

## BUILDING POSITIVE Parent-Child Communication

Article adapted from [www.military.com](http://www.military.com)

Communication is essential to any healthy relationship, especially between parents and children. As a military family, you deal with unique communication issues. It can be hard to know what to do when your spouse is frequently deployed and how to smoothly transition him or her back into the family.

Deployments, frequent moves and high-stress jobs can all affect the way in which you communicate with your children. Below are five tips aimed to help you and your spouse keep open and positive dialogue with your children during tough situations.

### 1. Recognize different communication styles within your family and learn how these styles impact your relationship

Good communication requires self-awareness and an increased understanding of your current situation and who you are talking to. It is important to pay attention to how your child handles conflict and stress. Communication with children at any age requires patience, a willingness to listen to differing opinions and compromise.

### 2. Practice Active Listening

One of the best ways to learn how your child is growing is to talk with them. Simple conversations such as asking about your child's day will help open the lines of communication. Recognize and respect when children don't want to talk, but be available when they're ready. It's important to give your child undivided attention and appropriate responses when they are talking.

### 3. Be honest

Difficult conversations arise for all parents. Growing up is challenging and it is up to the parents to create a safe environment for children to talk about thoughts, actions and feelings. Military families have their own set of topics that can be challenging to discuss. Curious children may want to know what happened

while a parent was away. You may hear questions that you don't want to answer.

### 4. Remember to take care of your own physical and mental wellness

If you're stressed or anxious, those feelings can be conveyed through your interactions. Adjusting to new situations can be difficult and stress can build up. Don't underestimate the importance of maintaining a physical routine, enjoying a hobby, relaxing or making time for friends.

### 5. Remind your child how much you love them

Life is busy and we sometimes forget to remind those around us how much they mean to us. While these feelings are often strong after major events, like when a spouse returns from deployment, don't forget to remind your children just how much you love them as often as possible.



# 2015

(301) 342-4911

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# Calendar March 2015



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3 Amazing Newborns, 4-6 pm	4 Understanding your Credit Score/Report 11:30-12:30 pm Welcome to Pax 1-3 pm	5 Playgroup@GFCC 10-11 am SAPR Refresher 1-3 pm	6	7
Transition GPS (TGPS/Retiree), March 2-10, Monday-Thursday 8 am-4:30 pm, Friday 8 am-4 pm						
8	9 Suicide Awareness/Prevention 9-10 am	10 Ombudsman Assembly 6-7:30 pm	11 Military Spouse 101, 12-4 pm	12 Playgroup@GFCC 10-11 am Ten Steps to a Federal Job 1-4 pm	13	14
Transition GPS (TGPS/Retiree) Mar. 2-10, Mon-Thurs 8 am-4:30 pm		Accessing Higher Edu., Mar 11-12, 8 am-4 pm				
15	16	17 	18 How to Create a Budget 11:30 am-12:30 pm Resume Writing 1-4 pm	19 Playgroup@GFCC 10-11 am	20	21
IA Indoctrination, March 16-20, 8 am-4 pm						
Transition GPS (TGPS), March 16-20, Monday-Thursday 8 am-4:30 pm, Friday 8 am-4 pm						
22	23	24	25 Budgeting for Baby 10 am-12 pm Myers Briggs 8 am-12 pm	26 Playgroup@GFCC 10-11 am SAPR Refresher Training, 1-3 pm	27	28
29	30	31 SAPR Refresher 1-3 pm Stress Management 2-4 pm				
Transition GPS (TGPS/Retiree), March 30-April 7, Monday-Thursday 8 am-4:30 pm, Friday 8 am-4 pm						

Hours of Operation: Mon.-Thur. 7:30 am - 4:30 pm/ Fri. 7:30 am- 4 pm

 Reservations are Necessary! (301) 342-4911 *The FFSC is always looking for a few good volunteers!*



# Programs for Education and Training

The FFSC is always looking for a few **GOOD VOLUNTEERS**. If interested please give us a call.

\*Reservations for classes are Necessary 301-342-4911

**HOURS OF OPERATION:** Mon-Thur 7:30 am-4:30 pm, Fri. 7:30 am-4pm



## CAREER DEVELOPMENT

### Ten Steps to a Federal Job, March 12, 1-4 p.m.

Learn how to navigate the federal job system. 137 pg. training guide provided.

### Resume Writing, March 18, 1-4 p.m.

This program offers many different trends and techniques for writing the best resume possible. Don't get passed over because your resume lacks keywords or isn't in the preferred format. Seating is limited.

## DEPLOYMENT PROGRAMS

### Military Spouse 101, March 11, 12-4 p.m.

New and not so new military spouses: Learn how to make your military time more successful and enjoyable. Understand military language and customs, understand your benefits and entitlements, as well as the culture of the military family.

### IA Indoctrination, March 16-20, 8 a.m.-4 p.m.

Individuals that have been selected for Individual Augmentee (IA) are strongly encouraged to report to the Fleet and Family Support Center on TAD orders for this week long process. Various presenters will take care of all of your IA needs through this one stop shop. Spouses are encouraged to attend on Wednesday 12:30 to 4:30 p.m. to hear recently returned IA's experiences and important information for family support issues. All members must pre-register NLT the Friday prior to the class start date.

### Ombudsman Assembly, March 10, 6-7:30 p.m.

The Assembly meets the second Tuesday of every month. Open to Command Ombudsmen, Leadership and invited guests only. To find out who is your ombudsman call 301-995-4004.

