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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.

If you have questions or comments, contact John Levinson at [john.levinson.ctr@navy.mil](mailto:john.levinson.ctr@navy.mil).

Visit us online at:



Scan QR Code, access via mobile device.

## Navy Family Ombudsman Program - Keeping Families Connected

September 14th is the day that commemorates the anniversary of the U.S. Navy Family Ombudsman Program. Every year, ombudsmen are honored on or around this day at installation ombudsman appreciation events. Making a difference with each connection, ombudsmen are trained volunteers who act as a liaison between the command and the command families, offering information and referral to resources designed to benefit Navy command families. Take a few minutes this month to contact your ombudsman and thank them for their efforts to support command families. CNIC's Ombudsman Program Team would like to extend our appreciation to all the ombudsmen and the commands that support the Ombudsman Program. [Contact your ombudsman.](#)



**“The happiness of your life depends upon the quality of your thoughts.”**

– Marcus Aurelius





## It's Not Easy Being Green: Life Skills

New standardized workshops that connect the mind, body and spirit are available to service members and their families: Life Skills Training 2011 is all about self-discovery. Participants will be provided an opportunity to explore new ways to communicate, interact and problem-solve. The workshops will focus on three areas using conflict to direct positive change; harnessing the power of communication to strengthen relationships through mutual respect and understanding; and employing thought management and problem-solving strategies to obtain and stay in Operational Stress Control (OSC) mission-ready green!

Each workshop promotes self leadership to gain awareness, make new choices and take new actions.

Choose from:

- Communication Skills (1-hour),
- Conflict Management (1-hour),
- Stress Management 101 (1-hour)
- Stress Management Multi-session (8-hours)

Contact your local [Fleet and Family Support Center](#) for program schedules.



## It is National Preparedness Month!

On September 11, 2011, the nation will observe the 10th anniversary of the terrorist attacks on the U.S. World Trade Center and Pentagon. This tragic event, in which nearly 3,000 victims lost their lives, serves as a reminder that we must always be prepared for potential hazards. As a result of these attacks, the month of September is now designated as National Preparedness Month. You and your family are encouraged to prepare for the full range of hazards including natural disasters, cyber attacks, pandemic disease and acts of terrorism.

To fully prepare yourself and your family, create an emergency kit that includes supplies for at least three days. These kits will enable you and your family to respond to an emergency more effectively. Although the most helpful kits include items that best suit your

family's particular needs, remember the basic supplies such as water, food, first aid kit and money.

Because hazardous events are unpredictable, you should be prepared with an emergency kit at home, at work and even in your car. In addition to food, water and first aid supplies, keep comfortable walking shoes in case you must walk long distances to get to safety or to meet your family. Regularly evaluate and update all your emergency preparedness kits to ensure they will provide you and your family with basic needs during an emergency.

If a disaster is declared, be sure to muster with your command or through the Navy Family Accountability and Assessment System (NFAAS). For more information on how to create an emergency kit and prepare for all hazards, visit the Commander Navy Installations Command, [Operation Prepare](#) Web page.



## Smiles Over Miles Program

The Smiles Over Miles program is a totally secure video messaging platform that allows service members to stay connected with family and friends while separated by deployments and other assignments. The USO is pleased to offer you a FREE, one-year Smiles Over Miles account. The goal is to

provide every active duty U.S. Service Member with a FREE Smiles Over Miles account. To get started, go to [Smiles Over Miles](http://SmilesOverMiles.com).



## Navy Child & Youth Programs for Back to School

As the school year begins, it is the peak season for securing caregivers. Did you know that Navy Child and Youth Programs (CYP) provide developmental child care and youth recreational programs and services for eligible children and youth ages four weeks to 18 years?

Navy's CYP system of care provides center-based, quality developmental child care for children ages six to 12 years of age in youth centers, community centers, and schools worldwide. Services consist of before- and after-school care, teacher-in-service full-day care, holiday and summer full-day camps, and hourly care designed to meet individual family readiness needs including transportation to and from many school districts.

The Youth Programs provide developmental recreational/sponsorship programs for Navy youth ages six to 18 years of age through Youth Centers and Community Outreach Centers worldwide. All programs are nationally affiliated with the Boys and Girls Clubs of America and 4H. The Navy provides all Navy youth free memberships to over 3,000 Boys and Girls Clubs in communities throughout the United States. Where an installation youth program is not available, the Navy offers the Mission Youth Outreach Program. Request for care applications can be completed online at <https://qol.navyaims.net/CYPWeb/>.



### Sittercity

If installation child care and youth programs are not available to you, use your free Sittercity membership to find quality babysitters, nannies and tutors to help throughout the year. Your Sittercity membership has been provided by DoD, and is at no cost to you (\$140 value!)

