

## Long Distance Parenting

As a Navy parent, there is always a chance that you may have to spend an extended period of time away from your children because of deployment. These fun activities, suggested by Dads at a Distance, can be used to stay connected to your family.

- Go to the mall and have a photo of yourself put on a pillowcase and then send it to your child. If you have a favorite cologne or perfume, put a little bit of it on the pillowcase to remind your child of you.
- Make a video and/or audio tape of you reading a bedtime story. Send the tape to your child along with a copy of the book.
- Arrange for flowers, pizza or a gift of some kind to be delivered to your child before or after a special event (i.e. a play, recital, sports event etc.) Include a note telling your child how proud you are of his/her accomplishment.
- Choose a photo from your photo album that you can send to your child and then write a letter explaining the events surrounding it. Also, if you and your child both have access to the internet, consider starting a family homepage. One free resource available to families is Family Domain, located at [www.familydomain.com](http://www.familydomain.com). They provide you with Web site templates, a family announcement board and fun games that you can download and play with your child.



## Celebrating Our Future Heroes

Each year, during the month of April, the Navy celebrates the *Month of the Military Child* to celebrate our future heroes today. FFSCs throughout the country and the world will have special activities and events to celebrate and recognize the many sacrifices children of the military make for our country. Check with The Center to find out what is happening at your base during April.

### Resources:

National Institute for Child Care  
<http://www.nncc.org>

New Parent Support  
<http://www.persnet.navy.mil/pers66>

Child Abuse Prevention Network  
[www.child-abuse.com](http://www.child-abuse.com)

Military Family Resource Center  
<http://www.mfrc-dodqol.org>

National Clearing House on Child Abuse  
 and Neglect Information  
<http://nccanch.acf.hhs.gov>

The Nurturing Parenting Programs  
 created by Dr. Stephen Bavolek  
[www.nurturingparenting.com](http://www.nurturingparenting.com)



Serving the Course for Successful Children

CHILDREN'S SERVICES PROGRAMS



Meeting Your Needs. At Home. At Sea.

## Cherishing Children

**G**rowing up with Navy parents can be exciting and challenging. Navy families can travel the world, but it means leaving extended families, friends and schools with each move. These are sometimes difficult circumstances to face, but parents and children don't have to do it alone. The Fleet and Family Support Center (FFSC) has classes, counselors and information that deal with issues specific to military children. From prenatal to teenagers, The Center is setting the course for successful children.



## Help for All Ages

The Center offers a variety of programs and services designed to meet the unique needs of Navy children from conception to graduation. Here's a look at offerings that may vary from base to base:

- **Child Abuse Prevention** – The Center helps prevent abuse through education, victim assistance, intervention and referrals to community resources. Child abuse prevention is an all-hands issue. If you know it is happening you are required by law to report it. If you are aware of a problem, or are part of the problem, or if you just want information, get help at your local Fleet and Family Support Center. Other resources include:

**Prevent Child Abuse America** [www.preventchildabuse.org](http://www.preventchildabuse.org)  
**Child Help USA** 1-800-422-4453 or 1-800-4-A CHILD

- **Professional Counseling/Support Groups** – Provides counseling and support groups to children to help them meet the challenges of life at every stage of their growth and development. You don't have to have a problem to visit The Center's, licensed professional counselors. They can help children prepare for life's bumps in the road before they happen. Counselors can provide family and individual counseling.

- **Deployment Support** – Relocating can be a dramatic experience for military children who make transitions frequently. The Center helps children meet these challenges with a variety of programs for all members of the family that address the concerns about relocating.

- **New Parent Support (NPS)** – Babies don't come with manuals, so The Center offers classes, home visits, a library of resources and support groups to help new parents prepare to give their baby the best possible start.

- **Youth Employment Workshops** – The workshops include an interest assessment, resume preparation and interview preparation session. Participants learn how to construct an effective resume, how to present themselves well in an interview situation, and how to establish goals and acquire skills that will serve them well, not only in their present situation, but also when they apply for college or hit the mainstream job market upon graduation.

## Child Abuse Risk Factors



Child abuse occurs in all levels of society, however there are general signs that you can look for that may indicate that a child is being abused.

Abuse is more likely in homes where parents:

- Seem to be having economic, housing or personal problems
- Are isolated from their family or community
- Have difficulty controlling anger or stress
- Are dealing with physical or mental health issues
- Abuse alcohol or drugs
- Appear uninterested in the care, nourishment or safety of their children

By helping parents who might be struggling with any of these challenges, you reduce the likelihood that their children will be abused or neglected. Reach out to the children, too, and show them that you care.

