



YOUTH DEPLOYMENT RESOURCES

PARENT/GUARDIAN GUIDE

First Edition: August 2021

<https://dmna.ny.gov/family/youth/>





Military youth can thrive not just survive their loved one's deployment.

Resource Summary

Page 5 | Deployment Specific Resources

The best of the best resources for families with children who will experience or are experiencing a deployment.

Page 17 | Emotional Health Resources

Helping support any age youth with the journey that is a deployment.

Page 29 | School Resources

Ways to help create two-way communication between you and your child's schools.

Page 41 | State Specific Resources

Local resources to connect you to support services specific to New York State.

Page 49 | Regional Resources

Local resources to connect you to activities and support services near you.





Scan Here

to access this
Youth Deployment Guide
Digitally

Deployment Specific Resources



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Army Fee Assistance: Child Care Subsidy

Providing authorized Reserve and Active Duty Army Families with assistance in locating, selecting, and offsetting the cost of civilian child care when on-base child care is not available or a viable option for the service member and their family.



STEP ONE: DETERMINE YOUR ELIGIBILITY

- Active Duty/Deployed Active Duty
- Guard/Reserve Activated
- Guard/Reserve Activated Deployed
- Army Civilians
- Guard Technicians/Reserve Technicians

STEP TWO: SELECT A QUALIFYING PROGRAM & CHILD CARE PROVIDER

- Military Child Care in Your Neighborhood – Active Duty Soldiers, DA Civilians, Activated Guard/Reserve, Guard/Reserve Technicians
- Operation Military Child Care – Deployed Active Duty Soldiers, Recruiter, Deployed Guard/Reserve
- Respite Care – Wounded Warriors, Rotational Forces, Deployed

STEP THREE: COLLECT NECESSARY SUPPORTING DOCUMENTS

- LES/CLES
- Orders/SF-50/DA3434
- Spouse paystubs/school schedule
- Self-certification form
- Statement of Non-Availability
- Provider Application documents

STEP FOUR: APPLY ONLINE & UPLOAD YOUR DOCUMENTS

Apply Online: <https://fap.americasteamforchildcare.org/Website/Default.aspx?ReturnUrl=%2fWebsite>

STEP FIVE: DOCUMENT REVIEW

If additional documentation is needed to complete your application, your Child Care Coordinator will contact you via email to request additional information. The processing time for your application may vary and is dependent upon the timely submission and receipt of ALL required family and child care provider documents.

Disclaimer: The information contained on this flyer was pulled from the above Child Care Aware website on July 25, 2019. It is the responsibility of each interested participant to check with Child Care Aware directly for any changes in benefit options or policies specific to Army National Guard Soldiers.

Contact

CHILD CARE AWARE

Phone Number: 1-703-341-4100

Fax Number: 1-703-341-4101

Website: usa@childcareaware.org

MILITARY FEE ASSISTANCE

Phone Number: 1-800-424-2246

Email: militaryinfo@childcareaware.org





**TOGETHER,
EVERYWHERE.**



“ Military Kids Connect fills a pressing need, providing military youth with emotional support through fun and interactive content, while offering educators smart advice on how to help these kids thrive in the classroom. ”

Mary Keller, Ed.D.

President and Chief Executive Officer
Military Child Education Coalition

An Online Community for Military Youth

Military life can be tough. Parents deploy. Some return with mental or physical injuries. PCSing means having to move – again.

Military Kids Connect® is an online community where kids, tweens and teens can de-stress and connect with other military kids their age. Compliant with the Children's Online Privacy Protection Act (COPPA), the website helps military youth to develop coping skills and build psychological health and resilience.

One Mission, Three Age-Appropriate Tracks

Military Kids Connect features three age-based sections – Kids (ages 6 to 8), Tweens (ages 9 to 12) and Teens (ages 13 to 17).



■ Making Connections

Post questions and comments, and see how others respond.



■ Learning How to Cope

Learn the clues to stress and how to manage it. De-stress by writing a digital story, creating a comic, building a scrapbook and more.



■ Dealing with Deployment

Check out the extensive deployment library. It has videos about real military kids, digital graphic novels, a storybook, plus Deployment Daily articles and tips.



■ Taking Time to Chill

Relax and play a few Military Kids Connect games.

Resources for Parents, Caregivers & Teachers

Military Kids Connect is helpful for parents and caregivers supporting children through military-associated transitions, and educators looking to better understand and support military youth at school. In addition to the Kids, Tweens and Teens tracks, the website offers separate parent and educator sections.

■ Ideas for Helping Children Cope

Tips and suggestions for helping children cope with various transitions associated with deployment



■ Lesson Plans

Downloadable military-related lesson plans, which use materials from the website, for elementary, middle and high school level teachers



■ Military Culture

Information and videos to help educators work with military-connected children



■ Resource Guide

Extensive link list of military support services, websites, videos and more



MilitaryKidsConnect.dcoe.mil

Military Kids Connect is an award-winning website created by psychologists and technology specialists at the Department of Defense's National Center for Telehealth and Technology (T2).



Facebook.com/MilitaryKidsConnect



Twitter.com/MilKidsConnect

MilitaryKidsConnect®

A Department of Defense program for military kids, tweens & teens

- ✓ Watch videos of other military youth sharing their experiences
- ✓ Get tips for when you're feeling stressed about military life
- ✓ Join our online social community for military teens
- ✓ Resources for educators to support their military-connected students
- ✓ Play fun games and download cool projects
- ✓ Information for parents to help their children deal with military transitions

MilitaryKidsConnect.dcoe.mil



YouTube.com/MilitaryKidsConnect



Twitter.com/MilKidsConnect





Children of the National Guard and Reserves Deployed or Stateside Activated

Our Military Kids awards up to \$300 per child (ages 3-18) to fund the extracurricular activity of their choice while a parent is deployed or activated stateside with the National Guard or Reserve. This grant program is made possible solely through the generosity of foundations, corporations, and individual donations.

FUNDED PROGRAMS



Sports



Fine Arts



Enrichment Programs



Tutoring



Camp

Activities help children cope with stress, anxiety, and additional challenges that may arise while a parent is absent during deployment. The grants also serve to honor the sacrifices that children make during this time.



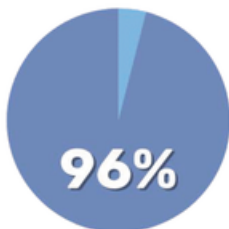
SARAH, 11 YRS. OLD

"[Our Military Kids] was a major factor in helping me overcome my depression," Sarah said. "I look back on it and can't help but think how extraordinary it was that dance had such a major impact on my life. I learned to survive and believe in myself, have confidence to go after my dreams, and not to give up."

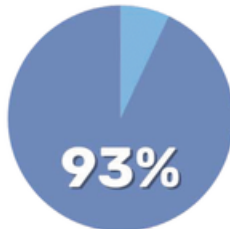
2020 RESEARCH RESULTS

Our Military Kids' 2020 grant recipient families were surveyed in early 2021 about their experience receiving OMK grants in the previous year.

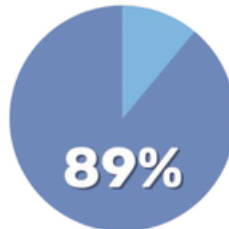
Nearly 1,000 military families were surveyed representing 1,850 military children.



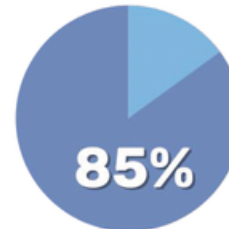
Service Member or
Veteran's Morale



Ability to Afford
the Child's
Chosen Activity



Family's Overall
Well-Being



Child's Mental
Health



PROGRAM ELIGIBILITY



In order for a child to receive an activity grant from Our Military Kids:

- ★ The child is three (3) years of age through 18 AND has not yet graduated from high school.
- ★ **For missions of 90-179 days** (cumulative within 12 months), each child is eligible for **ONE (1)** grant up to \$300 for one activity.
- ★ **For missions of 180+ days** (cumulative within 12 months), each child is eligible for **TWO (2)** grants up to \$300 each for the same or different activities. Each grant requires a separate application.

HOW TO APPLY



If you are eligible, please visit www.ourmilitarykids.org/apply to submit a simple, one-page application, along with the following documents:



Title 10 Deployment Orders

A copy of the deployment or mobilization orders showing that the child's parent is deployed overseas or activated stateside with the National Guard or Reserve for at least 90 days (cumulative over 12 months).
For Air Force, we will need CED orders.

Not eligible: AGR or active or inactive training assignments.



Activity Information

Documentation from the activity organization providing the activity's pricing and contact information.

Brochures, flyers, website screenshots, and typed letters on the organization's official letterhead will be accepted.



Form of Identification

A copy of the child's birth certificate if the deployed service member is the biological parent,

OR DD Form 1172,

OR a copy of the DEERS/MilConnect Service Member profile page with child listed as a dependent.

BGCA'S MISSION:

To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.



Do your kids need a place to go after school and in the summertime?

Do they need a place that offers supervised programs?

VISIT YOUR LOCAL BOYS & GIRLS CLUB TODAY!

Please complete the form inside and take it to your participating Boys & Girls Club.

HOW TO FIND A CLUB

If you don't live near or have access to a military Youth Center, please use the "Find a Club" feature at BGCA.org to find the Club closest to you.

A partnership between the Joint Military Services and Boys & Girls Clubs of America



MEMBERSHIPS FOR MILITARY FAMILIES

An opportunity for children of National Guard, Reserve and Active Duty families who do not live near Active Duty installations to join a Boys & Girls Club.



