivor's decision who they want to tell about their experience. Don't repeat the story unless they ask you to. For survivors to preserve the option of making a confidential, restricted report, they can only report the assault to a Sexual Assault Response Coordinator (SARC), SAPR Victim Advocate (VA), or healthcare provider. If the survivor reports the assault to anyone in their chain of command, it is an unrestricted report and automatically triggers a law enforcement investigation.

- **Help them identify who they can turn to for support.** A good place for survivors to start is the DoD Safe Helpline, which provides live, one-on-one, confidential support and information. Specially trained Safe Helpline staff offer help three ways: via online instant-messaging ([www.safehelpline.org](http://www.safehelpline.org)), toll-free phone (877-995-5247), or text message (55-247; 202-470-5546, outside the U.S.).

(Adapted from Ottawa Rape Crisis Centre, Public Education and Action Kit for Sexual Assault Prevention, 1998, [www.orcc.net](http://www.orcc.net)).



## Military Family Transition

When your Sailor separates or retires from the Navy, the transition may seem overwhelming. Navy Fleet and Family Support Centers (FFSCs) are there to guide you through this process. FFSC staff are available to provide you, the family member, with assistance during the transition process. You can obtain extensive employment assistance, help with relocation and direction for personal finances. It can be hard to know where to begin, so a good first step is to contact your FFSC. Visit the FFSC website at [www.ffsp.navy.mil](http://www.ffsp.navy.mil) to locate your nearest center. With a little help, all transitions can be accomplished smoothly.