Sittercity can help you find before- and after-school babysitters, CDH/ FCC caregivers, school holiday care, homework help, short-notice caregivers, as well as senior care, pet care and housekeeping. Caregiver profiles feature background checks, references and reviews from other site members who have used their services. The "Post a Job" feature allows you to instantly send out your open position to all of the caregivers in your area. Check out local sitters today at [www.sittercity.com/dod/](http://www.sittercity.com/dod/)



### 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. Log on to NFAAS at <https://www.navyfamily.navy.mil>.





## TRICARE® Resources for New and Expectant Parents

### Well-Child Care: No Co-Pays or Cost-Shares

Keeping toddlers healthy is a big responsibility and TRICARE® is here to help. TRICARE® provides well-child care for eligible children from birth to age six. There are no copayments or cost-shares for well-child care. The well-child benefit includes routine newborn care, comprehensive health-promotion and disease-prevention exams, vision and hearing screenings, routine immunizations and developmental assessments.

### The Parent Review

The Parent Review offers weekly, customized emails to new and expectant parents who receive care at select military treatment facilities (MTFs) and civilian practices. Beginning in the seventh week of pregnancy, through birth and up to the child's third birthday, mes-

sages are sent directly to the mother's personal email. Included are tips, questions and answers, information on their baby's current stage of development, parenting news and recent research. Emails may also include customized information from the MTF where they receive obstetric or pediatric care.

One mother mentioned forwarding the emails to her husband, who was deployed during her pregnancy. She appreciated the messages as a way to inform and include him in her experience. Another mother said that she sends the email to her mother, who lives out of state, as a way to include her in the pregnancy.

To learn more about the well-child care benefit, the Parent Review and other resources to help families keep their child on the path to healthy development, visit [www.tricare.mil/baby](http://www.tricare.mil/baby).

## A Definition of Courage: Asking for Help

It is understandable that there is a stigma associated with seeking counseling; that one is weak, or that counseling is only for depressed or suicidal individuals. Actually, most people will have some form of depression or anxiety in their lifetime. Asking for help when you need it takes courage.

In times of increased deployments, frequent relocations and financial uncertainty, daily living problems can seem more difficult; it is good to have a place to go to receive support and guidance. Clinical counseling at the [Fleet and Family Support Centers](#) provides help to address issues of personal crises, grief, marital discord and parenting in a non-medical environment.

The Clinical Counseling Program includes educational, preventive and therapeutic services to promote improved quality of life and increased resilience are available to service members and their families, both CONUS and OCONUS. Seeking help and support before issues turn into major difficulties is the key; asking for help shows strength.



## New Standards for Infants and Toddlers: Safe Sleeping Practices and SIDS Prevention

One of the most pleasurable moments that many parents experience occurs while watching their little one sleep. For many parents, it allows them time to tend to needed tasks or simply to give themselves some overdue loving care. For whatever reason we cherish that moment, we must be mindful of the potential hazards a child can succumb to while sleeping. Therefore, we must utilize safe sleeping practices. Earlier this year, the American Academy of Pediatrics (AAP), the American Public Health Association (APHA), and the National Resource Center for Health and Safety in Child Care and Early Education (NRC) released the Third Edition of the *Caring for Children: National Health and Safety Performance Standards*. This edition lists the newly identified best practices and gold standards for the health and safety of children and how to prevent Sudden Infant Death Syndrome (SIDS).

Below is a summary of the recommended standards and best practices that should be implemented by all parents and child care providers for infants and toddlers:

- Infants up to 12 months must be placed on their back when sleeping.
- Cribs should contain a firm mattress and tight fitted sheet.



- Infants should not be allowed to sleep in any furniture and/or equipment that is not a safety approved crib.
- Infants and toddlers sleeping in furniture and/or equipment other than a safety approved crib should be immediately removed and placed in a crib on their back.
- One crib for one infant or toddler.
- Soft or loose bedding should be kept out of a sleeping infant or toddler's reach. This includes bed padding, comforters, pillows, quilts, cloth diapers and anything that a child could grasp.
- Toys, both mobile and stationary, and any other play equipment should be kept away from sleeping infants and toddlers.
- The caregiver should always be in close proximity of a sleeping infant and toddler, to the extent that they can hear and/or directly observe them.
- Bedding should be clean.

- The room where the infant and toddler is sleeping should have sufficient lighting that exposes their skin color, the infant's breathing pattern and the position of a pacifier (if one is used).
- Pacifiers should be removed from a sleeping child's mouth and placed out of reach.

For the entire report and more extensive information regarding children's health and safety, go to <http://nrckids.org/CFOC3/PDFVersion/list.html>. Remember to ask about the New Parent Support Home Visitation Program at your local [Fleet and Family Support Center](#).

### IA Discussion Group Schedule

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

### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & IA Family Events - [www.ia.navy.mil/](http://www.ia.navy.mil/)





**RAP Tip:**

Remember to file your claim! As a customer, you have 75 days from delivery to notify Transportation Service Providers (TSP) of loss or damage to your household goods. Once a customer submits a claim, TSP has 60 days to respond. Once all items are settled, the TSP must pay the claim within 30 days. If TSP does not meet these timelines, notify the Military Claims Office and your destination Personal Property Shipment Office. The best advice - watch the claims video at [www.move.mil](http://www.move.mil).