AFFILIATED
MILITARY
YOUTH PROGRAMS
BETTER TOGETHER
ARMY • MARINE CORPS • NAVY • AIR FORCE • COAST GUARD

Boys & Girls Clubs of America
National Headquarters
1275 Peachtree St. NE
Atlanta, GA 30309

© 2018 Boys & Girls Clubs of America • 18-POLD-0342

A BOYS & GIRLS CLUB PROVIDES

- A safe place to learn and grow...
- Ongoing relationships with caring, adult professionals...
- Life-enhancing programs and character development experiences...
- Hope and opportunity.

WHAT IS MISSION YOUTH OUTREACH?

The MISSION: Youth Outreach partnership supports military youth, ages 6 to 18, by creating a positive, supportive network. Through this partnership, children of National Guard, Reserve and Active Duty families may be eligible to receive free membership to their local Boys & Girls Club (additional fees may apply such as transportation, field trips, etc.).

WHAT DOES A BOYS & GIRLS CLUB OFFER?

Boys & Girls Clubs offer a wide variety of educational, recreational, cultural and social activities for youth. Clubs are designed to maximize opportunities for young people to acquire a sense of belonging, usefulness, influence and competence. A typical Club has an arts and crafts area, gymnasium, library, gamesroom and multi-purpose room. Some Clubs have swimming pools, computer learning centers, camps and outdoor play areas. All Boys & Girls Clubs are staffed by trained professionals who assist young people in reaching their full potential.



HOW TO FIND A CLUB

If you don't live near or have access to a military Youth Center, please use the "Find a Club" feature at BGCA.org to find the Club closest to you.

HOW DO I ENROLL MY CHILDREN?

Participating Boys & Girls Clubs open their doors to youth from military families. Please present your completed enrollment form to front desk personnel at your local Club.

**FOR MORE INFORMATION ABOUT MISSION: YOUTH OUTREACH,
PLEASE EMAIL MYO@BGCA.ORG OR CALL (404) 487-5355**

OFF-INSTALLATION BOYS & GIRLS CLUB ENROLLMENT FORM



Club Name _____
 New Club Membership Club Membership Renewal

Military Sponsor Name _____
Document presented to verify eligibility of youth*
 Sponsor ID Card
**Review only. Do not retain copies.*

Branch: Army Marine Corps Navy
 Air Force Coast Guard

Status: Guard Reserve Active Duty

Duty Station _____
Rank _____

Child(ren)'s Name(s) _____ Gender _____ Age(s) _____

Is your child registered/enrolled at your installation Youth Center? _____

Parent/Guardian Name* _____
**can be the same as military sponsor*

Contact Info (phone or email) _____

Parent/Guardian Signature _____

Date _____

How did you hear about MISSION: Youth Outreach? _____

Complete this form and take it to your nearest Boys & Girls Club

OFFICE USE ONLY

EVENT NAME: _____

DATE: _____

STAFF NAME: _____



TOP RESOURCES

for military families



ARNG CYS App

Download the free **Child & Youth Program app** for national CYP info, guidance on deployment and other tough topics, and many more great resources.



ARNG CYS Website

The National Child & Youth Program website, arngcys.com, hosts a number of resources that promote and sustain the quality of life and resilience of Army National Guard dependents.



Extra-curricular Fee Assistance

OurMilitaryKids.org provides financial support for military children's participation in extra-curricular activities such as sports, fine arts, and tutoring.



Childcare Fee Assistance

Childcare Aware provides fee assistance for active duty, Title 10, Title 32, Deployed Guard Members and civilian technicians who are unable to access on-post child care.



Military Youth Online Community

Military Kids Connect connects military children ages 6-17 to an online community with informative activities, fun games and helpful videos.



Military OneSource

Military OneSource has great parenting and deployment information, online libraries, confidential counseling, financial resources, and many more free resources for families.



Boys & Girls Club

Boys & Girls Club offer no-cost membership to a participating traditional Boys & Girls Club is available to Military Youth ages 6 to 18. Learn more at bgca.org/about-us/military



Educational Support

The **Military Child Education Coalition** (MCEC) offers tools, trainings and programs to impact the education of military youth and their families.



Deployment & Parent Help

Many websites offer guidance and support for families with deployment and/or parenting questions. Learn more at zerotothree.org, sesamestreetformilitaryfamilies.org, and k12.wa.us.



Homework Help

Tutor.com offers on-demand, 24/7, online tutoring and homework help at no cost to military dependents.

Resources for Military Families

Welcome! As a military family, you are extraordinarily dedicated, strong, and resilient. You can celebrate your strength! And whether your family is near or far, this free Web site in English and Spanish can help bring you closer together. FamiliesNearAndFar.org offers lots of resources to help you and your family create, communicate, and connect.



www.FamiliesNearAndFar.org



The Sesame Street friends and the Electric Company gang are here with tons of resources and tools to help you and your preschool or school-age child with the big three Cs: create, communicate, and connect.

- Create!** Creativity is an important element in your family's life as you celebrate and thrive during transitions. Your whole family can get creative with writing, drawing, and music-making.
 - As a family, you can create your own network and unique online profile. On your family network, you can share everything everyone is creating. There are even tools to create a family scrapbook.
 - Use the "Write!" feature to compose notebook entries about your personal heroes.
 - Use the map in the "Create Art!" feature to record the places your family has been and the places you'd like to go.
 - Use the "Make Music!" feature to remix *The Electric Company's* "Let It Out!" song. Record your own feelings in words or sounds, and add them to the mix.





Communicate!

Staying in touch in different ways across the miles can be a comforting and powerful experience for both you and your child. And reading and writing aren't the only ways to communicate!

- You can make greeting cards, create personal messages, and record notebook entries. There's a wide range of emoticons to express feelings.
- Check out the downloadable *Talk, Listen, Connect* Magazine for Parents that describes new, inventive ways to communicate.
- The cast of *The Electric Company* helps make self-expression fun and easy for school-age children. Listen to *The Electric Company's* "Let It Out!" song and have your child choose a word from the song for how he is feeling.

Connect! it's important to stay connected not just to your loved one far away but also to each other at home and within your support network.

- 📖 *The Electric Company Magazine Special Edition for Military Families*, a downloadable publication, contains activities that can get your child thinking, writing, and talking about her feelings.
- 📺 Together, watch the videos in the "Self-Expression" section of the Resources for Grown-ups page. Learn the "Let It Out!" song and sing it together.

Apps for Military Families

There are two apps available on the Android Market app store: one for school-age kids ("Feel Electric!"), and one especially for adults ("Military Families Near and Far Resource App"). Here is what they contain:

FEEL ELECTRIC!

- ★ 3 vocabulary-based games
- ★ a digital diary
- ★ a glossary of 50 emotion-related vocabulary words and definitions
- ★ 10 zany story-makers
- ★ hosts Jessica Ruiz and Danny Rebus
- ★ a library of Electric Company music, photos, and videos
- ★ a way to add your own music, photos, and videos
- ★ a way to create your own "mood dude"
- ★ a fun point system and scoreboard
- ★ an interactive "moodosphere" that helps kids express how they are feeling

AND TRY THIS!

- ★ Use the "Feel Electric!" app on the go when you're waiting in line at the supermarket or at a bus stop — whenever you have a spare moment.
- ★ After using the app, look through a family album and describe family members' faces, and name their feelings. Use the app as a conversation starter ("Why do you think he felt that way?").
- ★ After playing with the app, play a game of emotional charades: You act out a "feeling word," and your child guesses what it is. Then switch places!

MILITARY FAMILIES NEAR AND FAR

- ★ content to help your family navigate issues around deployments, homecomings, self-expression, injuries, and grief
- ★ videos, articles, and printable materials for you to use with your child at your discretion



PROVIDED IN COOPERATION WITH





Military Community and Family Policy Fact Sheet

Data

- ✔ *The initiative has provided more than 82,000 YMCA memberships and more than 39,000 private fitness memberships to military families.*
- ✔ *More than 157,000 military children have benefited from the initiative.*
- ✔ *More than 1,700 YMCAs and more than 2,300 private fitness facilities support the DoD ASYMCA Military Outreach Initiative.*
- ✔ *More than 121,000 memberships since initiative launch.*

Additional information

Armed Services YMCA website
<https://www.asymca.org/moi>

Morale, Welfare and Recreation
<http://www.militaryonesource.mil/on-and-off-base-living/recreation-and-travel>

Armed Services YMCA Military Outreach Initiative

Background

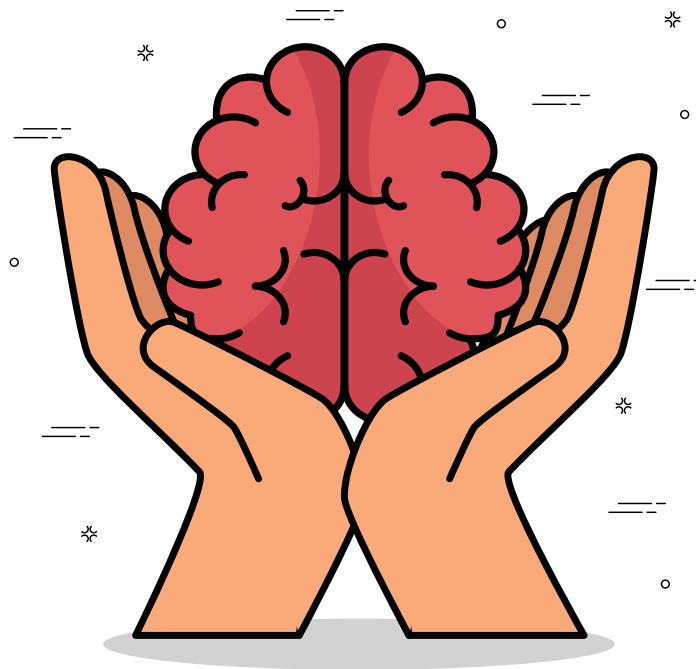
The Department of Defense, in contract with the Armed Services YMCA — known as ASYMCA, established the Military Outreach Initiative in 2008 to enhance personal and family readiness. The initiative supports geographically dispersed military service members and their families during periods of deployment and family separation. The initiative is funded through March 31, 2020.

