

Additional Information



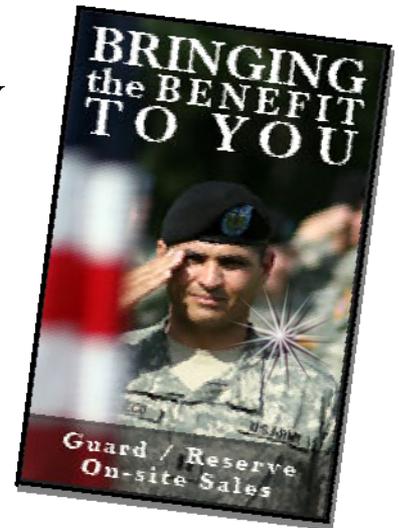
Commissaries & Exchanges



Expanding Guard and Reserve Access the Commissary Benefit



- On-site sales
 - Commissary managers coordinate with G & R units
 - Hire military family members
 - Communicate “Quality of Life” commissary benefit
 - Guard/Reserve On-site Sales System
- Virtual Commissary
(www.commissaries.com)
- Outreach Activities



Commissary On-site Sales: Delivering the Benefit!





The commissary — It's worth the trip

Commissaries.com

- Home
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- Customer Service »
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Guard/Reserve On-Site Sales

Online ordering window now open for:

NATIONAL GUARD - KALISPELL, MONTANA

KALISPELL, MT
Last Day to Order: 07/12/08

CAMP SAN LUIS ON-SITE SALE

SAN LUIS OBISPO, CA
Last Day to Order: 07/15/08



Want to know more about the Guard and Reserves On-site Sales? It's your benefit. [learn more!](#)

On-site Sales are open to all authorized patrons.

Future On-Site Sale Locations & Dates

For detailed information regarding the On-site Sale in your area, click on your location below to be taken to the sponsoring commissary. Please check back often. Additional sales are always being added.

July

- July 11 [Camp Shelby, MS](#)
- July 12 [Fort Wayne ANG, IN](#)
- July 12 [Fresno, CA](#)
- July 12 - 13 [Homestead, FL](#)
- July 12 - 13 [Frankfort, KY](#)
- July 12 - 13 [Phoenix, AZ](#)

September

- September 1 - 6 [Camp Williams, Salt Lake City, UT](#)
- September 5 - 6 [Hancock Air Base - Syracuse, NY](#)
- September 6 [Caribou, ME](#)
- September 6 - 7 [Bradley ANGB, Hartford, CT](#)
- September 12 - 14 [Portland, OR](#)
- September 13 - 14 [Stratton ANGB, Schenectady, NY](#)

www.commissaries.com



Commissary Access

- DeCA exploring ways to increase effectiveness of off-site sales at Guard and Reserve units distant from installations
- Request a Commissary Truckload Sales

NGB contact:

– **Gordon J. Jones: DSN 687-8240**

– **Willie Watkins: 804-734-8236**

DSN 687-8236

FAX: 804-734-8636



Exchanges

- Participating with the Commissaries in some locations
- Request Exchange Events
 - **Ms. Julie Cosby: 214-312-6890**
 - **E-mail: cosby@aafes.com**



Expanding Child Care



Expanding Child Care

- Expanding our reach into the communities where our families live.
- Making care available to all components and their families
- Building capacity and linking resources throughout the states



Expanding Childcare

- OSD is beginning a process to
- Identify care providers who want to serve military families.
- Evaluate their level of quality and
- Provide training and technical assistance to increase their level of quality.

The focus is on where families live





Military HOMEFRONT

Supporting our Troops & their Families

Troops & Families

Leadership

Service Providers

Search

- Children and Youth Home**
- News and Updates
- ▶ Legislation and Policy
- ▶ Management Resources
- FAQs
- Glossary

DeCA Will Accept Commissary CertifiChecks



Latest News!

MILITARY ONESOURCE
1-800-342-9647
Available 24/7

[Residential Demographics by County for Military Children](#)
This data is for Military Community and Family Policy (MC&FP), the military Services' headquarters and designees, the Joint Family Support Assistance Program, and other military organizations to target efforts in meeting the needs of military families.

