

## Contents

- September is Child Safety Month
- Baby-Proofing Your Home
- Ready and Resilient Navy Families Webinar Series
- Are You Prepared?
- Employment and Transition Corner

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:



Scan QR Code to access via mobile device



## Ombudsman Appreciation – 43 Years of Standing Watch over our Families

The Navy Family Ombudsman Program has been in place for 43 years and is a strong component of family readiness. During the month of September, the Navy community will take time to recognize the contributions of our command ombudsmen.

Ombudsmen represent both the command and the families; they perform a service which is often very challenging. These volunteers help during all phases of deployment, disasters and crises. They are also there to assist with general questions and challenges facing Navy families. They serve because they are passionate and want to make a difference.

In spite of increasing challenges, ombudsmen continue to volunteer their time with a smile and a heartfelt interest in command families. Their ability to move forward in the face of adversity is one of the extraordinary characteristics exhibited by ombudsmen.

Take comfort in the fact that your command ombudsmen understand the challenges you face on a daily basis, because they too, are Navy Family members. Please take this opportunity to recognize and thank your command ombudsmen for all they do for you and your family.

View the 2013 [Ombudsman Appreciation Events](#) in your area.

## Impact of Deployment on Young Children

At a time when the U.S. military has the highest number of parents among its active-duty service members and is engaged in the longest sustained military conflict in its history in Iraq and Afghanistan, new research is showing that the strain on military families is being felt acutely by even its youngest members, children under the age of 6. Young children can exhibit the same anxiety, depression, stress and aggression that some older children and adults experience after living with multiple deployments, long separations and often tense and awkward reunions with

*(Continued on next page)*

***“Do what you can to show you care about other people, and you will make our world a better place.”***

*– Rosalynn Carter*





## Impact of Deployment (continued from page 1)

parents returning from war, particularly when the parent has been physically or mentally traumatized.

A new report released by Child Trends, a nonprofit research center, found that while children are resilient, war can take a steep and potentially long-lasting toll during their critical early years, when the brain is growing rapidly and children are developing a sense of trust in the world. The report, "[Home Front Alert: The Risks Facing Young Children in Military Families](#)," surveys scientific literature over the past decade and notes that stress levels for military families are unprecedented. Nearly one in five service members returning from Iraq or Afghanistan reports acute stress, depression or anxiety, including high numbers diagnosed with post-traumatic stress disorder or traumatic brain injury.

When a parent is depressed or anxious, the researchers say, stress acts like a contagion and spreads throughout the family. Infants can become listless, cranky, unable to sleep or unwilling to eat. Toddlers can be alternately clingy or withdrawn. They may be sullen or explode with unexpected tantrums. Preschoolers may feel guilty and responsible for a death or for family discord. They may regress, begin wetting the bed or be unable to sleep alone.

Many resources are available to assist families. Contact the Clinical Counseling Staff at your local [Fleet and Family Support Center](#), [Military Treatment Facility](#) or [Military OneSource](#) for assistance.

## September is Child Safety Month

Many of us rely on electronic and video gaming for various reasons – to entertain us, to minimize boredom or to relieve stress. Video gaming is a billion-dollar industry that targets young adults. Consequently, many young parents have made electronic and video gaming one of their favorite pastime activities. Researchers who have studied this phenomenon reported that electronic and video gaming can have both a negative and positive impact on the gamer and on others. For instance, research conducted by the Office of Naval Research suggests that there are "some video games that can help adult's process information much faster and improve their fundamental abilities to reason and solve problems." However, many young parents and childcare providers are responsible for infants and toddlers but preoccupied with electronic and video gaming; they are putting their children at risk. Child fatality studies indicate that many parents are increasingly being distracted by frequent electronic and video gaming activities. According to Dr. Barbara Craig, CAPT, MC, USN (Ret.), Founder and Director for the Armed Forces Center for Child Protection and the Department of Defense's leading forensic pediatrician, "too many parents are compromising their child safety due

*(Continued on next page)*

iPhone, iPad User...  
Download JSS  
at the App Store

Add JSS to your  
Mobile Network  
[www.jointservicesupport.org/  
jss/Mobile.aspx](http://www.jointservicesupport.org/jss/Mobile.aspx)

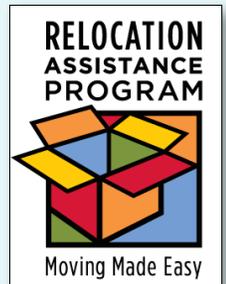


JSS Dial-in Access 24/7?  
**1-877-JSS-NOW1**  
(577-6691)



### You've arrived!

Your children may still have some big adjustments ahead of them. It is normal for kids



to take three months or more to adjust to a new home. Spend time listening, explaining and reassuring and the adjustment will go more smoothly for your entire family.

### New Spouse Orientation

is now available on-demand. It provides information on benefits, support services, military culture and resources to help new Navy Spouses adapt to the military lifestyle.



## Child Safety Month (continued from page 2)

to their electronic and video gaming obsession." There have been numerous child deaths reportedly caused by young parents or other childcare providers who were focusing on playing a video game when they should have been tending to the needs of a child. Autopsy reports confirmed that these types of incidents involved children who were suffocated, beaten or malnourished. As with most life activities, we must take every precaution to minimize the risk and safety hazards.

