



N.D. NATIONAL GUARD CHILD & YOUTH PROGRAM



February 2013 Newsletter



Valentines Day for the Entire Family

Valentine's Day is a celebration of *love*. It's a special time that should include the entire family. Here are some creative ways to celebrate Valentine's Day together as a family. There is no need to limit the celebration to one day either... it can span the entire week!

Write a Lunch box note for your children... Together! Slip a quick love note in your child's lunch box. Have your spouse write a message on the same sheet of paper. Seeing a note from the 2 of you will make your kid's day.

Launch an attack of Kindness! Recruit the kids to help you "ambush" your spouse with expressions of love throughout the week. Encourage extra hugs and surprises such as doing extra chores.

Host a Family Pajama Party! Establish an annual family Valentine's gift tradition, like new pajamas. (The tradition matters more than the gift itself or the cost involved). With or without the gift, you can have a family pajama party for Valentine's Day. Play board games, make popcorn and watch a favorite family movie together.

Schedule a Family Photo Shoot. Grab your camera and have a family photo session. Snap a picture of each family member with every other member of the family, just 2 people per picture. Print the photos out and have each person make a handmade and handwritten Valentine's card for the person in the picture with them!

For more great family Valentine's Day activities, visit www.twoofus.org

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Coping with Deployments Course



**American
Red Cross**

The American Red Cross believes it is important to prepare family members to deal with the challenges of serving at home while their loved one is deployed.

This course is a psychological first aid for military families that provides useful information on how to strengthen your ability to respond to the challenges you may encounter throughout the deployment cycle. It was designed specifically for the spouses, parents, older children, siblings and significant others of service members as well as service member who may take the course with their families. Veterans and their families are also eligible.

The course offers guidelines for increasing resiliency in ourselves and children and also provides information on how to provide psychological first aid to others experiencing stressful feelings or events. It can serve as a useful link to connect you with other military families in your community!



For more information or to register to take the online course, visit www.redcross.org and search Coping with Deployments Course.

2013 Military Youth Fish Camp

MILITARY YOUTH FISH CAMP

How to bait a hook, how to cast, how to clean the fish they catch, and how to identify fish species are just a few of the things children will learn at this camp. All this, while learning about boat safety and making new friends makes this a memorable event for any youth.

June 10-14

Military Youth-Ages 8-15

Camp of the Cross

Garrison, ND

Registration opens February 15th. Online at <http://www.ndguard.ngb.army.mil/family/support/youth/Pages/default.aspx>
Registration forms also available from Beth or Nicole—contact them today!!

2013 State Youth Symposium

Save the Date

(pending availability of funds)

2013 STATE YOUTH SYMPOSIUM
APRIL 13-14, 2013, BISMARCK, ND

Don't miss this high energy, leadership-
focused weekend for North Dakota
National Guard military youth ages 8-17.

Registration link coming soon....



Red Cross Babysitting Training – Grand Forks, ND

RED CROSS BABYSITTER'S COURSE

Saturday, 2 March 2013

9am to 3pm

Airman & Family Readiness Center
(Grand Forks Air Force base)

12 spaces available

\$45 per person

Ages 11-15

**GET A CRASH COURSE IN
BABYSITTING!**

Participants receive a handbook and
a stocked babysitting bag!

Bring a sack lunch.

For registration and information call:

Kelly Painter at 701-747-4484 or
email her at Kelly.painter@us.af.mil



7 Things a Great Dad Knows

Here are seven questions that great dads ask themselves:

1. **A Great Dad knows the importance of improving his family:** take time to write down 3 things that can be areas of weakness or you want to do more of.
2. **A Great Dad knows the importance of communication:** ask your spouse what she thinks of your goals and work together to obtain goals. If you are a single dad, it is important to communicate goals for children with their mother.
3. **A Great Dad knows his child's needs;** all children have different needs depending on age.
4. **A Great Dad knows his child's favorite experiences;** ask your children what their favorite memory was of a specific time frame.
5. **A Great Dad knows his schedule;** consider stopping unnecessary routines and starting better ones.
6. **A Great Dad knows his family's Schedule;** with hectic schedules pertaining to school, dance, sports, etc., check in with your family on how they are handling things. It's too easy to get too busy and often consider EVERYTHING as IMPORTANT when in reality, not everything is important.
7. **A Great Dad makes time for his family;** schedule time daily to be intentional about being face to face with your spouse and kids.