## FINANCIAL MANAGEMENT PROGRAMS

### Understanding your Credit Score/Report March 4, 11:30 a.m.-12:30 p.m.

In this one hour workshop learn to become more familiar with the critical elements of your credit report, and explore the major sections of a typical credit, why it's important to check your report, what to do in cases of inaccurate information, how to decipher your credit score, and much more.



(301) 342-4911

### How to Create a Budget, March 18, 11:30 a.m.-12:30 p.m.

Creating a budget may not sound like the most exciting thing in the world to do, this one hour workshop will cover the vitals in keeping your financial house in order. Ultimately, the goal is to be able to show where your money is coming from, how much is there and where it is all going.

## LIFE SKILLS EDUCATION PROGRAMS

### Suicide Awareness/Prevention, March 9, 9-10 a.m.

This program is designed to raise awareness about the issues surrounding suicide. Learn to identify the warning signs, how to respond to a suicidal person and information on how to access local resources.

### Myers Briggs, March 25, 8 a.m.-12 p.m.

Myers-Briggs Type Indicator (MBTI) is a widely used instrument designed to help you have increased insight into yourself and others. MBTI is useful for self awareness, career interest, relationships and leadership. This workshop will also help you re-evaluate how you behave and interact with others.

### Stress Management, March 31, 2-4 p.m.

Stress is a part of life. In this class you will understand how your beliefs and thought process have an impact on how you deal with stress. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

## PROGRAMS FOR PARENTS & CAREGIVERS

### Amazing Newborns, March 3, 4-6 p.m.

Learn infant care from hospital to home. Practice bathing, changing, and dressing your baby, and discuss feeding, health care, and safety issues. Participants will receive a complimentary Book, "Your Baby's First Year" and CD, "Heartbeat Lullabies."

### Playgroup @ Glen Forrest Community Center

#### March 5, 12, 19, & 26, 10-11 a.m.

Moms, dads, and caregivers are invited to bring their children for playtime at the Glen Forrest Community Club House. Open to all military and family members.

### Budgeting for Baby @ Bldg. 401, March 25, 10 a.m.-12 p.m.

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.

## RELOCATION PROGRAMS

### Welcome to Pax, March 4, 1-3 p.m.

Take a windshield tour of the NAS Patuxent River complex, and attend a class jam-packed with information about the base and surrounding communities. Local information packet provided.



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## TRANSITION GPS (TGPS)

### Transition GPS (TGPS/Retiree)

**March 2-10, Monday-Thursday 8 a.m.-4:30 p.m.  
Friday 8-4 p.m.**

TGPS is for separating and retiring military members. It is a joint venture by the FFSC and the Departments of Defense, Department of Labor, and Veterans Affairs, it is a must attend workshop where topics include skills assessment, resume writing, interview techniques, salary negotiations, financial considerations, and overview of veterans benefits, etc. Please see your Career Counselor to sign up. Seating is limited.

### Accessing Higher Education

**March 11-12, 8 a.m.-4 p.m.**

This workshop is designed to help guide you through the variety of decisions involved in choosing a degree program, college institution, and funding, as well as the admissions process. The expected future outcome is you eventually creating a customized plan for a successful transition to a higher education institution

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8 a.m.-4:30 p.m., Friday 8 a.m.-4 p.m.**

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## SEXUAL ASSAULT

### SAPR Refresher Training, March 5 & 31, 1-3 p.m.

Role playing SAPR scenarios offers the advocate practice time which builds confidence and skill level.

*All classes/seminars are held at the FFSC unless otherwise noted.*

Workshops and seminars are open to active duty and retired military personnel and their family members. The facilitators are from the FFSC Staff or from professional organizations and are not permitted to solicit or promote their business.

### Sexual Assault Prevention & Response, SAPR

The Sexual Assault and Prevention and Response Coordinator, (SARC) is available for General Military Training, Supervisor's Training and Commander's Tool-kit Training. SAPR Victim Advocate Mandatory Refresher Training are scheduled every month. Topics differ from month to month. Please contact the FFSC at 301-342-4911 for the next available SAPR 40-hour Victim Advocate training.

### Clinical Counseling Services

FFSC Clinical Counseling services can directly improve the quality of life of service members and their family members by addressing the stressors facing today's military. Stress can be caused by such things, as family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors, and other difficulties. If you would like to make an appointment with a Counselor, please call (202) 685-6019 or 301-342-4911.

### Financial Counseling Services

The Personal Financial Educator at the Fleet & Family Support Center (FFSC) can help you and your family work towards managing your finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement. With the help of the FFSC Financial Educator, you can take control of your finances, reduce money-related stress and overcome the financial challenges of military life. Open to active duty, retirees and family members. If you would like to make an appointment with a Counselor, please call (301) 342-4911.

### General Military Training

The FFSC will bring seminars and workshops to your Command. Call the FFSC at 301-342-4911 for more info.

### School Liaison Program

School Transitions – Deployment Support  
Home School Linkage – Special Education Navigation  
Post Secondary Support – Command/School,  
Communications – Partnerships in Education

The School Liaison Officer (SLO) helps prepare students, parents, schools and Navy leaders to respond to moves and deployment issues concerning school-age children and youth. SLOs help Navy families be the best advocates for their child's education. Parents and community members with questions on school-age military/DOD child education may contact Dawn Simpson, School Liaison Officer, NAS Pax River at dawn.simpson@navy.mil or 301-757-1871.

