



TABLE OF CONTENTS

- Back to School
- Taking Care of Yourself is NOT Selfish
- "How You Doin'?"
- It's Your Choice, Make it Healthy
- Talk Kit for Military Families
- Family Employment Readiness Program
- Navy Life iPhone/iPod Touch Application
- A Step-By-Step Guide to Facebook Privacy Settings
- The Little Big Things
- Defense Centers of Excellence
- H & R Block Military Scholarship Employment Program
- Here's to the Heroes
- eKnowledge Donates Test Prep Software to Military Families

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](http://www.ffsp.navy.mil)

[www.facebook.com/Navyffsc](http://www.facebook.com/Navyffsc)

[twitter.com/Fleet\\_Family](http://twitter.com/Fleet_Family)

If you have questions or comments about the content of *Family Connection*, please contact Bruce Moody at [bruce.moody@navy.mil](mailto:bruce.moody@navy.mil).



## Back to School

Where did the summer go? The first day of school is just around the corner. Some parents mark the calendar as if the day is a bonafide holiday, and students just wish they could turn back time. Let's redirect the grumpiness of "back to school" with great expectations. Both parents and students, from kindergarten to college, may experience anxiety. No one can be fully prepared for the year ahead, but these tips might make it a little easier:

- **Obtain school information.** Most schools host websites with information about policies, teacher links, homework and grading, lunch menus and the year's calendar. If not, use the old-fashioned method and call. School personnel report to work weeks before classes start, so be proactive.
- **Supplies.** Some schools send out lists prior to school starting. If so, stock up early. Before you go, assess what you may have left from last year. If a list is not provided, many retail stores offer generic lists arranged by grade level.
- **Don't forget the gear (clothing).** There will be lots of back-to-school deals. Establish a budget and stick to it. Don't forget thrift stores; they have great finds from school uniforms to jeans. Many states have tax-free shopping days. For participating states, go to [http://www.taxadmin.org/fta/rate/sales\\_holiday.html](http://www.taxadmin.org/fta/rate/sales_holiday.html).
- **Get back into a routine.** Two to three weeks before classes start, have your child go to bed earlier and get up earlier. Increase the time increments every few days and your child will be less resistant to the early morning wake-up calls for school. In addition, have your child lay out clothing the night before. It teaches organization and saves time.
- **Set aside time on the first day of school.** Talk to your children beforehand about whether they would like you to go with them. You and the teacher should work together for the benefit of your child.
- **Technology devices.** Almost every school has a policy for mobile devices and usage. Save yourself and your student any miscommunication by reviewing this policy before classes start, or no later than the first day of school.



*continued on page 2*





## **Back to School** *continued from page 1*

- **Safety.** Create a plan in case of an emergency. Practice a safety word or code with younger children.
- **Establish limits and boundaries.** This is very useful especially for teens. Discuss appropriate curfews and behavior. Talk about limits for debit or credit cards use and expectations.
- **Parents of college-bound students.** Remember this is a rite of passage toward independence. Rely on the messages you have already shared throughout their life. Establish a time to communicate weekly or bi-weekly and give your child room to experience this new adventure.

Have a family meeting to come up with ideas that meet everyone's specific needs. Talk with other parents, share lessons learned, and have a great school year!



## **Taking Care of Yourself is NOT Selfish**

Spouses serve too! You provide support and stability in maintaining resiliency and mission readiness. While managing family separations, changing jobs and assuming the role of both parents, meeting the needs of everyone tends to take center stage. So, it only makes perfect sense that you move to the front of the line. Be an example to your children through action:

- **Get rest.** Sleep is very important. You will be better prepared to deal with tomorrow if well rested. Create a bedtime ritual - meditating, reading or drinking a relaxing tea - whatever works for you.
- **Keep it moving.** Incorporate some type of exercise daily. The endorphins generated have lasting benefits and are addictive.
- **Eat well.** A balanced diet with loads of fruits and veggies reduce snacking. Remember to stay hydrated by drinking plenty of water.
- **Ban negative talk.** Be your own best advocate - no negative self talk. This includes those you allow into your circle.
- **Laugh out loud.** Commit to doing something fun every day. Make time for yourself - read, chat with a friend, or watch a favorite cartoon.



Emotional support is vital to military life, and especially during deployment. Get the facts and learn about resources available from your command ombudsman, Family Readiness Groups and Fleet and Family Support Centers. It is okay to hang up the superhero cape. You are the root from which everything grows. The goal is to be your best self, allowing you to care for yourself and your family. When you feel good, things get done!

## **Blue Star Museums**

More than 600 museums across America offer free admission to all active duty military personnel and their families from Memorial Day through Labor Day 2010. The complete list of participating museums is available at [www.arts.gov](http://www.arts.gov).



