

July 2010

Aviano A&FRC Newsletter



**Airman & Family
Readiness Center**
0434-30-5407

The Air Force recruits Airmen and retains families. The intent of this newsletter is to keep the military community abreast of the ever-changing issues and build a sense of community; comments are welcome.

Save the Date Events and Classes



Staying Close to Your Baby when You're Deployed

Long deployments and family separations are hard on everyone, but it will be easier if you communicate with your family as often as possible and keep a positive attitude.

- **Be supportive.** Your spouse or your baby's caregiver will be busy caring for your baby while you're deployed. Although the days may tick by slowly for you, taking care of the new baby is a full-time job and your spouse may not respond to your e-mails as quickly as you would like. Try to be patient.
- **Communication is key.** When you get the chance, talk to your baby. Even though your baby may not understand every word you say, she probably recognizes your voice. Even young babies can sense sadness and fear, so keep your conversations upbeat. Whenever you can, send pictures or videos so your baby can see you while you're deployed.
- **Keep a journal.** Keeping a journal of your time away from your baby will help you deal with the separation. And it will be a wonderful keepsake for your baby when he's a little older.
- **Have your spouse or your baby's caregiver keep a journal.** A baby journal will help you keep up with your baby's first tooth, first words, first birthday, and so on. This can help you feel more a part of your baby's life even when you're away.
- **Encourage your spouse to seek help.** Taking care of a baby is hard -- especially when your spouse is isolated from extended family. If your spouse is having a difficult time while you're deployed, encourage her to seek help. Your installation has support services, like the New Parent Support Program, that can offer help caring for a baby.

Remember that babies cry. Your baby's crying is not necessarily related to your absence. Babies can often be difficult to comfort -- whether you're home or not. Your baby's crying is likely to be related to his immediate needs, like needs for food or sleep.

- July 4th: *Independence Day, Federal Holiday-A&FRC Closed*
- July 6th: Money Talk from 2:00 PM to 3:00 PM
- July 6th & 20th : Pre-Separation Briefing from 1:00 PM to 3:00
- July 9th: Volunteer Orientation from 10:30 AM to 11:30 AM
- July 13th - 15th: Transition Assistance Program from 8:00 AM to 5:00 PM at Area 2 (PDC)
- July 13th: Key Spouse Meeting from 10:30 AM to 11:30 AM at La Bella Vista
- July 16th: Couples Connection from 6:30 PM to 9:00 PM at La Bella Vista
- July 20th: Financial Planning & Investing 101 from 2:00 PM to 3:00 PM
- July 21st: Sponsorship Training from 3:00 PM to 4:00 PM
- July 22nd: Deployed Spouses Dinner from 6:00 PM to 8:00 PM
- July 23rd: Heart link from 8:00 AM to 1:00 PM at the Chapel Annex
- July 27th: Employment Class from 8:00 AM to 12:00



A Toolkit About Military Teens

Each summer, the National Military Family Association's Operation Purple® program provides a free week of camp for thousands of military youth who have a parent serving in the Uniformed Services. We ask them to tell us the best and hardest parts about military life in a popular activity called the Top Ten list. The messages in this toolkit summarize what they've said over the past few years.

The National Military Family Association created this kit to give the people in military teens' lives— teachers, school counselors, coaches, community or religious youth group leaders, neighbors, family friends, or relatives—a way to help them manage stress and affirm the positive aspects of military life.

What we hear repeatedly from military teens is that they need people in their community to know what they're going through.

The best thing you can do for a military teen is know who they are and be there when they need someone to talk to.

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| 1. SERVICE | 6. RECOGNITION |
| 2. DIVERSITY | 7. BELONGING |
| 3. COMMUNITY | 8. RESPONSIBILITY |
| 4. PRIDE | 9. SEPARATION |
| 5. TRANSITION | 10. WAR |

To get your kit and/or more information, visit <http://www.militaryfamily.org/publications/deployent-family-research/toolkits.html>



Nominations for Family of the Year Award

As someone familiar with the military, you know that while one member joins, the whole family serves. The National Military Family Association's Family of the Year Award recognizes strong military families who embrace their service to the Nation, are role models in their community, and understand that together they are stronger.

Nominate your family or a special family you know. One family from each of the seven Uniformed Services will be chosen, from the nominations submitted, to represent their Service branch.

That's right—we'll pick a family from the Army, Navy, Marine Corps, Air Force, Coast Guard, NOAA and the USPHS. From these seven outstanding families, one family will be named the National Military Family Association Family of the Year!

All family finalists will receive an all-expense paid trip to Washington, DC for the award ceremony and announcement of the Grand Prize winner. The recipient of the National Military Family Association Family of the Year will also receive a cash prize of \$1,000!

Who is it going to be? It could be you! Visit www.militaryfamily.org for more information.

