



# AFSA International Family Matters Trustee



October 2018

This month will be focused on childcare. Links to the web sites are cited where information was obtained.

**Child Development Center (CDC)** – The CDC offers a child care safe environment and meets professional standards for early childhood education. The CDC offers full-day, developmentally appropriate programs for children of active-duty and authorized civilian parents from infancy to 5 years of age (if not eligible for kindergarten).

- **Full Day Care/Weekly Care** – Full-day care meets the needs of parents working or in school on a full-time basis and does not exceed 10 hours a day. Parents using full-time care have a contract with the CDC so they are ensured a childcare slot as long as they remain in full-time work or school status.
- **Hourly Care** – Short-term childcare services offer care on an intermittent basis when slots are available.
- **Part-day Enrichment** – Part-day enrichment is for children 3-5 years of age and consists of 4 hours or less per day on a regular basis. Most bases offer this program when space is available for children who do not need full-time care. These classes support children's growth and development and help prepare them for kindergarten.
- **Give Parents a Break** – Sometimes, we need a few hours' break from the stresses of parenting. The Give Parents a Break Program provides childcare for eligible parents who are subject to unique stresses due to the nature of military life including deployments, remote tours of duty, and extended working hours. For those families often separated from spouses and extended family members who might otherwise offer support, this is a great option. Partnering with the Air Force Aid Society (AFAS) who pays the cost of childcare, CDC's open once a month in the evening or on weekends for families referred to the program by base agencies such as the Family Support Center, Chapel, Family Advocacy Office, Hospital, First Sergeants, Commanders and the Child and Youth Programs Flight.

- **Overnight Care** – While overnight care is not provided in Air Force CDCs, if such care is needed during exercises or deployments, the CDC refers parents to Family Child Care (<http://www.myairforcelife.com/child/FamilyChildCare.aspx>) providers who are licensed by the base to provide care in their government quarters or off-base homes.
  
- **How to Request Care** – To request care for your child, please complete DD Form 2606 (<http://www.myairforcelife.com/child/dd2606.pdf>), Request for Care Record. You can send your completed form to your next base before you arrive to get a jump start on any waiting list. If you're a single parent or a dual military family, you'll also need to complete AF Form 357 ([http://www.myairforcelife.com/child/AF035700\\_Family\\_care\\_Certification.pdf](http://www.myairforcelife.com/child/AF035700_Family_care_Certification.pdf)), Family Care Certification, or equivalent from other services. Information on other forms and the immunizations/tests required are available from your base CDC.

Click on this link to download Adobe Reader for free if you are unable to view the PDF documents -- <https://get.adobe.com/reader/>.

<http://www.myairforcelife.com/child/ChildDevelopmentCenters.aspx>

#### **4 Tips for Generation Z Military Parents** – by Corie Weathers

<https://www.military.com/spouse/relationships/parenting/tips-military-parenting-generation-z.html>

1. **Don't underestimate the value of family.** The fact that Gen Z kids value family more than ever makes it easier to plan intentional family time where you can -- what else -- talk about being a Gen Z military kid. As much as they are connected to their devices, they will likely not complain *after* you have agreed to set all devices down for a game night. Expect full tantrums beforehand though.
  
2. **Point them toward wise connections.** Experts I've interviewed have suggested that perhaps the answer for our kids isn't assimilating the way we would "back in the day." In a culture in which bullying and meanness are ramping up, why not encourage our kids toward smaller circles? Having a few close friends is not only realistic, but models what adults do.
  
3. **See the leadership potential.** One civilian parenting expert I interviewed (<https://subsplash.com/corieweathers/lifegiver/mi/+9pnknr6>) pointed out that our kids' intensity, while assimilating into the school system, is a sign of their leadership potential. That really encouraged me to redirect my kids' emotional energy toward leading rather than following as a means of fitting in. This next school year, we hope to have the boys be military kid ambassadors for incoming students.
  
4. **It really will be OK.** The other day, I spoke with a military brat who is entering her senior year of college. She is brilliant in her social skills and maturity. She

told me how prepared she was not only for the academic load of school, but more so for the rhythm she developed over the years to assimilate while civilian students around her fell apart. Even better, she described detaching from an unhealthy peer group because she realized her maturity made her a better leader than a follower. Wow!

I've looked forward to this season with my kids for a long time. I enjoy the dialogue, the jokes around the table and watching them evolve into awesome bigger people. While parenting the next generation has been a lot harder than I expected, especially with the challenges of the military lifestyle, I know every parent in the history of the world has said that. But I now see the importance of educating myself, even if that means my kids will be the ones to school me -- memes and all.

**Exceptional Family Member Program (EFMP)** – When your family member has special needs, you have an extra roster of must-do's to be a good guardian of your family. The EFMP offers many services for military families. Here are just a few of the ways it can help guide you to the resources your family needs to thrive.

It's all about helping your family navigate the medical and educational system, so you can have more peace of mind about your family member's care. We assist by:

- Identifying and enrolling family members with special medical or educational needs.
- Finding out what services are available at your present or new duty station.
- Supporting your family with information, referrals and non-clinical case management to access services.

<https://www.militaryonesource.mil/-/the-exceptional-family-member-program-for-families-with-special-needs>

Family members with special medical or educational needs should enroll in the EFMP. This includes spouses, children and dependent adults who:

- Require special medical services for a chronic condition such as asthma, attention deficit disorder, diabetes, multiple sclerosis, etc.
- Receive ongoing services from a medical specialist.
- Have significant behavioral health concerns.
- Receive early intervention or special education services through an individualized education program or individualized family service plan.

<https://militaryfamilyadvisorynetwork.org/2016/02/proposed-changes-to-efmp-what-you-need-to-know/>

Each military service branch has EFMP resources. Here are links by branch:

- Air Force EFMP -- <https://www.usafservices.com/home/spousesupport/specialneeds.aspx>
- Army EFMP -- <https://www.myarmyonesource.com/familyprogramsandservices/familyprograms/exceptionalfamilymemberprogram/default.aspx>
- Marine Corps EFMP -- <http://www.usmc-mccs.org/services/family/exceptional-family-member/>
- Navy EFMP -- <https://www.public.navy.mil/BUPERS-NPC/SUPPORT/EFM/Pages/default.aspx>

You may also enroll at <http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0>.

Here are a couple of links to EMFP Resource Guides –

<http://download.militaryonesource.mil/12038/MOS/ResourceGuides/EFMP-QuickReferenceGuide.pdf>

<http://download.militaryonesource.mil/12038/MOS/ResourceGuides/EFMP-Family-Support-Reference-Guide.pdf>

If you have any suggestions, ideas or comments, please let me know.

Until next month, thanks so much for all you do for our country and for AFSA!

Take care and God Bless!

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