

MILITARY ONE SOURCE CONNECTION



Keeping you informed about products and services

1-800-342-9647

Thank You Military Families

Military families do everything civilian families do, and far more. They pack up and move, build new communities, and deal with separations at an unbelievable pace. They work, sacrifice, give back, and bounce back in a way that that deserves our recognition and gratitude every day.

November is Military Family Month. All of us at Military OneSource join to thank families for their generosity,

courage, and willingness to undertake the tasks that make the world a safer place for everyone.

Military families deserve the highest-quality support. In this issue of the *Connection* we focus on what Military OneSource can do, every day, all day, to help your military family thrive and stay strong—at no cost to you..

Are You Thinking About Adoption? Military OneSource Can Help

Adoption is a dream come true for thousands of families every year. But because military families move so often, they can face extra challenges in the adoption process. In recent years, adoption agencies have begun to understand the many benefits that military families can offer adoptive children, and they're making the process easier.

Military OneSource resources can help you understand your options. Go to www.MilitaryOneSource.com and click on "Find Information," then on "Parenting and



Child Care." This takes you to current, comprehensive articles about adoption, including *Adoption for Military Families*, *International Adoption for Military Families*, and *Adopting a Child with Special Needs as a Military Family*. You'll also find links to helpful organizations like AdoptUsKids.org and information about the DoD Adoption Reimbursement Policy.

If you'd like to talk with an expert about your adoption questions, you can call Military OneSource at 1-800-342-9647 and ask to set up a free Adoption Specialty Consultation.

Cyberbullying What is It? How Can You Stop It?

Troubling news stories about cyberbullying are unfortunately on the uptick. We've all heard about teenagers who have been victimized by other teenagers through the Internet, interactive and other digital technologies, and mobile phones. Teenagers have taken their own lives after these incidents.

As a parent, it's important to make sure you know what cyberbullying is. It's also important to talk with your teenager about the serious damage cyberbullying causes. And it's important for them to know what to do if they or someone they know is a victim of cyberbullying

Our online toolkit, Your Teenager's Online World, explains the world of social networking. It also contains clear information about cyberbullying—what it is and how to talk with your teenager about it—other online risks, and helping your teenager understand how to stay safe and make good decisions online. Go to www.MilitaryOneSource.com, click on "Tools" in the top menu, then on "Toolkits" in the Family & Recreation box.

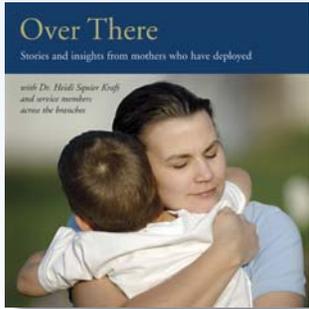
We'll Help You Stay Connected

When You're a Deployed Mom or Dad

Staying connected with your kids is critical when you're deployed. But it can be hard to know what to say and how to say it, especially when your children are growing and changing so fast. We've created these audios (available as CDs or to listen/download online) to help keep you connected.

Over There: Stories and Insights from Mothers Who Have Deployed

In this recording, Dr. Heidi Kraft, a former Navy psychologist whose twins were babies when she headed a combat-stress platoon in Iraq, discusses the unique challenges that deployed mothers face. She's joined by mothers from each service branch who've experienced deployment. You'll hear:



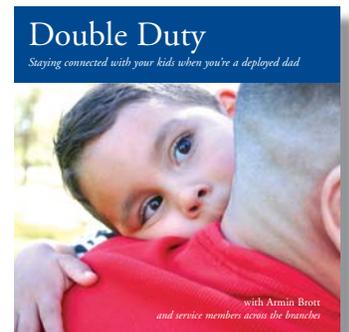
- How they managed goodbyes
- How they made sure their children were in good hands while they were gone
- What they did to stay close to their children
- How they stayed focused on their mission

Double Duty: Staying Connected with Your Kids When You're a Deployed Dad

In this recording, fatherhood expert and former Marine Armin Brott talks about ways dads can stay close to their children through the entire deployment cycle. You'll learn:

- How a child might react during each phase of deployment
- How to make departure easier on the whole family
- Ways to connect with your child while you're deployed
- What to expect when you return

(To order your free CDs or listen/download online, go to www.MilitaryOneSource.com and type "Over There" or "Double Duty" in the search box.)



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 Web site at www.MilitaryOneSource.com.

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