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Locate services and installations

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 - MySTATE
 - National Resource Directory
 - eNewsletter Archives
 - Personnel Locators
 - Reports
 - RSS Feeds
 - Social Networking Guide

Traumatic Grief in Military Children - Created by [The National Child Traumatic Stress Network](#), these booklets will help educators and medical providers better serve military children who have suffered a loss and who may be experiencing traumatic grief.

- [Information for Educators](#)
- [Information for Medical Providers](#)

Overview

Military Children and Youth Programs provide an essential service to the military family. Many military families face the challenges of having dual-military parents, parenting as single active duty members, or parenting while the non-military spouse works part or full-time. The unique needs of military families have never been greater as they face frequent and/or prolonged deployments, high ops tempo, and ever-changing family schedules and routines. The Department of Defense (DoD) recognizes the importance of assisting Service members to balance mission requirements with the needs of the family. Service members perform better and lose less duty time when their child care needs are fully met; thus, the military and its families are stronger when children and youth are taken care of in a high quality, safe, and educationally-sound setting. In support of military readiness, children and youth programs are committed to providing care that is high caliber, affordable, and readily available to military families.

Residential Demographics for Military Children

Military OneSource 24/7 family assistance 1-800-342-9647

Welcome Beth Riffle [Logout](#)

Criteria

* **State** [Select a State] 
* **Service** ALL 
* **Component** ALL  

Residential Demographics by State and County for Military Children

Data Source:

DMDC (Defense Manpower Data Center), May 2008
("Children by State, Zip Code, and Service Component")

No data found.





Troops & Families

Leadership

Service Providers

Search

Residential Demographics for Military Children

Military OneSource 24/7 family assistance 1-800-342-9647

Welcome Beth Riffle [Logout](#)

Criteria

* **State**

* **Service**

* **Component**

Residential Demographics by State and County for Military Children

Data Source:

DMDC (Defense Manpower Data Center), May 2008
 ("Children by State, Zip Code, and Service Component")

State ▲	County	Zip	Service	Component	0-5	6-12	13-18
Virginia	ACCOMACK	23306	Active Duty	Air Force Active	1	0	0
		23357	Active Duty	Air Force Active	0	1	0
		23302	Active Duty	Army Active	0	2	0
		23336	Active Duty	Army Active	0	0	2
		23337	Active Duty	Army Active	0	0	1
		23395	Active Duty	Army Active	0	1	0
		23414	Active Duty	Army Active	2	0	0
		23417	Active Duty	Army Active	0	2	1
		23420	Active Duty	Army Active	1	0	0
		23421	Active Duty	Army Active	0	2	0
		23488	Active Duty	Army Active	0	1	0
		23416	Active Duty	Marine Active	1	0	0
		23442	Active Duty	Marine Active	0	1	0
		23303	Active Duty	Navy Active	2	0	0
		23308	Active Duty	Navy Active	1	6	1
		23336	Active Duty	Navy Active	1	1	1
		23337	Active Duty	Navy Active	15	17	8
		23356	Active Duty	Navy Active	4	8	4
		23359	Active Duty	Navy Active	1	0	0
		23401	Active Duty	Navy Active	0	1	1

Defense State Liaison Office





USA4 Military Families

Department of Defense and States, Partnering to Support Military Families

Search 

State Policymakers

Home
▶ News Articles
FAQs
Contact Us
Links For Your Website

Letters from
Home Video 

Military Family of the Month >>

Information for Families >>

Issue 4: The Interstate Compact is Active and the Interstate Commission has held its Organizational Meeting

Since many issues surrounding quality of life and family well-being can only be addressed by states, the [USA4 Military Families initiative](#), worked through the Department of Defense-State Liaison Office (DSLO), seeks to engage and educate state policymakers, not-for-profit associations, concerned business interests, and other state leaders about the needs of Military members and their families. By developing state/military partnerships, DoD seeks to work with the states to remove unnecessary barriers, and significantly improve the quality of life for military families.

