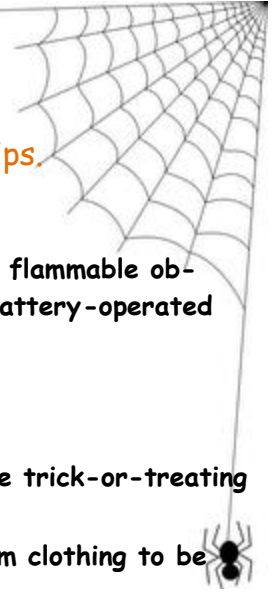




Halloween Safety



Make Halloween safety part of your holiday fun with these practical tips.

Carve safely

Decorate with markers or paint. Let young children draw/paint faces on pumpkins.

Use candles with care. Place candlelit pumpkins on a sturdy surface away from curtains and other flammable objects. Never leave candlelit pumpkins unattended. Better yet, light pumpkins with flashlights or battery-operated flameless candles instead.

Get clever with costumes.

The brighter the better. Choose bright colors and flame-retardant materials. If your child will be trick-or-treating outdoors after dark, attach reflective tape to his or her costume.

Size it right. In case it's chilly outdoors, make sure your child's costume is loose enough for warm clothing to be worn underneath — but not long enough to cause tripping. Avoid oversized shoes and high heels.

Skip the masks. A mask can obstruct your child's vision, especially if it slips out of place. Use kid-friendly makeup instead.

Limit accessories. Pointed props — such as wands, swords and knives — may pose safety hazards.

Trick-or-treat with care

Get in on the fun. Accompany trick-or-treaters younger than age 12. Pin a piece of paper with your child's name, address and phone number inside your child's pocket in case you get separated. Encourage older kids to trick-or-treat with a group of friends.

Stay close to home. Don't go door to door in an unfamiliar neighborhood.

Set ground rules. Review safety rules, including staying with the group, walking only on the sidewalk, approaching only clearly lit homes and never going inside a home.

Stay safe and sweet on the home front

Clean up. Put away anything trick-or-treaters could trip over, such as garden hoses, toys, bikes and lawn decorations. Clear wet leaves, snow or other debris from the sidewalk.

Turn the lights on. Replace any burned-out bulbs to ensure good visibility.

Control your pets. Take no chances that your pet might be frightened and chase or bite a child at your door.

Consider sugar substitutes. Instead of handing out sugar-laden treats, try stickers, glittery pencils, rubber insects or colored chalk. For more tips for trick-or-treaters, visit www.mayoclinic.com/Health/halloween-safety/CC00072

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What is a baby ghost's favorite game?

Peek-a-boo!

Stop Bullying Video Challenge



Deadline: October 14th, 2012. Visit <http://stopbullying.challenge.gov> for more information about the challenge such as a description of judging criteria as well as instructions on how to enter.

Bullying can affect everyone- those who are bullied, those who bully, and those who witness bullying. This challenge invites *youth ages 13-18* to create a 30 to 60 second video that will inform and motivate youth to prevent bullying, and that promotes an environment where kindness and respect for others matters. Make your video creative, informative, smart, and entertaining! *The focus should be on how youth can be more than a bystander, rather than a video that solely explains why bullying is wrong.*

Judging criteria:

Message and appropriateness to theme (50%)

Creativity & Originality (30%)

Audience Appeal/Quality (20%)

Prizes:

Grand Prize: 42,000 cash prize and will be featured on the www.stopbullying.gov website.

Honorable Mention (2): Two videos will receive honorable mention, a \$500 cash prize and will be featured on the www.stopbullying.gov website.

Bullying Resources

Stopbullying.gov: This website is managed by the U.S. Department of Health and Human Services. (www.stopbullying.gov)

Character Counts: The CHARACTER COUNTS! approach to bullying is to create a school culture in which bullying is not acceptable and not tolerated. (<http://charactercounts.org/resources/youthviolence/index.html>)

Iowa Safe Schools: Iowa Safe Schools works to educate those in working in schools and communities on the importance of enforcing anti-bullying laws and regulations—what initiatives exist in your state/territory? (www.iowasafeschools.org)

Education.com: Education.com provides great information and resources for those working with children and youth related to anti-bullying measures. (<http://www.education.com/topic/school-bullying-teasing/>)

10 Things to do in the Fall

To celebrate the season, here is a list of festive things to do for fall.