Highlights

- The initiative offers installation-type fitness facility memberships to eligible participants, generally including families of deployed National Guard and reserve service members, active-duty members assigned to independent duty locations, and unaccompanied spouses of active-duty personnel when located remote from an installation or service-provided fitness facility. The initiative also offers respite child care service as provided at participating YMCAs.
- For additional initiative eligibility information and applications, visit the ASYMCA website at <https://www.asymca.org/moi>.



Emotional Health Resources



Resources in this section include:

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- Red Flags for Youth at Any Age.....20
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- Mindfulness.....22 & 23
- Cycle of Deployment / Stages of Deployment.....24
- The Emotional Cycle of Deployment.....25
- Staying In Touch
 - Ways for your family to stay connected during deployment.....26 & 27
- Resources for Gender Identity & Emotional Health.....28

Common Kids Reactions to Soldiers/Loved One's Return

Ages	Reactions	Techniques
Birth to 1	<ul style="list-style-type: none"> ● Cries ● Fusses ● Pulls away ● Clings to other spouse/caregiver ● Has problems with elimination ● Changes sleeping and eating habits ● Does not recognize soldier/loved one 	<ul style="list-style-type: none"> ● Hold the baby; hug him/her a lot ● Bathe and change the baby ● Feed and play with him/her ● Relax and be patient ● He/she will warm up in a while
1 to 3	<ul style="list-style-type: none"> ● Shyness ● Clinging ● Does not recognize soldier/loved one ● Cries ● Has temper tantrums ● Regresses - no longer toilet trained 	<ul style="list-style-type: none"> ● Don't force holding, hugging, kissing ● Give them space ● Give them time to warm up ● Be gentle and fun ● Sit, play, and interact at their level
4 to 5	<ul style="list-style-type: none"> ● Demonstrates anger ● Acts out to get attention; needs proof you're real ● Is demanding ● Feels guilty for making soldier/loved one go away ● Talks a lot to bring soldier/loved one up to date 	<ul style="list-style-type: none"> ● Listen to them ● Accept their feelings ● Play with them ● Reinforce that they are loved ● Find out the new things in their lives (books, TV, preschool) ● He/she will warm up in a while
6 to 12	<ul style="list-style-type: none"> ● Feels he/she isn't good enough ● Dreads return because of discipline ● Boasts about military parent/loved one 	<ul style="list-style-type: none"> ● Review pictures, schoolwork activities, scrapbooks ● Praise what they have accomplished during absence ● Try not to criticize ● Get involved in their education
13 to 18	<ul style="list-style-type: none"> ● Is excited ● Feels guilty because they don't live up to standards ● Is concerned about rules and responsibilities ● Feels too old or is unwilling to change plans to accommodate parent ● Is rebellious 	<ul style="list-style-type: none"> ● Share what has happened during absence ● Listen with undivided attention ● Don't be judgemental ● Respect privacy and friends ● Don't tease about their interests including fashion, music, etc. ● Get involved in their education

Adapted from Office of Superintendent of Public Instruction

Red Flags for Youth at Any Age



Though most kids cope well through the difficulties associated with a deployment, certain behaviors in youth should be a red flag for adults and require more intentional support.

CONCERNING BEHAVIORS

- High levels of aggression, violence or rage
- Dangerous, reckless, risky or harmful behavior to themselves or others
- Significant changes in appetite, mood, weight or sleeping patterns
- Difficulty in coping or remaining calm when encountering typical daily problems
- Refusing to participate in typical activities/interests or to attend school
- Major changes in school grades or friendships
- Nightmares
- Frequent headaches, stomachaches and/or illness
- Constant focus on war issues
- Intense, ongoing sadness
- Total withdrawal or running away from home
- Substance abuse such as cigarettes or alcohol or a dramatic increase in use
- No signs of recovering/improving
- Depression and long periods of non-communication
- Lack of attention to personal appearance
- Any mention of suicide, self-harm or self-injury

PARENTING IDEAS & FINDING HELP

- Speak to your child about any challenges they are facing that could be affecting their behavior. Talk frankly about any concerns you have directly with your child
- Seek help from a trusted friend, family member or the school
- Talk to your doctor, pediatrician, or healthcare provider
- Create a plan, together, that will reassure you in regards to the child's safety
- Schedule a behavioral health appointment for your teen
 - See counseling options through Military OneSource for Service Members and their Families (1-800-342-9647)
 - Talk to your installation's Chaplain
 - Find a mental health provider:
 - <https://findtreatment.samhsa.gov/>
 - (Substance Abuse and Mental Health Services Administration)
 - <http://www.mentalhealthamerica.net/finding-help>
 - <https://www.psychologytoday.com/us>
- Contact the National Suicide Prevention Lifeline: 1-800-273-8255
 - Text TALK to 741741 to text with a trained crisis counselor
- Seek help immediately (call 911) with any life-threatening concerns



Mindfulness & Self-Care Resources

Nutrition



KIDS EAT IN COLOR

<https://kidseatincolor.com>

Kids Eat in Color® is committed to providing parents with the support and guidance they need to help their kids eat better and thrive at meal time. Every parent deserves to know what to do in challenging situations, to know they are not alone, and to feel less stressed.



LITTLE EATS & THINGS

<http://littleeatsandthings.com/>

Registered Dietitian Nutritionist, Andrea provides a number of recipes and fun eating ideas for feeding your children.



SUPER HEALTHY KIDS

<https://www.superhealthykids.com/>

Sharing home cooked meals creates happy memories and healthy habits. Additional information on creating routines surrounding food, sleep, and exercise that help kids thrive.

Mindfulness



HEADSPACE

<https://www.headspace.com/>

You can try Headspace for yourself and learn the essentials of meditation and mindfulness with the free Basics course.



CALM

<https://www.calm.com>

A free app for calming meditation practices.

Exercise



1,000 HOURS OUTSIDE

<https://www.1000hoursoutside.com>

Here you'll find inspiration and information to help you set aside screens and get outside. Nature play aids children in every area of development.



PARENTS.COM

<https://www.parents.com/fun/activities/outdoor/outdoor-activities-for-kids/>

A parenting website from outdoor activities to eating and everything in between.

Sleep



HEALTHY CHILDREN.ORG

<https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx>

Additional sleeping tips and articles to help teach your kids to fall asleep

Mindfulness

Mindfulness is defined as the quality or state of being conscious or aware of something.

Building a Practice

Mindfulness requires regular practice like physical conditioning. Regular practice is the best way to build the skill.

Mindfulness help your kids to gain awareness of their feelings. It helps guide your kids to recognize the emotion and put a label to it.

Mindfulness Activities

1.) Four Count Breathing:

Imagine you are drawing a box. While tracing a side of the box breathe in for a count of four. Then while tracing the next side of the box exhale for a count of four. You can continue for any length of time.

2.) Mindfulness practice before dinner:

Try taking some time before dinner to be mindful as a family. Encourage silently sitting for two minutes. Ask your family to focus on how their bodies feel or a single thought. Ask them to either close there eyes or focus on a non moving object. Then reflect on how this has helped calm them.

Other Mindfulness Practices include

- | | |
|--------------------------------|-------------------------------------|
| 1.) Rip paper | 6.) Listen to music |
| 2.) Pace/Go for a walk | 7.) Rub a worry stone |
| 3.) Scream into a pillow | 8.) Write in a journal |
| 4.) Phone a family/friend | 9.) Hug a stuff animal |
| 5.) Wrap yourself in a blanket | 10.) Hold ice cubes until they melt |



Mindfulness Continued

In this section you will notice that the following three tie in to each other. Getting the family involved in all three aspects and modeling the behavior for your children is key.

Nutrition

- Make sure half of your plate consists of fruits and vegetables
- Decrease the intake of sugar sweetened beverages
 - Instead try utilizing flavored drops in your water
- Try to eat at the table as a family 5-6 times a week
- Never skip breakfast
- Utilize home prepared meals over restaurants



Exercise

Promote and play with your child outside. Work your way to an hour a day outdoors.



Five top reasons for continual exercise are:

- 1.) Fights Disease
- 2.) Better Sleep
- 3.) Helps Develop Healthy habits
- 4.) Improves Behavior
- 5.) Anyone can benefit

Some Exercise you can Engage in as a Family:

- | | |
|--------------------------------|--------------------|
| 1.) Dance Party | 6.) Exercise games |
| 2.) Going for a walk | 7.) Catch |
| 3.) Build your own workout | 8.) Skipping |
| 4.) Learn a new sport together | 9.) Running |
| 5.) Yoga | 10.) Hiking |



Sleep

Sleep and resting is important to the growth of your child.

Here are some helpful sleeping tips:



- 1.) Have a bedtime routine and make it fun
Teenagers will imitate their parents to an extent, check on your own bedtime routines
- 2.) Turn off screens an hour prior to bedtime
- 3.) Try to keep a regular bedtime
- 4.) Keep the room at a cooler temperature
- 5.) Utilize white noise or noise machines

Cycle of Deployment



Stages of Deployment:

Pre-deployment—Family is notified that member will be deployed, several weeks to a year in advance.

- General shock and disbelief; security, and safety of family feels shattered.
- May feel like soldier is already “psychologically deployed”.