**Monthly Quote**

*"You must be the change you want to see in the world."*

*-Mahatma Gandhi*

**"How You Doin'?"**

From time to time, we must take a reading to see how we are doing. When asked, an automatic "I'm fine" comes out without really thinking about it. We are each the captain of our ship and when off course, we may need to chart a new one. Take this quick survey and see if you are on course.

1. Do you tire more easily? Feel fatigued rather than energetic?
2. Are you working harder and harder and accomplishing less and less?
3. Are you increasingly irritable? More short-tempered? More disappointed in the people around you?
4. Are you suffering from physical complaints: aches, pains, headaches, a lingering cold or illness?
5. Are you unable to laugh at a joke about yourself?
6. Are you seeing close friends and family members less frequently?
7. Is joy elusive?

If you answered "Yes" to two or more, it may be time to get back to basics. Consider concentrating on taking care of you. Fleet and Family Support Center programs offer resources on parenting, financial management, relocation assistance, information and referral, spouse employment services, family advocacy, counseling and transition assistance. For more information go to: [http://www.cnic.navy.mil/CNIC\\_HQ\\_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/index.htm](http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/index.htm).

**It's Your Choice, Make it Healthy**

Get out of the "drive thru" line and into the commissary for savings of 30 percent or more! Defense Commissary Agency (DeCA) is a partner with TRICARE, DoD nutrition and medical professionals from all services in an effort to encourage military consumers to read labels and make healthier food choices to improve health and control weight.

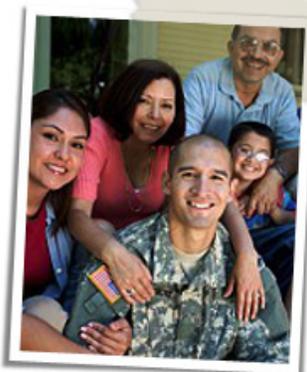
To help commissary shoppers make informed decisions while shopping, there are 13 "shelf talker" mini signs that contain simple dietary tips based on the new "Dietary Guidelines for Americans."

"Take the Pledge" to help address the chronic issue of childhood overweight and obesity. At the TRICARE Get Fit website there are educational games for children, community resources and family tools available.

Check this link for tips, information and recipes: [http://www.commissaries.com/healthy\\_choices.cfm](http://www.commissaries.com/healthy_choices.cfm)

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

NFAAS allows Navy personnel to manage the recovery process for personnel affected by a wide-spread catastrophic event. It is also helpful in providing commands with information to support IA family members while their sponsors are deployed overseas. Log on to NFAAS at <https://www.navyfamily.navy.mil>.



## Talk Kit for Military Families

As a parent in a military family, you know that a lot of ups and downs come with the territory. The members of your family are strong, proud and resilient. But you are also faced with many challenges - deployment, moves, possible injury - and it is often hard to know how to talk about these challenges with your child. That is why this "Talk Kit," specifically for the military, was created. With ideas on how to start talking, scripts on what to say, and tips for answering tough questions, this kit can help you keep the child in your life healthy and drug-free. Please visit: <http://www.timetotalk.org/military>

For more detail on these issues, and specific resources for caring adults, go to <http://www.time-totalk.org/military/pdf/10%20things%20article-NMFA09.pdf> for a free downloadable copy of *10 Things Military Teens Want You to Know*.



## Family Employment Readiness Program

The Family Employment Readiness Program (FERP) addresses career challenges through workshops that include topics on launching a job search, career planning, resume writing, interviewing techniques, federal employment information and vocational programs, conducting self-assessments and goal setting. Learn to market yourself and navigate social networking options like Facebook, Twitter and LinkedIn. Gain tips to capitalize on the benefits of online assistance and get the 4-1-1 on local employers and job fairs. Whether you are new to the area, changing careers, or beginning a new one, FERP is a great place to start. Go to: [http://www.cnic.navy.mil/CNIC\\_HQ\\_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamily-SupportServices/FamilyEmployment/index.htm](http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamily-SupportServices/FamilyEmployment/index.htm)

Back Deployment Readiness

**Deployment Readiness**

FFSC professionals understand the challenges that deployments may pose and offer a variety of programs and services to help commands, service members and their families prepare before, during and after deployments.

Programs Videos News Settings

## Navy Life iPhone/iPod Touch Application

A new interactive iPhone/iPod application, "Navy Life," to help increase Navy family knowledge of valuable quality-of-life programs is at your fingertips.

The iPhone/iPod application is a free download available through the iTunes online store. The application provides videos, links and information on resources available to Sailors, retirees and their families. It also features links to the Navy Gateway Inns and Suites reservations website, Navy Housing OneStop, Military OneSource, Facebook pages for MCPON, Navy Fleet & Family Readiness and more.

