

MILITARY ONE SOURCE CONNECTION



Keeping you informed about products and services

1-800-342-9647

Getting a Grip on Teen Driving

Is your teenager learning to drive this summer? Graduated driver's-licensing programs that delay full licensing until new drivers are older are credited with a significant decrease in teenage road deaths. But teenagers still account for four times as many traffic fatalities as adults. Are your palms sweating yet?



Fortunately, many teenage motor-vehicle crashes are preventable, and proven strategies exist that can help keep your teenager safe on the road. You can start by reading the

articles *Helping Your Teenager Be a Safe Driver* and *Teaching Your Teenager How to Drive*. If your family is stationed overseas, you'll want to take a look at *Helping Your Teenager Drive Overseas* too, which describes how to find out about driver's license requirements in your host country. (Retrieve an article by typing its title in the search box at www.MilitaryOneSource.com.) The Centers for Disease Control (CDC) website also provides fact sheets and information for beginning drivers and their parents. (Go to www.cdc.gov and enter "teen drivers" in the search box.)

Looking for a Sweet Vacation Spot?

Have We Got a Deal for You...

Are you looking for somewhere special to celebrate a return from deployment? Trying to find a honeymoon paradise? Just want to get away for some rest and sun? As a service member or part of a military family, you're eligible for affordable prices at some great vacation spots:

- **Armed Forces Recreation Centers (AFRC) resorts** include resorts and clubs in Virginia (Cape Henry Inn and Beach Club), Florida (Disney Shades of Green Resort), Hawaii (Hale Koa Hotel), Germany (Edelweiss Lodge and

Resort), and South Korea (Dragon Hill Lodge), all brought to you by Family and Morale, Welfare and Recreation Command (FMWRC).

- **New Sanno Hotel** in Tokyo, Japan, is a new Joint Services Hotel operated by Navy MWR.

To learn about reservations, prices (rates are usually determined by rank and time of year), and watch video tours of all these destinations, go to www.MilitaryOneSource.com and enter "Armed Forces Recreation" in the search box.

And Now, Some Words from Our Users

The Military OneSource Facebook community is well over 50,000 members strong and growing. Here are some recent comments about our program:

April 12, 2011: I ♥ Military OneSource

March 22, 2011: Military OneSource helped me!!!!!! I now have a neurologist that specializes in MS. She has ordered the tests I need and I am feeling so much more optimistic. I cannot tell you enough times, if you're having a problem, try them, they will do everything possible to find you the help you need. All I can say is WOW!!!!!!

February 13, 2011: I just wanted to say THANK YOU for everything you all do for our Military!! Words can't even begin to explain how grateful & thankful I am as an army wife for this organization, also the amount of happiness this organization has brought to our Military too!!

Happy Father's Day to Deployed Dads

Our *Double Duty* CD Helps You Stay Connected with Your Kids

How can you bond with a new baby you've never seen? Or cheer for your 8-year-old's ball team when you're 6,000 miles away? Home again, how can you reconnect with your teen, who seems all grown-up now?



On our Military OneSource CD, *Double Duty: Staying Connected with Your Kids When You're a Deployed Dad*, fatherhood expert and former Marine Armin Brott talks about ways to stay close to your kids before, during, and after deployment. In addition, service members from all branches share their experiences as deployed dads and offer advice for keeping connections strong.

Order your free copy of *Double Duty* from www.MilitaryOneSource.com or by calling 1-800-342-9647. Or listen or download directly from the Military OneSource site. (Type "Double Duty" into the homepage search box.)

"Good info, as always. To all of you doing it for the 1st or 10th time, good luck, it's always harder on the kids, and can be earth-shattering for them. With help like this, it's do-able."
—March 21 Facebook comment about our *Double Duty* CD

Couples Communication: Talking About Difficult Subjects

At some point, every couple will need to talk about a difficult or painful subject. These tips can make the conversation easier:

- **Have the conversation at a stress-free time.** Avoid bringing up a sensitive issue when either of you is tired, hungry, or pressed for time. You'll also want to avoid talking about some issues when children might overhear.
- **Keep your sense of humor.** Studies show that couples with strong relationships use a lot of humor, which can break tension and help couples connect through stress and pressure.
- **Bring up one difficult subject at a time.** Raising a lot of sensitive issues in the same conversation can leave the other person feeling confused and defensive, especially if you haven't mentioned them before.
- **Make "I" statements.** Be specific about how you feel instead of generalizing about the other person. Avoid phrases such as, "You never," "You always," or "You're so..." that put people on the defensive.
- **Talk about the issue, not who's "right" or "wrong."** Focus on finding a solution instead of assigning blame. If you're unhappy because the living room always looks messy, you might say, "I don't feel free to invite co-workers home after work when our home doesn't look neat. Let's come up with another system for sharing the chores."
- **Acknowledge the other person's point of view.** This shows that you're listening even if you don't agree. Sometimes you can do this just by nodding or making a comment such as, "I understand."
- **Take a break if needed.** Take a break of about 15 minutes if your conversation becomes so overheated that either or both of you are on the verge of saying things you'll regret.
- **Look into counseling if you can't resolve your disagreements.** If your discussions seem to make things worse instead of better, consider talking with a couples' counselor for help with communication. You can call Military OneSource at 1-800-342-9647 for suggestions or to arrange face-to-face counseling.

*This information is excerpted from a longer MilitaryOneSource article. To read the entire article, go to www.MilitaryOneSource.com and type "Communicating as a Couple" into the search box.
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Military OneSource

By phone, online, and face-to-face

You name it. We can help—24/7!

1-800-342-9647

Overseas: xx-800-3429-6477 (Country access codes can be found online)

Collect from Overseas: 484-530-5908 (Dial an international operator first)

En español llame al: 1-877-888-0727

About Military OneSource

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to twelve sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the website at www.MilitaryOneSource.com.