1. Have a bonfire in the backyard. Make some apple cider to help keep warm and roast marshmallows.
2. Bake a pumpkin or apple pie.
3. Rake leaves and let the kids enjoy jumping in the piles. Remember, the bigger the pile the better!
4. Hop on your bike or go for a car ride and enjoy the fall colors.
5. Attend a high school soccer game.
6. Get a start on Christmas shopping by taking advantage of coupons and sales.
7. Make a pinecone bird feeder and hang it outside to watch the birds.
8. Movie swap with friends and hibernate with your family on the chilly nights.
9. Begin reading a new novel.
10. Learn how to make your favorite soup.

Rayden Cook, son of CYP Coordinator Nicole and Sgt. Jason Cook.



Halloween Event

Tuesday, October 30th

4:00-7:00pm

RJB Armory, Bismarck, N.D.

The North Dakota National Guard Child & Youth Program office invites all military families to dress up for the annual Halloween Event.

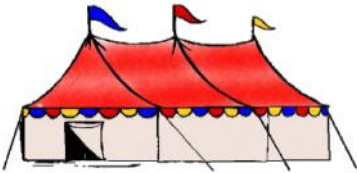
Your children will have a blast trick-or-treating in a variety of themed National Guard offices, play fun Halloween games, pose for a memorable family photo as well as obtain education on Halloween safety.

For questions, please contact: Nicole Cook (Nicole.l.cook.ctr@us.army.mil)

Red Ribbon Carnival

15th ANNUAL RED RIBBON CARNIVAL

WHEN: October 25, 2012
4:00 – 8:00 p.m.



WHERE: Raymond J. Bohn Armory
(4200 E Divide Avenue, Bismarck)

WHO: Area Elementary Students
(All parents *must* be accompanied by a child)



WHAT: Come support Red Ribbon Week! First 5 punches on game cards are free – extras are 5 for \$1.00 or 25 for \$5! Join in the GAMES, FOOD & FUN! Non-perishable food items will be accepted for admission and donated to Community Action food pantry.

Drop Dad a Line



You can let a military dad know just how much you miss him with **TriWest Healthcare Alliance** and **National Fatherhood Initiative's Drop Dad a Line!** Simply fill out the form at the website provided and dad will receive an e-mail letting him know that there is a special message waiting for him.

Want the world to know just how special your dad is? Simply check "Add this to public messages" and your dad will be honored on our public message board.

<http://www.fatherhood.org/fathers/how-to-be-a-dad/military/drop-dad-a-line/send-a-message-to-your-deployed-dad>



Passport Toward Success



The ND National Guard Child and Youth Program is partnering with Purdue University and the Military Family Research Institute to bring a research based curriculum titled Passport Toward Success to the children and youth of North Dakota at 30 day Reintegration Yellow Ribbon Events.

The first event where this curriculum will be used is at the 30 day Reintegration Yellow Ribbon Event for the 188th Eng Co. (V) on October 6, 2012 at the Schlossman YMCA in Fargo.

Passport Toward Success is designed to help military families manage the transitions and adjustments that occur as a result of a deployed service member returning home and reentering the family unit. It is a collection of activities designed to help military children ages 5-17 reconnect with their parents following deployment and build their resiliency. These activities also provide children with opportunities to use problem-solving skills, share feelings, and cooperate with others.

This is a great opportunity for the Military Youth of North Dakota; and the Child and Youth Program is excited to bring it to them.

This curriculum also requires volunteers to help make it be successful. If you are interested in volunteering for any of our 30 day events and bringing Passport Toward Success to our Military Youth, please contact either Nicole or Beth for more information.

Grand Forks Air Force Base: Deployment Line

Family Deployment Line

Park at the Commissary. Meet at the East door of the Fitness Center.

School Aged (5 - 16 Yrs old) Welcome
Early Registration is required NLT 12 Oct.
at the Youth Center for the chance to win an iPad and other amazing door prizes

20 Oct
10am -3pm

CDC will not be open

Tours (bus to location for processing),
Static Displays,
Agency Resources,
Mock Briefings,
Food, Drinks and More!

Don't forget your camera!!

Non military friends will need to be accompanied by a military ID holder

★Folding Strollers only★

Call 747-3241 with questions

Parenting from a Distance

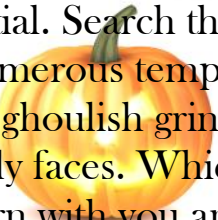
Many parents find themselves parenting from a distance because of work, military obligations, divorce, etc. Even at great distance parents can be very involved in their children's lives and nurture a close, loving relationship.