Deployment Phase—From the time the soldier leaves home through the first month of deployment.

- Mixed emotions—may include feeling abandoned, angry, sad, numb, and relieved.

Sustainment—From the first through next-to-last month of deployment.

- Majority of families reach a “new normal” and resume life with renewed resiliency and hope.
- Level of adjustment varies from family to family, and from child to child; families with multiple pre-existing problems and/or troubled family members are at a higher risk for adjustment problems.

Pre-Reunion—The month before soldier is scheduled to return home.

- Mixed emotions—excitement, anticipation, and apprehension.
- Unrealistically high or low expectations.

Reunion—Typically lasts 3 to 6 months, beginning when soldier returns home.

- Initially reunion is experienced with euphoria and joy for many families.
- Family structure and roles will need to be renegotiated because all family members will have changed.
- Child’s response depends on age; may display significant anxiety for up to a year.

The Emotional Cycle of Deployment

1. Anticipation of Departure

Timeframe: Once Notified

- Increased stress & emotions
- Denial & anticipation of loss

2. Detachment & Withdrawal

Timeframe: Near Deployment

- Distancing in preparation for separation
- Difficulty communicating

3. Emotional Disorganization

Timeframe: Early Deployment

- Changes in responsibility & routine set in
- May be surprised by mixed feelings or may wish for things to go back to normal

4. Recovery & Stabilization

Timeframe: Mid-Deployment

- New normal established
- Can be positive, negative, or a mix
- Mid-deployment lull

5. Anticipation of Return

Timeframe: Late Deployment

- Excited & anxious
- Boost of energy
- Leave = homecoming

6. Adjustment & Renegotiation

Timeframe: After Return

- Honeymoon phase
- Readjustment to each other

7. Reintegration & Stabilization

Timeframe: As long as it takes

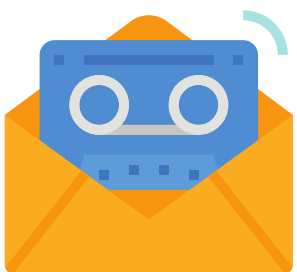
- Another new normal
- Readjustment challenges can lead to need for support/assistance - can be long term
- Cycle may begin again

Deployment isn't just an event, it's a process

Staying In Touch

Ways for your family to stay connected during deployment

- Pick a star before your Service Member leaves so you can look up at that star and tell each other good night.
- Fill Service Member's bags with notes from family members- Service Member can do the same with notes to leave at home, writing small notes for family members and putting them in a jar. Have children pull out a note when they are missing the Service Member or on scheduled times/days.
- Buy two of the same book and read it together while the Service Member is gone. This will also give both something to talk about it on phone calls (on the off chance that they run out of things to say). For younger children, Night Catch or The Kissing Hand are great choices.
- Have the Service Member leave voicemail messages on the answering machine and cell phone voicemail. This way, children can always have access to their Service Member's voice when they are missing them.
- Create a stuffed animal with a recording inside - you could record the Service Member's voice for the child, or the children's voices for the Service Member.
- Make a pillowcase with a picture of the Service Member/Children on it.
- Create a recordable book.

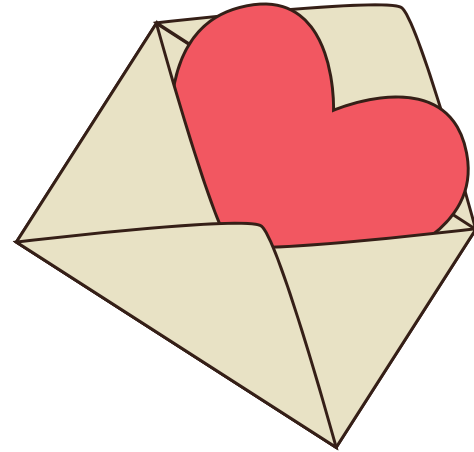


- A Story Before Bed- record yourselves reading a story together online, with video, that you can both watch at any time during the deployment.
 - www.astorybeforebed.com/military
- Send a journal back and forth to each other or both write in journals and swap them regularly. You could send them back and forth at certain times or you could also wait and not send the journals, instead reading them when the deployment is over.
- Have the family "Hunt the Good Stuff" often, writing each good thing on a small slip of paper and putting them all in a "Good Stuff" jar. Share the jar with the Service Member after the deployment.
- Decide to learn something new together. For instance, Service Member and child could both decide to learn a foreign language. Buy the books or tapes and learn the language together. They can practice on phone calls and emails.
- Write a story together over email. This could be a simple story. Write a paragraph, send it to the Service Member, SM adds a paragraph, sends it back to child and so on. This could also be done through the mail.

Staying In Touch

Ways for your family to stay connected during deployment

- Have a contest to see who can send the funniest cards or letters.
- Communicate often through whatever means you have available to you whether it's the mail, email, internet chat or packages. Let each other know you're thinking of each other. Something simple can mean a lot.
- Create a Family Newsletter to share with Service Member monthly - or at regular intervals.
- Choose a special family activity or vacation for when Service Member returns. Keep it secret but send clues about it. Be creative in your clues – they don't necessarily have to be written clues.
- If your family scrapbooks, send disposable cameras to take pictures for you to scrap. You can present the completed book when the Service Member returns. This could also be done with digital pictures. The family could also create a scrapbook of their year in photos to present after deployment.
- Conversation Box - Youth gather things in the box during the week and then when their SM has time to facetime or skype they have those items handy when they have time to catch up.



- Take pictures during all the holidays and make a google photo album and then share the pictures with your deployed family member. When you talk on the phone, you can talk about the moments that were captured in the pictures.
- Some locations have the USO "United in Reading" area where Service Members can record a book and then send the recording with the book back to the child.
 - Send postcards to each child/youth, individually. Everyone loves getting mail.
- If the Service Member is somewhere with internet access, perhaps some of these ideas can be put on closed social media accounts or shared documents. Remember your OPSEC/PERSEC and don't post anything sensitive.
- Have the household put together a periodic newsletter for the Service Member where you not only share the big stuff, but the little things and inside jokes that they are not part of. Get creative with formatting and photography/photoshop so that it's not the typical formal written letter. Maybe the dog can have a regular column!

Resources for Gender Identity & Emotional Health

GLSEN

<https://www.glsen.org/>

Every day GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. Together, we can transform our nation's K-12 schools into the safe and affirming environment all youth deserve.



Human Rights Campaign

<https://www.thehrcfoundation.org/>

Every day GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. Together, we can transform our nation's K-12 schools into the safe and affirming environment all youth deserve.



It Gets Better Project

<https://itgetsbetter.org/>

The It Gets Better Project is a nonprofit organization with a mission to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer youth around the globe. Growing up isn't easy, especially when you are trying to affirm and assert your sexual orientation and/or gender identity. It can be a challenging and isolating process – but, the good news is, no one has to do it alone.



The Great American NO BULL Project

<https://www.nobullchallenge.org/>

The NO BULL Challenge focuses on building leadership skills, raising awareness and inspiring positive social action on issues affecting today's youth such as: bullying, violence, drug/alcohol abuse, LGBT, suicide, etc. We encourage students to say NO BULL to any issues and share their stories however and wherever they interact—including social media, and on school campuses.



The Trevor Project

<https://www.thetrevorproject.org/>

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.



School Resources



Resources in this section include:

- School Connection Letter.....31
- Supporting Your Child's Education During a Deployment.....32 & 33
- Books to Read During Deployment & Reading Resources.....34-37
- Resources for Students with Disabilities.....38
- Tutor.com - Top Ten Facts.....39

School Connection Letter

A supportive and understanding school environment is crucial for youth during deployments. Use the following letter template to communicate the upcoming deployment with your child's key support networks.

Be sure to direct any educational professional to your CYP coordinators for further support and training material.

Dear (*Teacher/School Counselor/Administrator Name*),

(*Service Member Name*), the (*Parent, Step-Parent, Guardian, Sibling etc.*) of (*Child's Name*), is (*currently/ preparing to etc.*) deploy(ed) with the National Guard.

I am writing to make you aware of these changes because you are a valuable resource to our child. Over the course of the deployment and into the months after (*Service Member's Name*) returns home, we will experience a great deal of change. Therefore, we would appreciate open communication regarding any insights you notice during this time. Please keep me informed and communicate any concerns with (*Child's Name*) during this school year. I will also work to communicate anything I notice.

Thank you for your support and understanding. If you would like to learn more about resources or trainings for educators who support military youth, please contact the New York National Guard Child and Youth Program. Their contact information is listed below.

Sincerely,
(*Parent, Step-Parent, Guardian, etc.*)

Add Child & Youth Coordinators Names & Email Addresses Below:

Lead Child & Youth Program Coordinator

Child & Youth Program Coordinator

Supporting Your Child's Education during a Deployment

The key to successfully navigating the challenges of deployment is communication. If the child's educators, parents/guardians and the deploying Service Member are proactive and vigilant, many common issues can, and will, be addressed before escalating into larger problems.

Pre-Deployment:

- Let your child know where their parent/guardian is going and provide age appropriate details. The use of maps and globes can be a great way to create a visual and start conversations.
- Communicate with your child's school:
 - Let your student's teachers/administrator/counselor know of the upcoming deployment. It is a great idea for the educators and deploying parent/guardian to exchange email addresses to ensure consistent communication. If it is possible to view grades online, ensure the deploying Service Member has all the required access information.
 - Schedule a meeting with the student, educators, parents/guardians to discuss academic expectations for the year...encourage them to aim high as the challenge can help the student keep their mind off the separation.
- For younger children, video tape the Service Member reading favorite books and new books for the student to view later.
- For older children, pick books both enjoy. Set a time table for reading them so that you can discuss the books via email or on the phone...your own book club.
- Using a calendar, fill in important dates, family events, school events, grade reporting dates, etc. so the Service Member can access this information overseas.
- Read children story books that help them understand about deployments. A list of age appropriate books is available in the pages that follow.
- Set up a Communication Command Center so all family members can put up notes and other reminders about things they want to share with their Service Member when he/she returns.
- Have the Service Member complete notes for each child regarding important accomplishments. These can be left with the remaining caregiver to give the child in case communication with the deployed Service Member is interrupted due to conditions overseas.