The [USA4 Military Families initiative](#) has been very successful and much progress has been made on several of these key issues. Currently, efforts are being focused on spouse employment, including unemployment compensation for transferring military spouses, childcare, financial readiness, education, and the pressing needs of severely injured Service members and their families. Since many state leaders share our concern for the welfare of our Active Duty, Guard, and Reserve service members and their families living within their borders, we look forward to making significant progress in the future.

Take a look at ten priority issues identified by the Department of Defense as having a strong impact on military families at the state level. View Best Practices and News about what states are doing to address them.

1. Increase [key benefits](#) that support Guard and Reserve members and their families
2. [Facilitate assistance](#) to severely wounded, ill or injured Service members and their families
3. Increase access to quality, affordable [childcare](#) for military families
4. Minimize school disruption for military children during [transition and deployment](#)
5. Enhance opportunities for [portable careers for military spouses](#)
6. Expand [unemployment compensation](#) for trailing military spouses
7. Promote enforcement of the [predatory lending regulation](#)
8. Improve [absentee voting](#) for military members and their families
9. Satisfy [foreign language](#) requirements
10. Increase coordination of [local support services](#) for military families

Usa4militaryfamilies.dod.mil

- **10 Key Issues**

- Increase [key benefits](#) that support Guard and Reserve members and their families
- [Facilitate assistance](#) to severely wounded, ill or injured Service members and their families
- Increase access to quality, affordable [childcare](#) for military families
- Minimize school disruption for military children during [transition and deployment](#)
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- Promote enforcement of the [predatory lending regulation](#)
- Improve [absentee voting](#) for military members and their families
- Satisfy [foreign language](#) requirements
- Increase coordination of [local support services](#) for military families



Unemployment Compensation

Issue: Spouses who leave a job due to military reassignment do not qualify for UC in many states

Goal: States grant eligibility for much needed financial support when job resignation based on mandated military moves

Outcome: 24 States now grant benefit, over double the number since 2004





Parent Review

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Week 20
of your baby's infancy

Change Date/Birth Date 

Pregnancy | Year 1 | **Week 20/52**

LCDR Sharon Evans
RN, MSN
Perinatal Educator

[Questions/Comments](#)

Welcome to Naval Medical Center Portsmouth's weekly parenting e-mail. From week 7 of pregnancy through the first year of your baby's life, our e-mail service delivers the only research-based content reviewed and used by over 160 top obstetric hospitals nationwide.

Caring for an infant is one of the most beautiful—and challenging—life experiences. It is our great pleasure to be part of these moments, providing you with research-based information on child health and development, as well as parenting support and helpful tips.

We're here for you with the help you need. Breastfeeding your baby, for example, can bring joy as well as uncertainty, as new mothers sometimes benefit from support in getting started. Remember that babies are designed to breastfeed, and breastmilk is the perfect food for babies. If you have questions about nursing or any other baby care topics, let us know. We're happy to help you and offer support. It's what we do best.

Also, above this note, there's a link for you to ask us your questions. We encourage you to try it.

The weekly e-mail is your best source of parenting research and information. But remember, we only get better with your feedback. Talk to us. And remember that for personal medical questions, there is no substitute: always contact your healthcare provider.

Be well, and feel free to get in touch with me any time. We're here for you, and I promise we'll deliver.



Developmental Timeline

Social Cognitive Language Sensory Motor Skills

[Launch Timeline](#)

Links...

- [Home](#)
- [Family-Centered Maternal-Infant Care](#)
- [Mother-Baby Unit](#)
- [Photo Tour](#)
- [Pediatrics](#)

Resource of the Week

Balancing Family and Work: Balancing Work and Family Life is one among the many helpful articles found in the ERIC Digests, education articles produced by the former ERIC Clearinghouse system.

[Directory of Resources](#)

Dear Parent Name,

Learning to communicate
During the fifth month, your baby might find that when he cries, coughs, or squeals, you react. He may even begin to use this new ability to control his own actions to control yours. After all, a well-timed cough is sure to turn Mom's head away from the telephone and toward the baby! This is a powerful discovery for a young baby, and one that develops into speech. If you sense that your 5-month-old is crying, coughing, or squealing just to see what you will do, control your response. While you want to applaud these early efforts at communicating, know that the reason for the cry or the cough may not always be distress or illness.