1. Telephone children on a regular basis; establish a designated time.
2. Keep a calendar of your children's activities and special events so that you remember to ask about them
3. Give children permission to call you long distance when they want to talk.
4. Send photos or postcards of where you live so that children can visualize your surroundings.
5. Send children a walking videotape of your home, place of work, friends, activities, etc. so they can feel more a part of your daily routine.
6. Record yourself reading a story or book and send both the book and cassette so that children can hear your voice as they enjoy the pictures.
7. If children are too young to talk on the phone, get them a speaker phone. You can talk to them as well as read to them using the speaker phone.
8. Give children candy kisses or hugs to equal the number of days until you are reunited. They can eat one a day.
9. Send notes, letters, postcards and emails to focus on their interests and activities.

Parenting Quick Tips, Practical Parenting Education. NDSU Extension Service Parenting Resource Center.

Pumpkin Carving

Pumpkin carving helps Halloween reach its full, frightful potential. Search the internet for numerous templates featuring ghoulish grins or friendly faces. Which Jack-o-Lantern with you and your child(ren) choose?



Ghost Jugs

What you will need: Clean plastic milk jugs, black permanent marker, craft knife, and string of holiday lights.



1. Draw ghost eyes/mouth on jugs. (leave caps on so jugs won't dent.)
2. Cut half dollar size hole in back of each jug.
3. Arrange ghosts near each other and string lights between them, stuffing several bulbs into each jug.

Recipe: Cheese-Finger Food



What you will need: Mozzarella String Cheese
Green bell pepper
Cream cheese

1. Use paring knife to cut cheese string in half and cut shallow area for fingernail just below the rounded end of each half.
2. Cut tiny horizontal wedges of cheese right below the nail as well as knuckle.
3. Slice green bell pepper into 3/8th inch strips. Cut the strips into ragged-topped nail shapes and stick them in place at the ends of the fingers with dabs of cream cheese.

October is National Substance Abuse Prevention Month



abovetheinfluence

Above the Influence would like to help support teens in living Above the Influence. They want you to have the latest news and resources, and a place to see what others are doing in their local communities. Thanks to support, teens are able to rise above negative influences every day.

Go to partners.atipartnerships.com/ to find ideas and inspiration in their partner showcase. You will find different programs and events from Above the Influence from across the country and see how teens are getting involved. Help support the first Above the Influence day, October 18th. Downloaded resources to help relay the most current information is also available.



PARENTS LEAD

LISTEN EDUCATE ASK DISCUSS

www.parentslead.org

Research and Sign up for:

- Tips for starting a conversation.
- How to answer certain questions from your child.
- Suggestions for effective prevention measures.
- Guides to help you through a situation.
- Direction for specific developmental stages.
- Ask questions.

Alcohol use and underage drinking in North Dakota is a serious subject many parents often worry about. Parents LEAD (Listen, Educate, Ask, Discuss) is a program designed to help parents talk to their children about underage drinking. As a parent, talking to your child about certain subjects can be difficult, but it's not impossible. That's why the Parents LEAD website was created; to get parents talking about these subjects and to assist you in helping your kids make the right decision when it comes to alcohol use, underage drinking, driving after alcohol or drug use, or riding in a vehicle with someone who has consumed alcohol or drugs.



Join our Youth Council

Our next meeting is Oct. 22nd @ 7:30pm
Contact Nicole or Beth for more information.

The NDNG 4-H Youth Council mission is to develop leadership skills and enhance life for military children and youth of North Dakota. We provide forum for military teens, ages 12-17, to discuss ideas and offer suggestions that will positively impact the NDNG Child & Youth Program. The council is a partnership between the NDNG Child & Youth Program and Burleigh County Extension/4-H. Our role is to develop young leaders who can mentor younger youth experiencing the same life situations as they are, educate the community about their experiences and have fun!

Our first monthly council began in September. We are going through a curriculum called "Money Matters." We discuss things like how to balance a checkbook, creating a budget, and other financial skills.

Meeting content is youth led and determined, guided by adult mentors. They will generally consist of a business meeting, educational session, snack and fun activity. Some will consist of a service learning project.

To be involved in the NDNG 4-H Youth Council, all you have to do is fill out the form at:

www.ndguard.ngb.army.mil/family/support/youth/Pages/YouthCouncil.aspx

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.

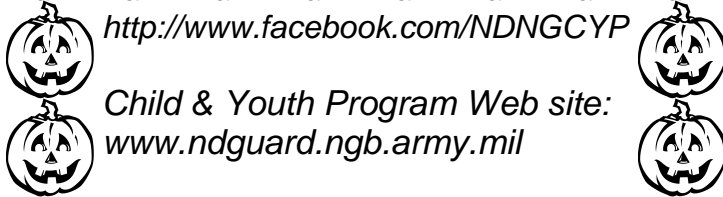
Child & Youth Program Coordinators

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



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