For more information go to: <http://navylifeffr.com/>. Or to download NOW visit: [http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?mt=8&ign-lr=Lockup\\_r2c1&id=368752284](http://itunes.apple.com/WebObjects/MZStore.woa/wa/viewSoftware?mt=8&ign-lr=Lockup_r2c1&id=368752284)



## A Step-By-Step Guide to Facebook Privacy Settings

Confused by all the changes to Facebook's privacy policies? The Navy has developed a step-by-step guide for Facebook privacy settings. It is easy to follow and can help you safeguard your privacy while enjoying the benefits of Facebook. Sailors, Navy personnel and their family members are encouraged to use the minimum recommended privacy settings on Facebook. To learn more about the privacy settings go to: <http://www.slideshare.net/navyffsc/recommended-facebook-privacy-settings>.

It is your decision to share more or less information - just make it an informed decision! If you have questions regarding the guide to Facebook privacy settings, please contact Mr. Bruce Moody at [bruce.moody@navy.mil](mailto:bruce.moody@navy.mil).





## The Little Big Things

by Darla Humbles, Deployment Program Analyst

In preparation for deployment, we generally take care of the “big things” before our service member deploys - making sure ID cards are current, updating wills, power of attorney and life insurance. As a spouse, we understand that deployment is a big part of the military lifestyle and know to safeguard important documents such as birth certificates, marriage license, and social security cards. Often, we are very prepared for deployment, as far as paperwork, but do we take time to plan for the “little big things”?

The “little big things” are those details that are generally overlooked during deployment preparation. However, they can be equally important. For instance, what is the plan if you get a flat tire, have to work late, or need someone to pick up the kids from child care? What if you are feeling under the weather and need prescriptions from the pharmacy, or just need a sitter to go see a movie with some friends?

Having assistance with the little unforeseen events can make a big difference. Begin to identify and create a strong support system. Some of you may be physically separated from your usual support system and not had the time to develop a new one. Be open to receive support and actively reach out to other spouses through Family Readiness Groups. Offering support is a beginning to a new exchange as well.

It is important to build a dependable support system. Use the resources and services available to help you have a successful deployment. The Fleet and Family Support Center offers a variety of deployment support programs to assist commands, Sailors and their families. For further information, go to:

[http://www.cnic.navy.mil/CNIC\\_HQ\\_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportServices/DeploymentReadiness/index.htm](http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportServices/DeploymentReadiness/index.htm)



## Returning Warrior Workshops (RWW)

This weekend workshop focuses on making a successful transition from the war zone to the homefront. The workshops are expense-paid weekend events, set at four-star hotels, for service members and their spouses or significant other.

For the 2010 schedule, visit the Navy Individual Augmentee website at [www.ia.navy.mil/](http://www.ia.navy.mil/).



## IA Discussion Group Schedule

Go to [www.ffsp.navy.mil](http://www.ffsp.navy.mil) to view the Fleet-wide list of classes, support groups and events specifically for individual augmentees (IAs) and their families.





## Defense Centers of Excellence

### National Center for Telehealth and Technology (T2)

T2, a component center of Defense Centers of Excellence (DCoE), researches, develops, evaluates and deploys new and existing technologies for psychological health and traumatic brain injury across the DoD. T2 serves as the principal DoD coordinator in such areas as innovative technology applications, suicide surveillance and prevention, online behavioral health tools and tele-psychological health. For more information go to: <http://www.t2health.org/>

### Defense and Veterans Brain Injury Center (DVBIC)

The primary operational traumatic brain injury component of DCoE, DVBIC ([www.dvbic.org](http://www.dvbic.org)) serves active-duty service members, their dependents and veterans with traumatic brain injury through state-of-the-art medical care, innovative clinical research initiatives and educational programs. For more resources and updates visit: <http://www.dcoe.health.mil/>



## H & R Block Military Scholarship Employment Program

Full scholarships are available to military spouses for the H&R Block Income Tax Course. Upon successful completion of the course, you could potentially become a tax professional and earn extra income. The program offers flexible course times, convenient locations and bilingual course options.

Contact your Family Employment Readiness Program (FERP) representative at your local Fleet and Family Support center for eligibility and scholarship information. Or go to: [http://www.cnic.navy.mil/CNIC\\_HQ\\_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportServices/CNICD\\_A065580](http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportServices/CNICD_A065580) for the FFSP Regional Office Directory.



## Here's to the Heroes

Throughout 2010, members of the military and as many as three (3) direct dependents may enter SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission.

For more information visit: <http://www.herosalute.com/>

## eKnowledge Donates Test Prep Software to Military Families

SAT and ACT software may be ordered online or by telephone. To order online follow these two simple steps:

1. Go to [www.eKnowledge.com/USA](http://www.eKnowledge.com/USA)
2. Enter Sponsorship Code: FMX944199

To order by telephone call 951-256-4076

**2010 SAT Test Dates:** October 9      November 6      December 4

**2010 ACT Test Dates:** September 11      October 23      December 11

*There is a nominal charge of \$13.84 per standard program for the cost of materials, processing, distribution and customer service. eKnowledge does not profit from this venture.*