Babbling
Has your baby begun to play with sounds? Singing *dadadada* or *mama-mama* and other delightful babbles is a favorite activity among many 5-month-olds—and a valuable activity it is. Researchers have seen that babies of 5 to 12 months open their mouths wider on the right side when babbling, but wider on the left side when smiling. The difference suggests that babbling is the first step toward language because it engages the left side of the brain where language is mostly controlled. (The left side of the brain controls the right side of the body.) The fact that infant smiling is wider on the left side of the mouth is interesting because it is consistent with the idea that the right side of the brain controls emotion.

More evidence that babbling is a way of practicing language comes from a study of the hearing babies of deaf parents whose parents used sign language. These babies were found to move their hands differently from babies whose parents used spoken language. This indicates that babbling is an imitation of the language to which a baby is exposed. If that language is spoken with hands, then a baby will babble with his hands!

Until next week, be well.

[More Week 20 topics](#)

Parenting Q&A

Q: "We have a family history of food allergies. How can I safely introduce solid foods—in case my baby has inherited these allergic reactions?"

A: Breastfeeding only for the first four to six months reduces exposure to potential allergens and gives your baby's digestive system time to mature. Even without a history of food allergy, it's important to introduce only one new food at a time, to screen for allergic reactions. With a family history of allergy, take extra care with fruits, wheat products, nuts, and chocolate are the most common allergy-producing foods, so avoid them until the child is older. Symptoms of a food allergy may include any of the following: skin rashes, puffy eyelids, runny nose, excessive gas, and diarrhea. Watch your baby for signs of an allergic response with each new food. If you suspect that your child may have a food allergy, discuss it with your pediatrician. Severe reactions require emergency response.

[Directory of Q&A](#)

Research Briefs from The Parent Review
New moms returning to work need rest and support

Nearly three months after having their first baby, many working mothers are tired and susceptible to health and mood problems, researchers say. A study of 661 employed women interviewed 11 weeks postpartum (half of whom were back at work) reports an average of four childbirth-related complaints. Fatigue topped the list, which also included complaints such as headaches, back pain, and respiratory symptoms. Not surprisingly, less job stress and more social support at work and home were among the factors linked to better health outcomes. Researchers advise doctors to evaluate new mothers for fatigue and other physical and mental symptoms, and suggest strategies such as taking intermittent family leave to help moms get some rest.

Source: *Annals of Family Medicine* 5 (2007): 519-527.

The Parent Review

Read CURRENT ISSUE

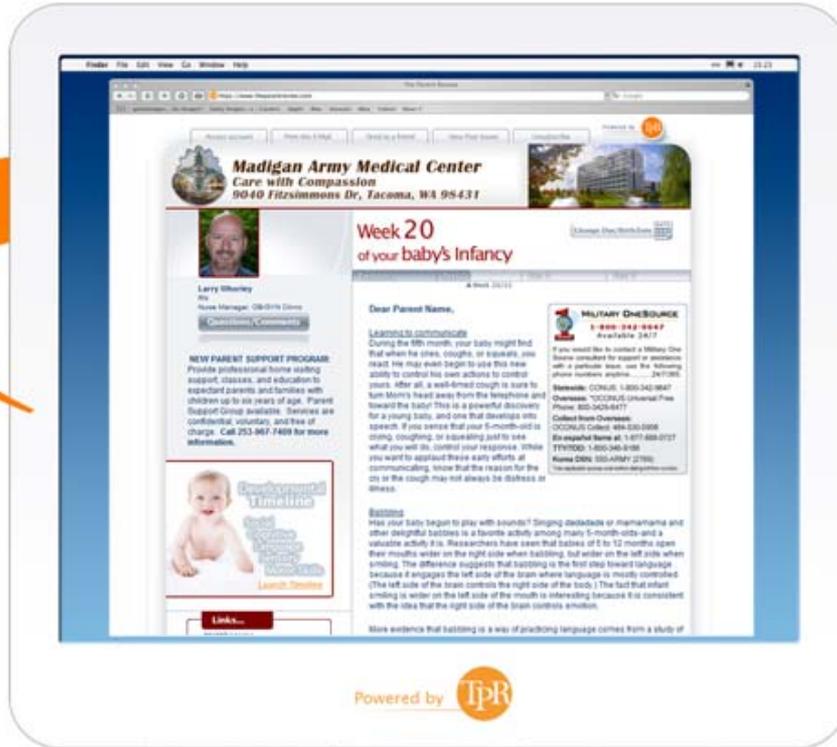
[Click here to receive in your inbox](#)