Below are several indicators that parents and childcare providers should become familiar with to determine if they or someone they know is in need of support to help them prevent child abuse and child neglect:

- Cannot stop playing
- Poor school and work performance
- Lying about how much they play
- Decreased attention to hygiene
- Decreased attention to family and friends
- Decreased sleep
- Withdrawal symptoms
- Irritability if someone prevents them from playing
- Negative outcomes in personal relationships
- Intense guilt or intense pleasure in gaming
- Spending too much money on videogames

To learn more about how you can keep children safe contact your local New Parent Support Home Visitation Program go to [www.ffsp.navy.mil](http://www.ffsp.navy.mil).

## Baby-Proofing Your Home

When you have a baby, whether it is your first or fifth, nothing is more important than ensuring his or her safety. A home can be filled with many potential baby hazards, but there are a few easy safety precautions you can take to baby-proof your home:

- Lock your window latches or window guards to prevent children from falling out of upper floor windows.
- Ensure window coverings are safe; corded window coverings and blinds can be a strangulation hazard. The [Window Covering Safety Council](http://WindowCoveringSafetyCouncil.org) offers free repair kits to make corded window coverings safer.
- Install cabinet and drawer latches to prevent children from getting into hazardous chemicals.
- Stay up-to-date on [safety recalls](#) for all home products.
- Find additional important home safety information at [www.cdc.gov/safekid](http://www.cdc.gov/safekid) and [kidshealth.org/parent/firstaid\\_safe/](http://kidshealth.org/parent/firstaid_safe/).

If your home does not meet your safety needs, contact the Navy Housing Service Center (HSC) for assistance. You can find Navy HSC contact information online at [www.cnic.navy.mil/HousingQuickReference](http://www.cnic.navy.mil/HousingQuickReference).

## Ready and Resilient Navy Families Webinar Series

Navy Fleet and Family Readiness has developed a series of webinars specifically designed to help Navy families adjust to the challenges of deployment.



These 60-minute webinars will provide Sailors and family members with the knowledge, resources and tools to promote and enhance family resilience. The September webinar will take place on September 19 at 1 P.M. Eastern Time and will focus on suicide prevention. Empower yourself with the knowledge to [ACT](#) so that a Sailor, friend or family member in

distress receives the help needed to stay afloat.

To enter and attend the webinar, Sailors and family members should follow the instructions below:

1. Open Internet Explorer on your computer. Click on the following link: <http://zeiders.adobeconnect.com/deploymentfamilies/>.
2. Type your name in the box next to the "Enter as a Guest" label.
3. Click the "Enter" button. The classroom will open in a new screen window. This is a pop-up window, so you may have to disable that security setting for this instance.



## Are You Prepared?

If a catastrophic disaster were to occur today, would you be prepared? Would you have an emergency kit ready for use? If you and your family were separated, would you know what to do? September is National Preparedness Month and it is the perfect time to evaluate if you and your family are prepared for an emergency or disaster.

**Be informed.** Find out what disasters are most likely to happen in your area and the history of their occurrence. Local emergency management offices can help you identify the potential hazards, provide an outline of the local plans, and make recommendations for you and your family. You should also become familiar with the location of emergency facilities.

**Have a plan.** Talk with your family about different disasters and what actions to take for each of them. Find out the various evacuation routes and establish a designated meeting place. Discuss how you will communicate with each other if you are separated and designate one or two out-of-state contacts who you can "check in" with and make contact cards with important phone numbers for each family member to carry. Practice your plans and ensure that your children know what they are supposed to do.

**Have an emergency kit.** This is a collection of basic items you may need in the event of a disaster. Having emergency kits for your home and vehicle will permit you to evacuate more quickly and or ensure that you and your family can meet your basic needs until help arrives. Review the information available on [www.Ready.Navy.mil](http://www.Ready.Navy.mil) and [www.Ready.gov](http://www.Ready.gov) to find out what supplies you should have in your kit.

The time and effort you and your family invest in planning will make a difference in your ability to handle any potential emergency situation or disaster and will help each of you to stay safe.

Download the Navy Family Accountability and Assessment System (NFAAS) App. This app is a great resource for emergency preparedness information and can connect you directly to NFAAS. Download it today for your iPhone or Droid. Search for NFAAS or scan the appropriate QR code below.

Droid



iPhone



## NAVY ia

### U.S. Navy Individual Augmentees

[Like us on Facebook.](#)



### 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."

## Employment and Transition Corner

### 'Veteran Pledge Initiative' from the Small Business Association

The Small Business Administration (SBA) announced the SBA Veteran Pledge Initiative, a commitment by its top lenders to collectively increase lending activity to veterans by five percent per year for the next five



U.S. Small Business Administration

years! SBA expects to assist an additional 2,000 veterans with support from some of their top 20 national lending partners, and approximately 100 additional regional and community lending partners across the United States. The loans will help veterans start or expand small businesses. The increase in lending looks to be about \$475 million over the next five years. To read more on the Veteran Pledge Initiative visit the [SBA webpage](#). To learn more about additional opportunities for veterans available through the SBA visit <http://www.sba.gov/veterans>.



### IA Discussion Group Schedule

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

# Navy OMBUDSMAN

# 43 YEARS

*of standing watch  
over our families*



To contact your ombudsman go to  
[www.ombudsmanregistry.org](http://www.ombudsmanregistry.org)