Add JSS to your Mobile Network  
[jssmobile.org](http://jssmobile.org)

iPhone, iPad user...  
**Download JSS at the App Store** ▶

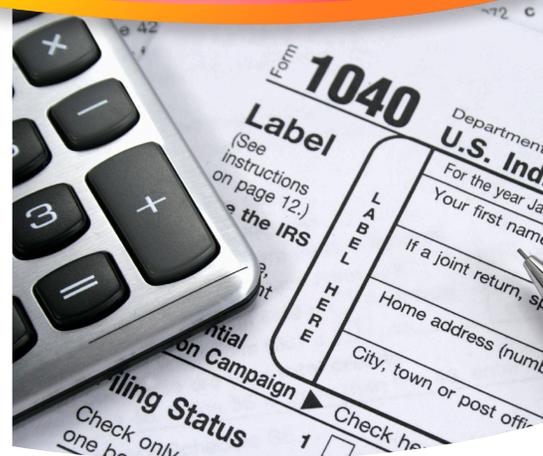
JSS Dial-in Access 24/7?  
**1-877-JSS-NOW1**  
 (577-6691)

## Coming Home

The graphic story [Coming Home](#), developed for Military OneSource, helps service members returning from combat and their loved ones understand reunion and reintegration issues. Issues include marital stress, drug and alcohol abuse, aggressive driving, sleep problems, and combat stress symptoms that left untreated can grow more serious and harder to beat.



*Note: Not intended for children or adolescents.*



## FREE Income Tax Course for Military Spouses and Wounded Warriors

Full scholarships are now available to military spouses for the H&R Block Income Tax Course!\* Learn how to prepare taxes now. Upon successful completion of the course, you could potentially become a tax professional and earn extra income.

Flexible course times and convenient locations will fit your schedule and bilingual courses are available! Contact your local [FFSC](#) Family Employment Readiness Program work and family consultant for eligibility and scholarship information. For more information, call 1-800-HR-BLOCK or go to [hrblock.com/class](http://hrblock.com/class).

*\*Enrollment restrictions apply. See enrollment form for details. Full scholarship offer applies only to active-duty and Reserve component military spouses. Enrollment in, or completion of, the H&R Block Income Tax Course is neither an offer nor a guarantee of employment. Offer good through 12/31/11.*

## Navy Individual Augmentee Hall of Honor

The [Navy Individual Augmentee \(IA\) Hall of Honor](#) recognizes Sailors who were on IA orders, served their country, and performed above and beyond the call of duty during Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF) and Operation New Dawn (OND). In addition, it pays special tribute and honors our fallen IA Sailors who paid the ultimate sacrifice for our country while serving during these overseas contingency operations.





### Ways to Save: Use Coupons – It’s Free Money!

If you have ever picked up the weekend newspaper, you have probably noticed that it is full of coupons. Coupons can stretch your shopping dollars. At the Commissary, a family of four can save more than \$4,400 a year. Subscribe to the Commissary Connection newsletter; check out the coupon links, recipes and [DeCATV!](#)

### Career Opportunities for Military Talent

Thank you for your service! Many transitioning military leaders have joined Amazon, earth’s most customer-centric company. Their successes are due in part to the similarities between the fast-paced, dynamic environment found in today’s armed forces and Amazon’s leadership principles. Military members have joined Amazon’s team of leaders and continue to innovate, create and develop throughout the company. If you are a passionate leader who believes in these leadership principles, Amazon might be for you!

Apply online at [Amazon](#).

*As an Equal Opportunity employer, the Amazon group of companies is committed to a diverse workforce and is also committed to a barrier-free employment process. In order to ensure reasonable accommodations for individuals protected by Section 503 of the Rehabilitation Act of 1973, the Vietnam Era Veterans’ Readjustment Assistance Act of 1974, and Title I of the Americans with Disabilities Act of 1990, as amended, individuals that require accommodation in the job application process for a posted position may contact us at 866-437-9078 for assistance.*



## FREE College Fairs and Workshops for Military Families!

Whether you are looking for a future in medicine or film—fresh out of high school or changing career paths—there is a college fair that fits the needs of every student, both traditional and non-traditional. The National Association of College Admission Counseling (NACAC) hosts more than 74 National College Fairs and Performing and Visual Arts Fairs throughout the year. Launched in 1972, the National College Fairs (NCF) program is one of the most reputable and productive tools for those seeking information about colleges, universities and other postsecondary institutions.

National College Fairs and Performing and Visual Arts College Fairs give students and parents alike the opportunity to interact face-to-face with college admissions representatives from around the world. Fair onsite offerings

include financial aid workshops as well as guidance counselors to help families navigate through the admissions process and other postsecondary education-related services. To ease the transition from a military to civilian lifestyle, especially to a college setting, colleges and universities have implemented programs with applicable information related to the GI Bill, the Yellow Ribbon Program, and the Fund for Veterans Education to assist military families.

“At the fairs, service members and their families can speak directly with college representatives who will discuss their individual needs and the programs that can assist them,” said NCF Director Greg Ferguson. [NACAC](#) offers a plethora of online resources, all just a click away. Attend a National College Fair or a Performing and Visual Arts Fair near you!