Visit fatherhood.org for more information pertaining to this article.

Crayon Hearts

Melt crayon between layers of wax paper using your iron. Let cool and trace shapes prior to cutting out and thread for hanging.

www.marthastewart.com



Candy Rings

Glue a piece of wrapped candy onto a pipe cleaner and wrap pipe cleaner into a ring shape. Kids can use these as a Valentine or for festive wear.

crafts.kaboose.com

Tissue Paper Heart Card Craft

Cut a heart shape out of paper. Cut red and pink tissue paper into 2" squares. Crumple each piece into a tight ball. Dip into glue and place on heart patterned paper until paper is completely covered.

www.freekidscrafts.com



Spring Events



Spring Events

Sunday, March 24th
1:30-3:30pm

Hop into fitness and fun at this year's NDNG Spring Events.
(Activities vary per location)

- Physical fitness activities
- Pictures taken with the Easter Bunny
- Healthy snack creation
- Egg Coloring/Craft items
- Face Painting
- Egg Hunt
- Much more

Let us know you are coming.
Please RSVP by March 15th.

701-451-6109

Beth.a.sandeen.ctr@mail.mil

701-333-4822

Nicole.l.cook10.ctr@mail.mil

Two Locations

Raymond J Bohn Armory

4200 E. Divide Ave, Bismarck

Fargo Armed Forces Reserve Center

3920 31st Street North, Fargo

FREE \$10 Amazon Gift Card!

Greetings Military Family Member,

Would you consider taking part in a military family study being conducted by researchers from Purdue University? The purpose of the research is to better understand how family members encourage their loved ones who have recently returned from a military deployment to seek mental healthcare when needed. Our purpose is to gain a deeper understanding of how family members try to talk to service members about seeking help and what their goals are during such conversations.

To thank you for completing the survey, you will receive a \$10 AMAZON GIFT CARD from Purdue University.

WHAT WILL I BE DOING?

Taking an online survey that asks about your ideas and experiences as a military family member (takes about 30 minutes to complete). You will be asked about how you would act during a conversation in which you speak with your family member about seeking help.

WHO IS ELIGIBLE?

Participation is voluntary and open to individuals at least 18 years old who have had a family member or loved one return from deployment in Iraq or Afghanistan in the past 5 years. This person could be your spouse/partner, brother or sister, adult child, parent (as long as you are at least 18 years old) or other individual you consider to be a family member.

WHY WOULD I DO THIS?

Our research results may inform programs whose mission it is to assist military families. You will receive a \$10 Amazon gift card for doing the survey.

DO I HAVE TO DO THIS?

Participation is voluntary and open to all military family members aged 18 and older. You are free to stop taking the survey at any time or to skip any questions you do not wish to answer.

WHO IS GOING TO SEE MY ANSWERS?

Only the researchers will be allowed to see the information you provide, except as may be required by law. Your Family Readiness Coordinator/Chaplain will not know if you've done the survey nor will they have access to your answers. No military organizations will have access to this data. If a report of this study is published or presented at a professional conference, no identifying information will be used.



I HAVE SOME QUESTIONS ABOUT THIS RESEARCH. WHO CAN I ASK?

Steve Wilson, Professor, Purdue University, Brian Lamb School of Communication militaryfamilycommunication@purdue.edu; 765-414-0094

I'M IN! HOW DO I TAKE THIS SURVEY?

If you're willing to participate, please go to: https://purdue.qualtrics.com/SE/?SID=SV_5j4ZbCiR8BaBq0Q

Region 8 Youth Summit

Youth Ages 14 and older can apply.

Meet Military Youth from 5 other states.

Save the Date
April 4-7, 2013

Region 8 Youth
Leadership
Summit

Rapid City, SD

Application Deadline is March 1st.
Contact Beth or Nicole for an application today.



Project Pen Pal

Would your child be interested in making a new friend and getting to know another child like him/herself from different cultures around the Globe? Sign up for Project Pen Pal. It is a great way for them to share stories about military life, learn about other families, friends, how they feel about their schools and their hobbies.

Project Pen Pal encourages childrens to write about the challenges they face being a Military Youth, and share those feelings with children from different backgrounds who are dealing with similar issues like military life, deployments and relocation.

ALL AGES WELCOME
TO PARTICIPATE!!!

