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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.

For more information about the Fleet and Family Support Program, or to join the conversation about deployments and military life, visit:

www.ffsp.navy.mil

www.facebook.com/Navyffsc

twitter.com/Fleet_Family

If you have questions or comments about the content of *Family Connection*, please contact John Levinson at john.levinson.ctr@navy.mil.



Military Saves

Military Saves is a national campaign to persuade, motivate and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings. This initiative offers guidance to military families to start building long-term financial wealth.

To kick off the fifth year of the Military Saves Campaign, The Department of Defense (DoD) will observe Military Saves Week from February 20-27, 2011. Military Saves is a great way to inspire everyone to improve their economic fitness through healthy financial behavior. Become Financially Fit! Set a savings goal and take the saving pledge by registering on [Military Saves](#).

Smart Shopping

Spend less - become a savvy shopper by increasing awareness of the emotional triggers that can make us overspend:

- **Write it down.** Keep the receipts for everything you purchase for the next 30 days. At the end of that month, you may discover purchases you can eliminate.
- **Keep your hands to yourself.** Studies show that the longer you hold a product, the more likely you are to buy it. Handling an item, even for a moment, makes you feel it's yours.
- **Get rid of temptation.** Unsubscribe from the never-ending stream of e-mails and catalogs from your favorite stores. Directions to unsubscribe are typically at the bottom of each message. This also goes for the promotional offers that come through the mail; shred them immediately.
- **Buy a coffeemaker.** Love those lattes at your neighborhood coffee shop? Make it at home and you may save up to \$598 a year – or more.
- **Download and/or clip coupons.** Use them at the commissary and save to further reduce your grocery bill.
- **Remove the fees.** Be wise when making purchases with credit cards. Late fees, over-the-limit fees and returned check fees can add up.
- **Keep your financial goals in sight.** Establish and review your spending plan for 2011. Your goals and promises to yourself may prevent you from making an impulse buy.



Schedule an appointment with a financial counselor at the [Fleet and Family Support Center](#) to develop your spending plan for 2011 today!





Child and Youth Programs



Monthly Quote

"Leadership and learning are indispensable to each other."

- John F. Kennedy

Money Matters

The Navy's Child and Youth Programs (CYP) offer youth and teens the opportunity to learn about financial responsibility. Through the Youth Program's Boys and Girls Club of America curriculum, Money Matters promotes financial responsibility and independence. Participants learn how to manage a checking account, create a budget, save and invest, start small businesses and pay for college. Youth and teens build their money management skills through interactive activities, games and tools such as a savings and financial aid calculator for college. Contact your local [Child and Youth Programs](#) for more information.

EFMP Liaisons NOW at Fleet and Family Support Centers

The Navy Exceptional Family Member Program (EFMP) ensures Sailors are assigned to geographical areas where specialized support is available to suit the medical, educational, community and personnel needs of the family. Special needs include any special medical, dental, mental health, developmental or educational requirement, wheelchair accessibility, adaptive equipment, or assistive technology devices and services.

Fleet and Family Support Center EFMP liaisons assist families with the enrollment process and help them obtain the resources needed to support their special-needs family member. EFMP liaisons provide a wide-range of supportive services designed to increase family member knowledge and access to educational workshops, counseling services and community resources. [Click here](#) for more information.

Relocation Assistance Program

Relocation is part of life in the military. Every permanent-change-of-station order means moving yourself, your family and all your belongings to a new duty location.

The Fleet and Family Support Center's Relocation Assistance Program (RAP) makes moves easier. Your RAP will help you with all aspects of moving. For tips to prepare for your next PCS, or to contact your local Fleet and Family Support Center, [click here](#).

Ask an Ombudsman

Selected by the commanding officer (CO), your Navy Family ombudsman is a spouse of a command member who voluntarily serves as the official liaison between the command and its families. The ombudsman is a vital resource to assist the command in discharging the CO's responsibilities for the morale and welfare of the command's families.

The ombudsman is the link between the command and the Navy family. This is especially true in deploying commands, where the ombudsman is the primary point of contact between the families at home and the command during deployment. As a spouse, it is important to get acquainted with your local ombudsman. The ombudsman is not a counselor or a social worker, but can show you a direct route to getting the assistance you need to find solutions and resources.

[Click here](#) to contact your ombudsman.



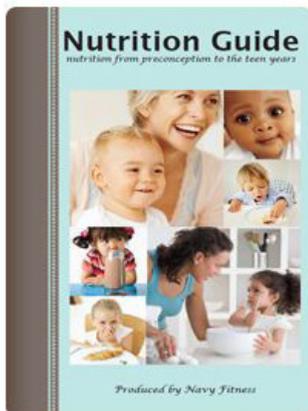


Staying Strong as a Couple

Staying strong as a couple:

- Takes patience and work — but the results are worth it.
- Helps you learn new ways to build trust, resolve conflict and strengthen your relationship.
- Is a constant challenge no matter how long you have been together.