Deployment:

- Keep plans made during the Pre-Deployment phase to ensure as much stability as possible in the lives of youth.
- Keep the Service Member in daily conversations (example: “Your mom would be so proud of you for...”).
- The caregiver can utilize emails and phone conversations with the deployed Service Member to prompt him/her on topics of discussion with youth (example: “Jack is feeling stressed about an upcoming exam in science...”).
- The Service Member should check the school’s website and grade updates. Then use that as conversation starters (example: “I saw you got an ‘A’ on your math test...”).
- Keep the Service Member involved in decision making. This allows the deployed Service Member to keep up on events taking place with the family back home.
- Develop a set way of marking time for younger children. It is suggested to mark days past rather than remaining deployment days due to unforeseen circumstances or extensions. Ideas include: paper chains, candies in a jar, ribbons on a tree, etc.
- Allow the child to communicate in the way most comfortable to him/her.
- Set a clock for the time where the Service Member is deployed to.
- Have children choose papers to send to the Service Member...include them in care packages.
- If the Service Member has access to a computer, work to set up a way for him/her to review homework/papers and assist the student

Reunion:

- Set up a conference with each child’s teacher. Use this time to inquire about concerns, progress and plans for the future.
- Have the Service Member meet with the class and give a presentation on the culture where he/she was deployed. For younger children show examples of money, toys and pictures.
- Involve the Service Member in school work and activities.
- Encourage activities which will allow the Service Member to meet the child’s new friends (allow time for this, as reunion/reintegration can be a chaotic time for everyone).

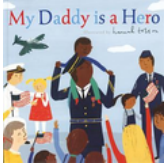


Books to Read During Deployment



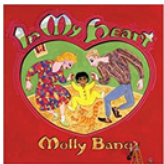
My Mommy is a Hero; Author: *Hannah Tolson*

Military mommies do all kinds of jobs in all kinds of places, but there's one thing every military child knows for sure – “My Mommy is a Hero!” (*Usborne Books*)



My Daddy is a Hero; Author: *Hannah Tolson*

Military daddies do all kinds of jobs in all kinds of places, but there's one thing every military child knows for sure – “My Daddy is a Hero!” (*Usborne Books*)



In My Heart; Author: *Molly Bang*

Being away from one's parent can create feelings of insecurity for any young child. But even when they are apart, parents and children can share a special connection. Told from the parent's point of view, *In My Heart* shows that, no matter where the parent is--or where the child is--the child is always in the parent's heart. A warm, simple, reassuring story, *In My Heart* is the perfect read-aloud for a parent before leaving for work in the morning or before tucking a child in at night. (*Amazon*)



What It's Like to Be A Military Kid: with Activity Pages;

Author: *Cara Lynn Loken*

Have you ever wonder what it's like to be a military kid? We asked military kids stationed around the world to draw a picture of what it's like to be a military kid. They were asked questions and their answers are funny. Check out what they came up with! Included with activity pages. All proceeds will go to art classes for military kids to help them with deployment anxiety. (*Amazon*)



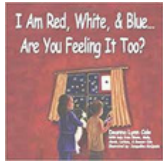
We Serve Too; Author: *Kathleen Edick*

From a young child's point of view this book deals honestly with the issues of deployment. Most of all, recognizes and honors the child's own service and sacrifice to country. (*Amazon*)



A Paper Hug; Author: *Stephanie Skolmoski*

Have you ever said good-bye to someone very dear? Here's a story about a little boy who figured out the best gift to give his dad who was leaving to serve his country . . . a paper hug. (*Amazon*)



I Am Red, White, & Blue...Are You Feeling It Too?;

Author: Deanna Lynn Cole

I Am Red, White, & Blue...Are You Feeling It Too? Is a children's book written through the eyes of a child writing a letter to their favorite soldier, while sitting under a apple tree at a children's military camp for kids who have a loved one deployed.

Children of all ages are encouraged to talk about their feelings that are associated with a military deployment. The full color paintings wonderfully depict a day in the life of little soldiers living on the homefront, choosing to find little ways to help others. It is through the colors that children can relate their feeling that it is okay to feel and it is good to talk about them. (Amazon)



The Wishing Tree; Author: Mary Redman

Amanda understands her dad is making the world a better place, but it doesn't make his deployment any easier. After mulling over ways she can support her dad, Amanda creates a small wishing tree in her room, writing her hopes and prayers on yellow ribbons that she ties onto the branches. As Amanda wishes for her dad to enjoy good meals, make new friends, and return safely, the little tree comes to life with yellow ribbons of hope. Includes information about wishing trees. (Amazon)



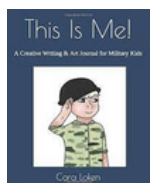
Night Catch; Author: Brenda Ehrmantraut

When a soldier's work takes him half-way around the world, he enlists the help of the North Star for a nightly game of catch with his son. Night Catch is a timeless story that connects families while they are apart and offers comforting hope for their reunion. (Amazon)



Over There: Mommy Version; Over There: Daddy Version; Over There: Personalized Book; Author: Dorinda Silver Williams

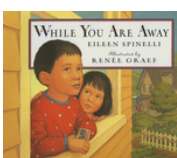
This board book can provide reassurance and comfort to a young child who is separated from a military parent because of deployment. Through this book, parents and caregivers can help keep hearts and minds open for a successful reunion. Each book has an insert in the back for a photo of the deployed parent so that the child can see mommy or daddy while thinking about them. (Military One Source)



This is Me! A Creative Writing & Art Journal for Military Kids;

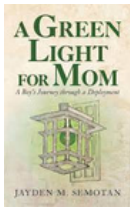
Author: Cara Loken

This Is Me is a book where kids can use writing or art prompts to get their thoughts out. Sometimes being a kid is hard at any age. This is a book for them to use to help with those tough times and gives them an outlet. This is a great book for military kids. All proceeds will go to art classes for military kids to help them with deployment anxiety. (Amazon)



While You Are Away; Author: Eileen Spinelli

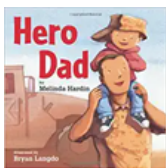
Lyrical, patriotic text and uplifting illustrations depicting military families combine to create a reassuring book about separation and reunion. (Amazon)



A Green Light for Mom: A Boy's Journey through a Deployment;
Author: Jayden M Semotan

In April of 2017, Jayden M. Semotan's life changed greatly. After learning his mom was being deployed for more than six months, he had so many questions. Would she die? Would she go to war? As a nine-year-old boy, he didn't know how to handle his feelings. Having his mom deployed was very different than having his dad go. *A Green Light for Mom* chronicles his journey of emotions, frustrations, and struggles as he survives the challenges of a parent's deployment.

Jayden tells how he experienced significant life events without having his mom to share them with, like his first double-digit birthday, travels to Florida with only his dad, graduating from fourth grade, and all the ups and downs of his sports involvement. Jayden also shares how he and his dad had an opportunity to travel to the other side of the world to see his mom. In the end, Jayden realizes he can overcome tough times. He learns that true strength comes from family. (Amazon)



Hero Dad; Author: Melinda Hardin

A boy compares his father, a U.S. soldier, to a superhero. (Amazon)



I Miss You; Author: Beth Andrews

Military families face stressful times that are unique to the military lifestyle. One of the most challenging situations, both for children and parents, is when a father, mother, or sibling is deployed for military service and must be away from the home. Children often experience sadness, anger, fear, anxiety, and loneliness, and they do not understand their own feelings or know how to express them.

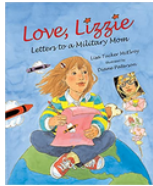
This book is designed to help children especially, but also their parents, during such difficult times. Based on many years of experience as a social worker, who has assisted military families experiencing stress, author Beth Andrews has created an excellent tool for allowing children and their loved ones to deal with the many emotions caused by deployment. The text and illustrations encourage children to discuss their feelings and to draw their own pictures to express themselves.

The accompanying parents' guide is designed to validate parents' feelings and give them ways to help their children cope. Guided by this approach, a parent or caregiver can help their children understand why one of their parents or a sibling had to leave home, identify their reactions, cope with their feelings in a positive way, be assured that they are not alone, and try new activities to help themselves adjust. At a time when military families are asked to make many sacrifices in the service of their country, this reassuring book will be a welcome resource. (Amazon)



The Invisible String; Author: Patrice Karst

Specifically written to address children's fear of being apart from the ones they love, *The Invisible String* delivers a particularly compelling message in today's uncertain times that though we may be separated from the ones we care for, whether through anger, or distance or even death, love is the unending connection that binds us all, and, by extension, ultimately binds every person on the planet to everyone else. Parents and children everywhere who are looking for reassurance and reaffirmation of the transcendent power of love, to bind, connect and comfort us through those inevitable times when life challenges us! (*Amazon*)



Love, Lizzie: Letters to a Military Mom; Author: Lisa Tucker McElroy

Lizzie's mom is serving in the military overseas, and Lizzie really misses her. While they are apart, Lizzie and her mom write letters to each other to help make the separation easier. Lizzie asks her mom to hurry up and defend freedom so she can come home soon. It's hard when her mom misses Lizzie's soccer championship and her birthday. Throughout the story, Lizzie draws maps to show her mother the important things in her life—like the new ice cream store, her new friend's house, the family's Thanksgiving airplane trip to Florida, and the stars in the sky. While Lizzie doesn't know exactly where her mom is, they both can wish on the same star. (*Amazon*)

Reading Resources



- With registration through Blue Star Families, families have the ability to access a free subscription to the Caribu App.
- Video calling through the app to read stories



DIGITAL LIBRARY

- National Guard families can use the DoD MWR Digital Library
- Register at <https://www.militaryonesource.mil/>
- Find the Digital Library link in the "Quick Access" menu
- Kids resources: ebooks, audiobooks, tutoring, encyclopedia, homework resources, test prep (ACT, AP, SAT, grade school, etc.)
- General user resources: academic journals, magazines, newspapers, investment/personal finance, genealogy, foreign language, video, online personal development classes, test prep (ASVAB, CLEP, DSST, etc.)

