



# N.D. NATIONAL GUARD

## Child & Youth Program



September 2012 Newsletter



# ★ If back-to-school time has your child wound up, you can help them adjust. ★

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Change may be good, but it's not necessarily easy. Switching from the laid-back fun in the sun of summer to rules, homework, and routines can be a big jump for parents and children alike. But with a little preparation and the right attitude, it doesn't have to be so hard.



### Stay Positive

A parent's attitude has a strong influence on how children view the beginning of school.



### Create Routines

Establishing daily routines at home at the start of the school year (or even before) can also help children adjust.

### Establish Fun Traditions



Because attitude matters, if you're excited for school to start, your children will follow your lead. Having an annual ritual can help ring in the new school year and can be a treasured tradition for years to come.

For a go-to guide for school success, visit [www.schoolfamily.com](http://www.schoolfamily.com)

# Back-to-School Time is Here!

The Department of Defense pays your Sittercity membership to help you find care when you need it most!

To activate your paid-membership go to:

[sittercity.com/dod](https://sittercity.com/dod)

## Sittercity helps you find:

- Before/After school care
- Homework help
- Last minute care
- Special needs care
- School holiday care



The Department of Defense funds memberships for  
Army, Marine, Navy, and Air Force families including active duty, Reserve, and Guard.

# Parenting Program: Pay it Forward

**PAY IT FORWARD**  
PARENTING PROGRAM

## Free Online Training for military families

Inspired by *Joining Forces*, Positive Parenting Solutions is proud to sponsor **Pay It Forward Parenting**, a program designed to support military families with concrete tools and strategies to help reduce parenting stress and bring out the best in their kids.

Every time someone purchases a copy of our book or enrolls in our online course, Positive Parenting Solutions donates a course scholarship to a deserving military family. It's our way of saying "thanks" for your service and sacrifices on our behalf.

- ▶ Complimentary 1-year access to the award-winning Positive Parenting Solutions Online course (\$199 value)
- ▶ Step-by-step solutions to put an end to frustrating misbehaviors and bring out the best your kids.
- ▶ Available to all eligible military service members. Including Active, Veteran, Reserve or Guard service members of the Army, Marines, Navy and Air Force.
- ▶ Access the program 24/7 for a full year with on-demand training. Learn at your own pace, when it's convenient for you.

To apply visit:  
[www.positiveparentingsolutions.com/giving-back](http://www.positiveparentingsolutions.com/giving-back)



Seriously, thank you so much! I am an Army wife and was approved for the course free and I know it will really help when my husband leaves again. Our daughter deserves it!  
-Sarah Cortez



Parenting expert Amy McCreedy is the Founder of **Positive Parenting Solutions** and the author of *If I Have to Tell You One More Time...The Revolutionary Program That Gets Your Kids to Listen Without Nagging, Reminding or Yelling* (Tarcher/Penguin, 2011). Amy reaches a worldwide audience with her Positive Parenting Solutions Online course, live webinars, and media appearances. She is a frequent guest on the TODAY Show and has also appeared on Rachael Ray, CNN, Fox & Friends, MSNBC, and elsewhere. In her most important role, she plays mom to two teenage boys. Amy has been married to her husband and business partner, Dave, for over 20 years and lives in Raleigh, North Carolina



# Save the Date!

## The Military Child Education Coalition's Professional Development Institutes coming soon to your area!

You are invited to the Living in the New Normal Institute: Helping Children Thrive Through Good and Challenging Times . The Military Child Education Coalition is a nonprofit organization addressing the educational needs of military-connected families. The LINN is a two-day institute outlining specific community resources, deployment information, and practical strategies for encouraging resilience in all children.

### Living in the New Normal Institute: Helping Children Thrive in Good and Challenging Times

Date: September 20-21, 2012

Registration and Breakfast: 8:00 am—8:30 am

Institute Training: 8:30 am—4:00 pm

Place:

Holiday Inn  
3803 13th Avenue South  
Fargo, ND 58103

95% attendance is required to receive  
Institute credit and course materials

No cost to participants. Funded by OSD/DA

For more information about this institute,  
please contact Myriam Virella at 254-953-1923 x 1119 or [myriam.virella@MilitaryChild.org](mailto:myriam.virella@MilitaryChild.org).  
Please visit [www.MilitaryChild.org](http://www.MilitaryChild.org) click the [Training](#) tab to register.