On this recording, psychologist and researcher Dr. John Gottman talks about the common challenges couples face and how to get through those challenges and grow closer as partners. It features five couples who talk about the challenges and successes of their own relationships. Go to [Military OneSource](#) to order the free CD or download/listen online.



Nutrition Guide for Children

This [Nutrition Guide](#) was designed to take the guesswork out of nutrition for you and your child, from pre-conception until they leave the nest. Follow the nutritional information in this guide and your “little one” will be well on their way to optimizing their nutrition for life.

Families Finding the Balance

We Can! (**W**ays to **E**nhance **C**hildren’s **A**ctivity & **N**utrition) is a national movement designed to give parents, caregivers and entire communities a way to help children 8 to 13 years old maintain a healthy weight. We Can! offers organizations, community groups and health professionals a centralized resource to promote a healthy weight in youth through community outreach, partnership development and media activities that can be adapted to meet the needs of diverse populations. Science-based educational programs, support materials, training opportunities and other resources are available to support programming for youth, parents and families in the community.



As a family, “We Can!” be more successful in adopting healthy choices and making changes. It is hard to make changes on your own. Creating family habits around smart eating and physical activity can make it easier for everyone to maintain a healthy weight.

What Can my family and I do to encourage a healthy weight?

- Planning regular family time that involves physical activity means that everyone is supported and encouraged to be active.
- Putting a bowl of fruit on the kitchen counter and making a family agreement not to have chips or other high-calorie snacks in the house can change everyone’s snacking habits.

For more ideas and resources, [click here](#).



Hero Miles Program

The [Hero Miles Program](#) reunites families during times of tragedy by providing free air travel to wounded or injured service members, their families and loved ones. Since its inception six years ago, the public’s generosity has allowed for the distribution of 18,000 free airline tickets, saving our heroes and their families close to \$25 million.



Navy Individual Augmentee	
Introduction	>
Overview	>
Sailor	>
Family	>
Command	>
Employer	>
Links	>

Mobile Applications

Navy Individual Augmentee

This [iTunes app](#) provides the latest information and resources for U.S. Navy Individual Augmentee (IA) Sailors, families, commands and civilian employers. It covers the entire IA Process, from Navy Mobilization Processing Site (NMPS) to training to Boots on Ground to returning home. It also includes videos of returning IAs explaining their experiences, a variety of Navy publications and policies on the subject, and an extensive collection of links to IA-related information.

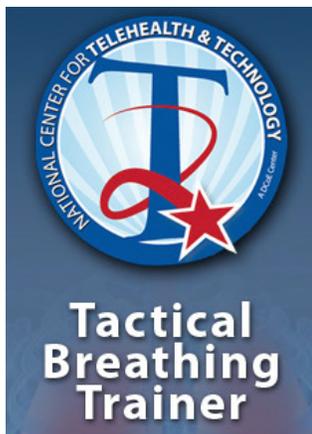
T2 Mood Tracker

[T2 Mood Tracker](#) allows users to self-monitor, track and reference their emotional experience over a period of days, weeks and months using a visual analogue rating scale.

Users can self-monitor emotional experiences associated with common deployment-related behavioral health issues like post-traumatic stress, brain injury, life stress, depression and anxiety. Whether you are deployed or transitioning, self-monitoring your psychological health is just one way you can gauge how stress may be affecting you (or a loved one). The free T2 Mood Tracker app can be your pen and paper – for your own awareness or for sharing with your health-care provider. The T2 Mood Tracker is currently available for Android phones and, in coming months, will be available for iPhone, iPod Touch and iPad.

Tactical Breathing Trainer

The [Tactical Breathing Trainer](#) app can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, you can learn to gain control of your heart rate, emotions, concentration, and other physiological and psychological responses to your body during stressful situations. Although these techniques were developed primarily for the warfighter during intense combat situations, everyone can benefit from the ideas taught in this application to help with nearly any stressful situation in life.



For Your Information

IA Discussion Group Schedule

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

Joint Services Support (JSS)

JSS provides valuable information on benefits, entitlements, events, trainings and more. Making it easy to stay connected, anytime, anywhere with online access, mobile device applications and interactive voice response. Services are available to all military branches; featuring a community resource locator by state. Go to <http://www.jointservicesupport.org>.

Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & IA Family Events - www.ia.navy.mil/