Resources for Students with Disabilities

Exceptional Family Military Program :

<https://www.militaryonesource.mil/family-relationships/special-needs/>

Exceptional Family Member Program (EFMP) is designed to assist military families with a special needs family member. Support provided includes community support, housing, medical, educational, and personnel services to military Families with an Exceptional Family Member EFM.

*** You must be enrolled in this program prior to meeting duty status requirements.**

*** The Service Member must be in active duty status to use this benefit.**

Autism Speaks: <https://www.autismspeaks.org/>

Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of people with autism and their families.

Organization for Autism Research: <https://researchautism.org/>

Our intent with every dollar we raise and spend pursuing knowledge through research or creating resources is to offer support to self-advocates, parents, siblings, teachers, military families, and more. Ultimately, we do that one study, one resource, one child, one family, one school, one teacher at a time.

Autism Society of America: <https://www.autismacceptance.org/>

The Autism Society is the nation's leading grassroots autism organization and exists to improve the lives of all affected by autism. Annually, the Autism Society and its 75+ local affiliates served over 600,000 individuals impacted by autism through education, advocacy, information and referral services, support, and providing community inclusion and acceptance at the national, state and local levels.

CHADD - Children with Attention Deficit/Hyperactivity Disorder: <https://chadd.org/>

We believe in improving the lives of people affected by ADHD.

American Society for Deaf Children: <https://deafchildren.org/>

The American Society for Deaf Children (ASDC) is committed to empowering diverse families with deaf children and youth by embracing full access to language-rich environments through mentoring, advocacy, resources, and collaborative networks.

American Foundation for the Blind: <https://www.afb.org/>

The mission of the American Foundation for the Blind is to create a world of no limits for people who are blind or visually impaired. We mobilize leaders, advance understanding, and champion impactful policies and practices using research and data.



Top 10 Facts for Parents about Tutor.com™ for U.S. Military Families



1

Safe and Anonymous

All tutors must pass a rigorous application process including an extensive background check. No personal information is shared between student and tutor. All work is completed in our recorded classroom.

2

FREE for Eligible Students

There is NO cost to eligible students to use Tutor.com for U.S. Military Families and you will not be asked to purchase anything.

3

Personalized Learning Sessions

Every Tutor.com session is personalized to meet the needs of your student, from remedial to advanced levels. It focuses on conceptual learning and critical thinking—not just quick answers.

4

Covers 60+ Subjects

Students can get help in math, science, English, writing, social studies, Spanish, computer literacy, AP® courses, and more. We also provide job search assistance.

5

More than Just Homework Help

Tutors assist students with specific homework problems but can also help with concept review, writing assignments, test prep, and more.

6

Extends the Learning Day

With over 3,000 tutors on board and 24/7 access, Tutor.com can help students at their moment of need, no matter when that may be.

7

Supports Student Achievement

95% of students who use Tutor.com say it helps them complete their homework and improve their grades.* Students come to class better prepared and ready to learn.

8

Builds Confident Learners

Students of all skill levels can get help from a tutor. In fact, 97% of students responding to our post-session surveys have said that using Tutor.com makes them feel more confident in their learning.

9

Is Easy to Use and Accessible from Anywhere

Wherever students have online access—at home, at school and anywhere in between—they can connect to a tutor using any computer or mobile device. Sign up is quick & easy!

10

Endorsed by Parents

“This service has been excellent and wonderful. My 7-year-old son is actually motivated to do his HW because of it. Thank you so much!”

www.tutor.com/military

Visit www.tutor.com/military/eligibility for full funding and program eligibility details. The appearance of the U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.

*Based on 2018 post-session Tutor.com student surveys.



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State Specific Resources



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- Child & Youth Resource Guide Information.....44 & 45
- Sensory Sensitive Activities Throughout New York.....46
- Volunteer Opportunities.....47
- Connect with Us!
 - Army National Guard.....48
- Connect with Us!
 - Air National Guard & Survivor Outreach.....49

TEENS

we need you

Join Teen Council!

THE CHILD & YOUTH PROGRAM IS LOOKING FOR STUDENTS AGE 13-18 TO SERVE ON THE NEW YORK NATIONAL GUARD STATE TEEN PANEL

Join a volunteer group of Guard Teens who participate in leadership symposiums, service learning projects, and plan events such as Yellow Ribbons and assist at events like MRT & Camps

LOOKS GREAT ON RESUMES AND APPLICATIONS!

GUIDELINES

- Minimum 13 years old
- Term ends with graduation of High School
- Must attend 50% of Teen Council Meetings
- Zero Tolerance of drugs & alcohol
- Minimum GPA of 2.5 or 80%

PARTICIPATION

- Trainings & State Events
- Public Relations and Promoting
- Community Service and Volunteering
- Meetings - calls and face to face

EXPECTATIONS

- Teens must check and respond to email
- Must have 15 volunteer hours within New York State Family Programs or related functions
- Seek out partnerships to create with Teen Council
- Express opinions on issues being discussed
- Assist Child & Youth Program Coordinators with Planning of State workshops, symposiums, and trainings



APPLY NOW

Resources included in our

Childcare:

Child Care Aware: childcareaware.org

- Provides tools to find a child care provider while soldiers are deployed

Military Child Care Fee Assistance:

www.childcareaware.org/fee-assistancerespite/military-families/army/

- Created to provide authorized Reserve and Active Duty personnel assistance in locating, selecting, and offsetting the cost of civilian child care when on-base child care is not available for a viable option for the service member and their family

SitterCity for Military Families: www.sittercity.com/militaryonesource

- Register through Military OneSource to access a list of babysitters in your area

Child Growth & Development:

Zero to Three: www.zerotothree.org

- Support for early years of child development

Additional Support Organizations:

Military OneSource: militaryonesource.mil

- Connect at any time to find answers and support on many different topics including but not limited to: family & relationships, education & employment, military life cycle, moving & housing, health & wellness, and financial & legal

National Military Family Association: www.nmfa.org

- Information and resources for military members and their families, including but not limited to: adoption, kids education, deployment, paid family leave, and military & family news

Operation Homefront: www.operationhomefront.org

- Connects families with available resources such as financial assistance, housing, veteran caregiver support and family events

Operation We Are Here: operationwearehere.com

- Provides a resource library for military and veteran families & supporters.

Our Military Kids: www.ourmilitarykids.org/

- Supplemental funding for sports, arts, and other activities for kids during parent deployment

Child & Youth Resource Guide

Educational Resources:

Military Child Education Coalition: www.militarychild.org

- Supports military children to be college-, work-, and life-ready by providing student, parent, and educator support and resources

Military Child in Transition and Deployment: militaryimpactedschoolsassociation.org

- Provides resources for families and schools about military life and its impact on children

Sesame Street for Military Families: sesamestreetformilitaryfamilies.org/

- Support for families on topics including but not limited to: deployment, relocation, routines, grief, injuries & rehabilitation

Scholarships for College Bound Students: dmna.ny.gov/family/youth/

- Access this page to find scholarships available to college bound ARNG members and their children

Tutor.com: www.tutor.com/military

- Tutors help students of all ages from K-12, college students, and adult learners at all skill levels

Opportunities to Build Connections:

Big Brothers Big Sisters: www.bbbs.org/military

- Provides local mentors for children in military families

Boys & Girls Club of America: www.bgca.org/about-us/military

- An opportunity for children of National Guard Reserve and Active Duty families who do not live near Active Duty installations to join Boys & Girls Clubs

Military Kids Connect: <https://militarykidsconnect.health.mil/>

- Online community for military children 6-17 that provides resources through the perspective of navigating a military life

YMCA Military Outreach Initiative: www.asymca.org/ymca-dod-military-outreach-initiative

- Offers gym memberships and respite child care services for qualified military members and families nationwide

Child & Youth Opportunities:

- Follow us on Social Media to learn about our upcoming opportunities including Teen Council, Day & Summer Camps, and Sign Up for our Newsletter!

Sensory Sensitive Resources Throughout New York



AMC Theatres

<https://www.amctheatres.com/programs/sensory-friendly-films>

AMC is proud to partner with the Autism Society to offer unique movie showings where we turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing! Our Sensory Friendly Film program is available on the second and fourth Saturday (family-friendly) and Wednesday evenings (mature audiences) of every month. Please check your local theatre listings for specific showtimes, and don't forget to share your family fun with #AMCSensoryFriendly.