Standardized Information

- ## Customized Information
- Questions and Comments
 - Links
 - Resource of the Week
 - Directory of Resources

Continuously Connecting with Parents

New parents



Expectant parents

In This Section

- Calendars and Observances
- Casualty Assistance
- Child Abuse
- Child Care
- Combat Stress
- Compensation Fact Sheet
- Counseling
- Deployment
- DoD Impact Aid Programs
- Domestic Abuse
- Education for Family Members
- Education for Service Members
- Heroes to Hometowns
- Housing
- Legal Assistance
- Military Recreation
- Moving
- New Parent Support**
- Personal Financial Management
- Sexual Assault
- Special Needs/EFMP
- Spouse Employment
- Suicide Prevention
- Transition Assistance
- USERRA

Chairman Notes Military Family Appreciation Week



Welcome, Troops & Families!

Military life comes with unique challenges. It is a world with a language of its own, a new way of doing things from shopping at the commissary to moving to foreign lands. Having trusted information on how to deal with these challenges can make the difference between stress and success. This is the place to come for the most accurate and up-to-date information about Department of Defense programs serving troops and their families. Please add this to your Bookmarks and return often.

Highlights & Headlines

[Adoption Policy and Resources](#)

Locate summaries of and links to Department of Defense and Service specific policy and legislation as well as valuable resources pertaining to adoption.

[TroopTube Gives Morale Boost to Deployed Service Members](#)

By American Forces Press Service
(Posted on Wednesday, November 19, 2008)

Overseas-deployed service members can receive video "shout-outs" from home, as well as senior-leader messages, thanks to the new TroopTube online information service, according to military officials.

[Holiday Shipping Deadlines Released for Virtual Commissary](#)

By MilitaryHOMEFRONT Staff
(Posted on Wednesday, November 19, 2008)

The Defense Commissary Agency's Virtual Commissary currently has 53 items available for purchase including seasonal holiday packages.

[Registration for 2009 Scholarships for Military Children Program Now Available](#)

By Defense Commissary Agency
(Posted on Wednesday, November 05, 2008)



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- New Parent Support Home**
- Benefits and Entitlements
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 - Zero to Three
 - Glossary

Chairman Notes Military Family Appreciation Week



New Parent Support

Overview

The first three years of life are critical in a child's physical, emotional, and intellectual development. Military life presents some unique parenting challenges that civilian families may not face, such as frequent deployments, long duty hours, moves to unfamiliar locations, and separation from extended families and friends. The New Parent Support Program was developed to help military families with young children to adapt to parenthood and to thrive as healthy families no matter where their service may take them.

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 - Reports
 - RSS Feeds

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 Our Weekly e-mail for Expectant & New Parents
 Sign-up now!

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Did You Know?

The following are Frequently Asked Questions about the New Parent Support Program. Please click on the question to see the answer.

- [What is the New Parent Support Program and how can I sign up to hide the](#)
- [Why was this program established?](#)
- [What happens at a home visit?](#)
- [What is a playgroup?](#)
- [What parenting classes are available?](#)
- [When are these classes offered?](#)

Sign Up Now!

Select your hospital

Bassett Army Community Hospital >>

Bayne-Jones Army Community Hospital >>

Blanchfield Army Community Hospital >>

Darnall Army Medical Center >>

DeWitt Army Community Hospital >>

Elmendorf Air Force Base >>

Evans Army Community Hospital >>

Irwin Army Community Hospital >>

Langley Air Force Base >>



Get your hospital's weekly parenting e-mail.