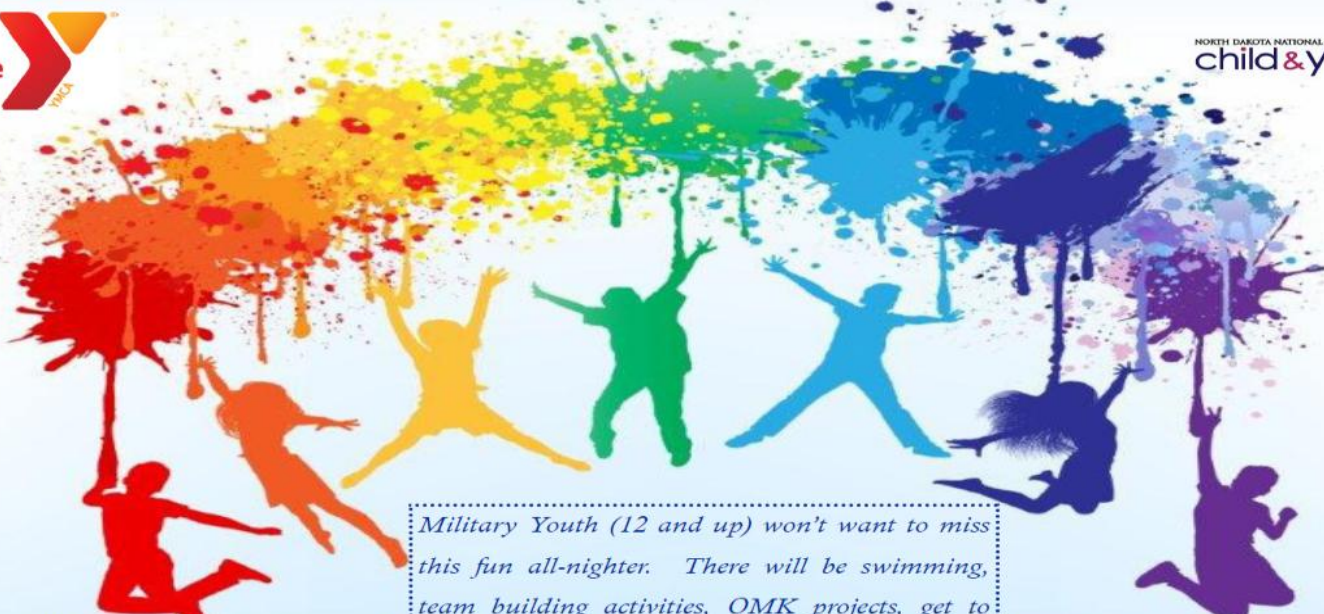
Unity is Strength!

If you are interested in becoming a Pen Pal, please contact Beth or Nicole for a permission slip and more information!



Youth Council Lock In

2013 Fargo Lockdown



Military Youth (12 and up) won't want to miss this fun all-nighter. There will be swimming, team building activities, OMK projects, get to know you games, and much more. Most importantly there will be plenty of time to get to know other teens whose parents are in the military.

*Date: March 23-24, 2013
Time: 8:30 pm to 8:00 am
Where: YMCA
400 1st Ave S, Fargo*

*To register:
Send your name, age, and contact information including phone number and e-mail to:
Beth Sandeen
beth.a.sandeen.ctr@mail.mil
Or call: 701-451-6109*

FARGO

FEBRUARY YOUTH COUNCIL

Let's finish up our Military movies, hear about the Region 8 Youth Summit, and talk about the Fargo Lockdown happening in March.

Monday, February 25th

7:00 pm—8:30 pm

2219 12th Street North, Fargo

BISMARCK

FEBRUARY YOUTH COUNCIL

January's Youth Council consisted of youth making 50 Valentines Day cards for our local Veterans. In February we will be delivering them:

Missouri Slope Care Center

2425 Hillview Avenue, Bismarck

February 11th, 7-8:30pm

North Dakota Child and Youth Coordinators

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701-451-6109 (work) 701-203-6957 (cell)
2219 12 St N, Fargo



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<http://www.facebook.com/NDNGCYP>

Child & Youth Program Web site:
www.ndguard.ngb.army.mil

Child & Youth Program Mission

Promote and sustain the quality of life and resilience of National Guard children and youth by providing secure, timely, flexible, high-quality support services and enrichment programs.