Be Like Buddy

<https://www.belikebuddy.com/newyork>

Provides a list of sensory -friendly activities throughout New York



Chuck E. Cheese

<https://www.chuckecheese.com/events/sensory-sensitive-sundays/>

Sensory Sensitive Sundays at select locations for two hours the first Sunday of the Month



Regal Cinemas

<https://www.regmovies.com/static/en/us/promotions/my-way-matinee>

Regal's My Way Matinee gives everyone the opportunity to experience a movie with the lights turned up and the volume turned down. This becomes safe space where our guests are free to express themselves by singing, crying, dancing, walking around, talking or shouting while enjoying Hollywood's latest films! All screenings for our sensory friendly movies will begin at 10:30am on the second and fourth Saturday of the month for a special discounted ticket price!

Skyzone

<https://www.skyzone.com/programs/sensory-hours>

Enjoy the freedom of jumping. Sensory hours provide a quieter, toned-down jumping experience for those with special needs.



The Arc & Wings for Autism/Wings for All

<https://thearc.org/our-initiatives/travel/>

Enjoy the freedom of jumping. Sensory hours provide a quieter, toned-down jumping experience for those with special needs.



@nyngyouthprogram



<https://dmna.ny.gov/family/>



New York National
Guard Youth Program



Download our app:
ARNG CYS

Volunteers WANTED



Scan to access the
Volunteer application
packet today or contact
the Child & Youth
Coordinators at
1-877-715-7817



*If you enjoy working with kids
please contact us to talk about our
Volunteering Needs!*

Background Check & Fingerprints Required

Connect with Us!



DMNA Family Programs Main Page
<https://dmna.ny.gov/family/>



NY ARNG CYS
[@nyngyouthprogram](https://www.instagram.com/nyngyouthprogram)



Facebook Pages
[New York National Guard Family Programs](#)
[New York National Guard Youth Program](#)

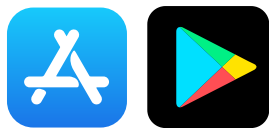


LinkTree
<https://linktr.ee/NYARNGCYS>



Army National Guard Youth Program:

- o nysyouthcoordinators@gmail.com
- o 1-877-715-7817



Download our App!
On the Apple App Store or Google Play Store
Search: ARNG CYS





Scan to Access our Resources Digitally!


Connect with Us!


Air National Guard


- 105th AW - Julie Baldwin
 - julie.baldwin.2@us.af.mil
 - 845-563-2062
 - <https://www.105aw.ang.af.mil/About/Programs/Airman-and-Family-Readiness/>

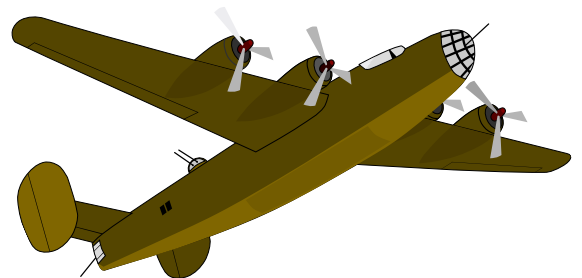
 [105th Family Programs](#)
- 106th RQW - Lisa D'Agostino
 - lisa.dagostino@us.af.mil
 - 631-723-7133
 - <https://www.106rqw.ang.af.mil/Resources/Airman-Family-Readiness/>

 [106th Rescue Wing](#)
- 107th ATKW - Julia Noe
 - julia.noe@us.af.mil
 - 716-236-3411
 - <https://www.107attackwing.af.mil/Community-Action-Team/Family-Readiness/>

 [107th Attack Wing](#)
- 109th AW - Colleen Casey
 - colleen.casey@us.af.mil
 - 518-344-2357
 - <https://www.109aw.ang.af.mil/About/Wellness-Center/Airman-and-Family-Readiness/>

 [109th AW Wellness Center](#)
- 174th ATKW - Kelly Bice
 - kelly.bice@us.af.mil
 - 315-233-2577
 - <https://www.174attackwing.af.mil/About-Us/Family-Readiness/>

 [174th Attack Wing Health and Wellness Center - HAWC](#)



Survivor Outreach Services

The Survivor Outreach Services (SOS) program was created to embrace and reassure Survivors that they are continually linked to the Army Family through a unified support program that enables them to remain an important part of the Army for as long as they desire. For more information visit

<https://www.armymwr.com/programs-and-services/personal-assistance/survivor-outreach>

Provide Survivors with resource referrals for:

- Peer Support
- Bereavement Counseling
- Emergency Financial Services
- Military Legal Assistance
- TRICARE
- Educational Benefits
- Benefits Assistance



Services Available:

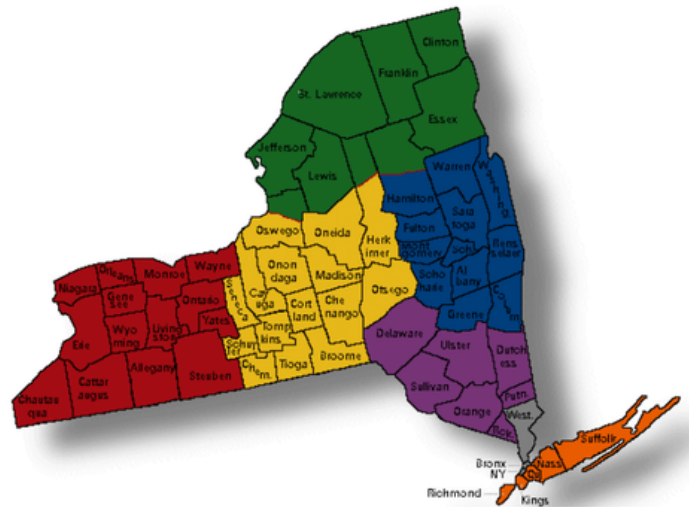
- Provide Expertise on State & Federal Survivor Benefits
- Arrange for estate and financial advice
- Connect Survivors with mental health/support counseling
- Connect Survivors with other Survivors
- Provide long-term case management support

SOS Support Coordinators in New York State

The SOS Program has Support Coordinators in each state across the Nation. Coordinators are regionally based in each state as to best provide services and support in the communities closest to where you live.

In New York State there are seven SOS Support Coordinator Regions.

To search for a SOS Support Coordinator in another state visit <https://dcs9.army.mil/safr/sos/sos.html>



Elise Fredette (Latham, NG) Blue

Division of Military and Naval Affairs
ATTN: MNP-Survivor Outreach Services
330 Old Niskayuna Road, Room 303
Latham, NY 12110
(518) 786-0450 (w)/(917) 554-4706 (c)
email: elise.j.fredette.ctr@mail.mil

Cynthia Roberson-Vanlaningham (Syracuse, NG) Yellow

NY National Guard 27th IBCT
Attn: SOS
6900 Thompson Road
Syracuse, NY 13211
(315) 438-3301 (w)/(315) 373-6589 (c) /email:
cynthia.m.roberson-vanlaningham.ctr@mail.mil

Bonnie Morales (Camp Smith/NYC, NG) Grey

Attn: SOS Coordinator
11 Bear Mt. Bridge Rd. Bldg 500, Flr. 3
Cortlandt Manor, NY 10567
(914) 945-7514 (w)/(914)-564-8170(c)
Email: Bonnie.l.morales2.ctr@mail.mil

Brittney Allen (West Point – ACS) Purple

FMWR, ACS Building 622, Rm 158
USAG West Point, NY 10996
(845) 938-3655
email: brittney.n.allen2.civ@mail.mil

Susan Walling (Ft Drum - ACS) Green

10720 Mount Belvedere Blvd
Ft Drum, NY 13602-5018
(315) 772-6357
email: susan.l.walling2.civ@mail.mil

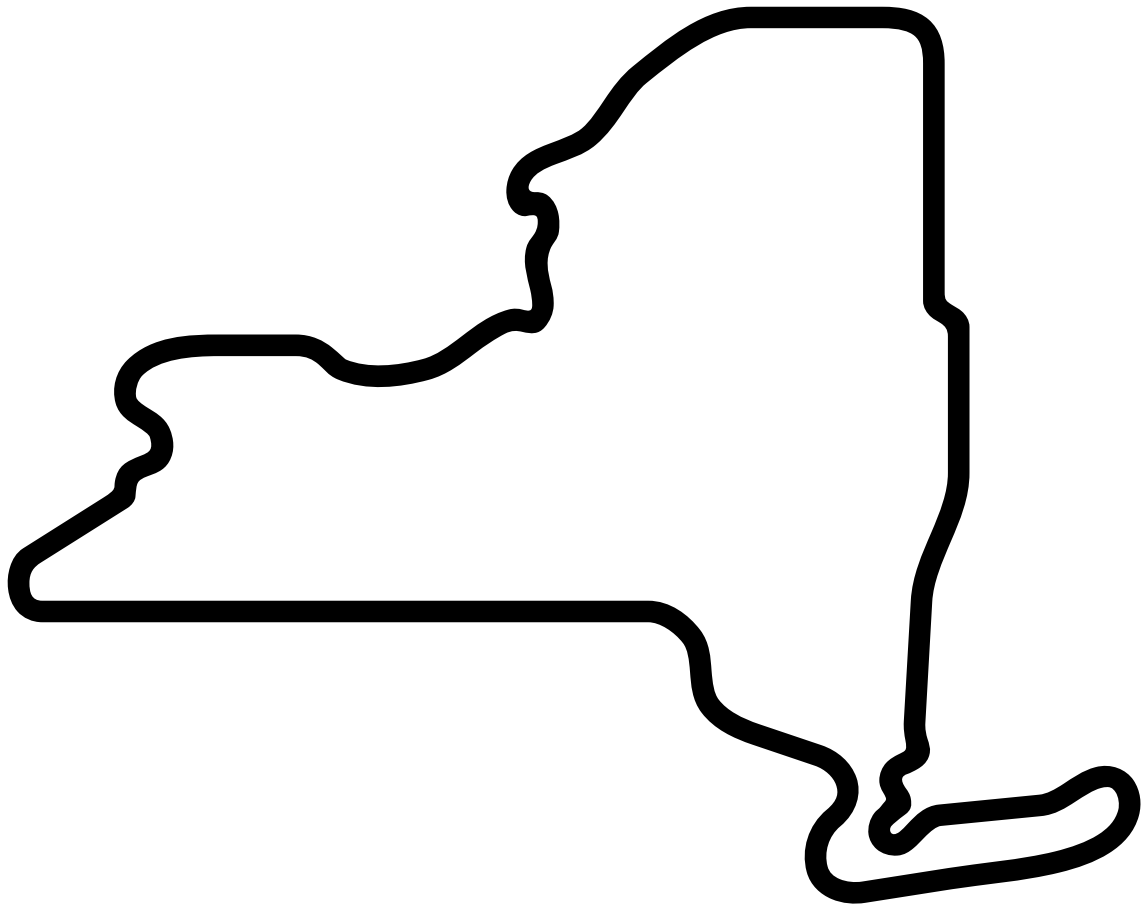
Jacqueline Prince (Ft Hamilton - ACS) Orange