Log on to [MilitaryChild.org](http://MilitaryChild.org) to register!

*Participants will have the opportunity to earn educational credits in the form 1.2  
CEU's for \$25.00 and/or 1 hour of graduate credit from Texas A&M— Central Texas for  
\$175.00, payable at the completion of the training.  
The Military Child Education Coalition is accredited through IACET and NBCC, along  
with many other state professional development agencies*





# Synthetic Drugs

## Awareness & Prevention Seminar

Identify: New drug types, how they are used & stored, and more

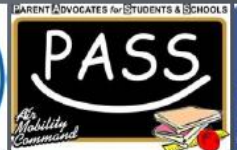
*Led by Drug Recognition Specialist Sgt. Jacobson from the Grand Forks Police Department*

Open to the Grand Forks AFB community (must be over age 18 to attend)

Child care will be provided: please call 701-631-0194 by 2 Sept 12

**When:** Sept. 5<sup>th</sup> @ 6:00-8:30pm

**Where:** Community Activities Center (CAC)



Contact: Laura Lininger at 701-631-0194 or Kelly Painter, School Liaison at 701-747-4484

Support also provided by :Demand Reduction

You won't want to miss this!

Part of the Leadership Pathways Curriculum

Senators John Hoeven and Kent Conrad announced the United States Senate Youth Program (UUSYP) is currently accepting nominations from high school students interested in participating in the program's 51st annual Washington Week. The senators encourage North Dakota high school students interested in public service and government to apply for the program, which brings students from across the country to the nation's capital to participate in a week-long study of the United States government. Student delegates receive an all-expense paid trip and a \$5,000 college scholarship.



Visit <http://www.usenateyouth.org/> to learn more and fill out an application.

The Department of Defense has contracted with the YMCA to provide FREE "family" memberships at participating YMCAs for the following Title 10 DoD Military Groups.



Participants must meet all criteria to be eligible for membership.

- Families of Guard/Reserve personnel who are deployed for a minimum of six months.
- Deploying service members are eligible for YMCA memberships with their family for three months pre- and post- deployment.
- Families are eligible for the duration of the deployment, not to exceed 18 months (which includes service member three months pre- and post- deployment).
- Memberships are renewable in six month increments contingent upon use **MEMBERSHIP RENEWAL REQUIREMENT: 8 Individual Calendar Days Per Month (Either Individual or Family Members)**
- Minimum length of membership is six months.

*CONTACT YOUR LOCAL YMCA OR VISIT [WWW.MILITARYONESOURCE.MIL](http://WWW.MILITARYONESOURCE.MIL) (SEARCH YMCA) FOR MORE INFORMATION AND AN APPLICATION.*

## National Guard & Reserves

Along with the sacrifice of having a parent away in service for months, many families are financially stretched. Our Military Kids has a grant program that pays for children's activities such as fees associated with sports, fine arts, camps, or tutoring programs.

If you have a question about whether Our Military Kids will pay for participation in a certain activity, please see the contact information below or visit the website for more information.

Email address: [OMKInquiry@ourmilitarykids.org](mailto:OMKInquiry@ourmilitarykids.org).

Phone: (703) 734-6654, or toll free (866) 691-6654

<http://www.ourmilitarykids.org/how-we-help-families/child-page-a/>



# Save the Date:

## Annual Halloween Event



Tuesday, October 30th,  
4:00 to 7:00pm

RJB Armory, Bismarck, ND

Watch for more information in October's newsletter!

tutor.com  
Learn better.



Get homework and studying help from a professional tutor any time you need it. FREE to students in Army, Navy, Air Force, Marines, National Guard and Reserve families. Expert tutors are online 24/7 and available to help in more than 16 subjects, including test prep, proofreading, Math, Science, English and Social Studies.

### 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](http://www.ndguard.ngb.army.mil)