Personalized to your stage of pregnancy or your baby's age.

"The weekly e-mails are so helpful! The topic is always extremely relevant. Inevitably, the subject matter for any given week is something that I have a question about, something new my son is doing, or something that I intend to research. Thank you very much! I always look forward to your e-mails."

- Mom of 21-week old Carmichael, CA



▶ View sample

My hospital is not listed; I want to sign up for the Department of Defense standard edition.

For a list of civilian hospitals offering the weekly parenting e-mail, click here.

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The Parent Review



Langley Air Force Base



1st Medical Group
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Now, as an expecting and new parent at our hospital, you have a trusted resource to guide you through pregnancy, labor and delivery, and the first year of your baby's life: our weekly parenting e-mail. This free service includes customized information, news, and resources - as well as announcements from our parent education staff, access to hospital classes, and tour information - all delivered to your in-box. Plus, it's all free! Most importantly, it allows us to develop a richer, more supportive relationship with our patients - you!

When you register for our weekly parenting e-mail, you'll receive information tailored to your week of pregnancy and then the age of your newborn. This service is powered by The Parent Review.

EXPIRATION: This authorization is for the duration of your pregnancy and through the first year of infancy, and will automatically expire on your baby's first birthday.

MY RIGHTS:

- I may refuse to sign this authorization. My refusal will not affect my ability to obtain treatment or my eligibility for benefits at my hospital.
- I may revoke this authorization at

Weekly support, tips and advice from us

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[View Sample e-Mail](#)

Your baby's developmental milestones, week by week

Answers to real questions asked by real parents like you

Research findings that impact your child's development

Powered by IPR

* Required Fields

First name*:

Last name*:

E-mail*:

Re-enter e-mail*:

Password (6 characters minimum)*:

Confirm password*:

Password hint*:

Password hint answer*:

Due date/baby's birth date*:

Relationship to baby*:

How did you learn about our service?*:

Zip code*:

Military HOMEFRONT

Supporting our Troops & their Families

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UPDATED - A Survivors Guide to Benefits - Taking Care of Our Own



New Parent Support

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Promotional Materials

Marine Corps

[New Parent Support Program Brochure](#) This downloadable brochure provides an overview of the program, basic eligibility requirements, and contact information for New Parent Support Programs on Marine Corps installations.

The Parent Review These downloadable documents will enable service providers to assist parents in signing up for the eNewsletters provided by The Parent Review.

Handout

- [Full page](#)
- [Postcard](#)

Privacy Statement

- [Full page](#)
- [Half page](#)

Sign-Up Sheet

- New Parent Support Home
 - News and Updates
 - ▶ Legislation and Policy
 - ▶ Healthy Parenting Initiative
 - ▼ Management Resources
 - Support Services
 - Additional Resources
 - Promotional Materials
 - Management Tools
 - Training Resources
 - FAQs
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"I'm not sleeping on the job! In my first 8 weeks I may sleep 16-20 hours a day, but my brain develops even faster while I am."
Source: Brain Development 7 (2005), 458-475

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Learn amazing things about your baby with our free weekly parenting e-mail and get all your questions answered...

When do I start to show?
 Can my baby hear yet?
 Is it safe to color my hair?
 When will my baby smile?



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Our weekly e-mail service is part of our educational program that we provide to you.

- This includes important hospital information as well as research findings about pregnancy, health and wellness, and your child's development.
- This is for mom, Dad, as well as other supporters - your parents, and friends too.

Yes Spouse Family/Support Member

Name _____
 E-mail Address _____
 Relationship to Baby _____
 Due date/baby's DOB _____
 Is your spouse deployed? Yes No About to be/return

Signature _____
Your signature indicates that you've read, understood, and agree to the terms of use of your health protected information for you and your family/support member as described on the back of this page.

A Variety of Tools to Communicate

Weekly E-Mails

Research Reports

Lactation Support

E-mail Campaigns

Online Surveys