137 C Poly Place
Brooklyn, NY 11252
(718) 630-4754
email: Jacqueline.prince.civ@mail.mil

Lee K. Mulcahey (Western New York Region - USAR) Red

Family Programs
99th Readiness Division
Phone: (609) 498-9446
Email: lee.k.mulcahey.civ@mail.mil

Regional Resources



Resources in this section include:

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Scan Here

to access a digital version of our
Youth Deployment Guide
and access live versions
of the enclosed links

Buffalo

Region 1

Parent Resources

- EPIC – Every Person Influences Children
 - Find parent education classes, support groups, car seat safety classes and more!
 - <https://www.epicforchildren.org/>
- Local Child Care Resources
 - Erie County Social Services:
 - <https://www2.erie.gov/socialservices/index.php?q=daycare>
 - Niagara County Social Services:
 - <https://www.niagaracounty.com/socialservices/Programs/Day-Care>
- Operation C.O.M.
(Children of the Military Program)
 - Help military children establish positive coping skills, encourage positive expression, strengthen positive expression, strengthen self-confidence & resiliency, and encourage kids to have fun with other military children
 - Find them on Facebook
[@operationchildrenofthemilitary](https://www.facebook.com/operationchildrenofthemilitary)
- Parent to Parent Network
 - Supporting families who care for people with developmental disabilities or special healthcare needs
 - <http://parenttoparentnys.org/offices/maps/>
- Parent Network of Western NY
 - <https://parentnetworkwny.org/>
 - Military specific information:
 - <https://parentnetworkwny.org/support-and-services/military-and-veteran-families/>

Youth Programming & Activities

- Autism Friendly Activities for Kids
 - <https://exceptionaleducation.buffalostate.edu/au-some-events>
- Chautauqua Striders
 - A Mentoring program for youth from academics to athletics
 - <http://chautauquastriders.org/>
- Fun 4 Kids
 - <https://www.fun4kidsinbuffalo.com/indoor-activities/>
- Little Heroes WNY
 - Providing assistance and resources through grants for activities for children and youth
 - <https://wnyheroes.org/grants-programs/wny-kids-are-heroes-too/>
- Mommy Poppins
 - Search site lists various activities throughout the region with activities for families to participate in
 - <https://mommypoppins.com/kids/city-guides/fun-things-to-do-in-buffalo-new-york-with-kids>
- Youth Recreation Centers
 - There are six recreational centers throughout the Buffalo City
 - <https://www.buffalony.gov/380/Youth-Recreation-Centers>
- Youth Audiences of Western New York
 - Bringing professional artist workshops to your children
 - <https://www.yawny.org/>

Rochester

Region 2

Parent Resources

- Child Care Council
 - Additional resources for parents and guardians in Rochester
 - <https://childcarecouncil.com/for-parents/parenting-resources/>
- Circles
 - A support group for parents with toddlers, school age kids, single parents, and parents with children navigating special education
 - 585-270-1832
 - <https://parentingvillage.org/programs/circles/>
- Little Heroes WNY
 - Providing assistance and resources through grants for activities for Children and Youth
 - <https://wnyheroes.org/grants-programs/wny-kids-are-heroes-too/>
- Parent to Parent Network
 - Supporting families who care for people with developmental disabilities or special healthcare needs
 - <http://parenttoparentnys.org/offices/maps/>
- Starbridge
 - Education parent center
 - 1650 South Avenue, Rochester, NY 14620
 - <http://www.starbridgeinc.org/>
 - 1-800-650-4967, Toll Free
 - 585-546-1700, Main Line

Youth Programming & Activities

- Autism Friendly Activities for Kids
 - <https://rochester.kidsoutandabout.com/content/special-needs-resources-and-around-rochester>
- Family's Days Out
 - Fun things to do with kids in Rochester
 - <https://www.familydaysout.com/kids-things-to-do-usa/rochester/ny>
- I Love NY
 - <https://www.iloveny.com/blog/post/11-things-to-do-with-kids-in-rochester-ny/>
- Mommy Poppins
 - A list of various activities throughout the region with activities for families to participate in
 - <https://mommypoppins.com/new-york-city-kids/family-travel/7-favorite-upstate-new-york-getaways-for-families>
- Traveling Mom Kid Friendly Ideas
 - <https://www.travelingmom.com/family-vacation-destinations/kid-friendly-rochester-7-things-to-do-with-kids-in-rochester-new-york/>
- Trip Buzz 35 things to do with kids in Rochester
 - <http://www.tripbuzz.com/things-to-do-with-kids/rochester-ny>
- Visit Rochester
 - <https://www.visitrochester.com/things-to-do/travel-with-kids/>

Syracuse

Region 3

Parent Resources

- Central New York Chapter of The Autism Society
 - <https://cnyasa.org/resources>
- Child Care Solutions
 - Parenting resource guide located in Syracuse or Auburn
 - <https://childcaresolutionscny.org/parent-resources>
- Children's Consortium
 - Parenting Resource for Central New York
 - <http://www.childrensconsortium.org/parents/parenting-resources/>
- Clear Path for Veterans
 - Events for service members and families including events for couples, families & children
 - www.clearpathforvets.com
 - 315-687-3300
- Onondaga County Children and Family Services
 - From parenting support resources to Mental Health Services
 - <http://www.ongov.net/cfs/services.html>
- Parent to Parent Network
 - Supporting families who care for people with developmental disabilities or special healthcare needs
 - <http://parenttoparentnys.org/offices/maps/>
- Say Yes to Education
 - Continued resources for families and their children/youths to help limit barriers to academic success
 - <https://sayyessyracuse.org/supports/family-services/>

Youth Programming & Activities

- 41 Things to Do with Kids in Syracuse
 - <http://www.tripbuzz.com/things-to-do-with-kids/syracuse-ny>
- Discover Upstate New York
 - <https://www.discoverupstatenyc.com/things-to-do/family-fun/>
- Family Days Out
 - Activities to do throughout the entire state
 - <https://www.familydaysout.com/kids-things-to-do-usa/new-york>
- I Love NY
 - <https://www.iloveny.com/blog/post/things-to-do-with-kids-in-syracuse/>
- Mommy Poppins
 - A list of various activities throughout the region with activities for families to participate in
 - <https://mommypoppins.com/new-york-city-kids/family-travel/7-favorite-upstate-new-york-getaways-for-families>
- Visit Syracuse
 - <https://www.visitsyracuse.com/things-to-do/kid-friendly/>
- Sensory Days at Syracuse Wonderworks
 - <https://www.wonderworksonline.com/deshtiny/sensory-nights/>

Latham

Region 4

Parent Resources

- Additional Parent Resource Links
 - https://www.health.ny.gov/community/infants_children/early_intervention/additional_parent_links.htm
- The Autism Society of the Greater Capital Region
 - <https://www.asgcr.org>
- Blue Star Mothers
 - Family resources for Military Families
 - <https://www.capitalregion2bsm.org/resources.htm>
- Department of Health Family Resources
 - https://www.health.ny.gov/community/special_needs/services/family_support.htm
- Information for Military Personnel & Their Families
 - <https://omh.ny.gov/omhweb/military/>
- Parent and Family Resources-Military Families
 - New York State PTA
 - <https://nyspta.org/home/parent-resources/military-families/>
- Parent to Parent Network
 - Supporting families who care for people with developmental disabilities or special healthcare needs
 - <http://parenttoparentnys.org/offices/maps/>

Youth Programming & Activities

- Albany.com
 - <https://www.albany.com/things-to-do/kids-activities/>
- Capital District Moms
 - <https://capitaldistrictmoms.com/resources/childrens-activities/>
- Capital Saratoga Explore Things to Do
 - <https://www.iloveny.com/places-to-go/capital-saratoga/>
- Family Day Out
 - Fun things to do with kids in the Capital Region
 - <https://www.familydaysout.com/kids-things-to-do-usa/latham/ny>
- Kid Activities in the Capital Region
 - <https://albany.kidsoutandabout.com>
- Mommy Poppins
 - A list of various activities throughout the region with activities for families to participate in
 - <https://mommypoppins.com/anywhere>
- Sensory-Friendly Events & Venues in the Capital Region
 - <https://schenectady.macaronikid.com/articles/5825e6abdafd905530a38558/sensory-friendly-events-and-venues-in-the-capital-region>

Camp Smith

Region 5

Parent Resources

- Family of Woodstock
 - Workshops and Resources for Families
 - <https://www.familyofwoodstockinc.org/ccc/for-families/parenting-workshops/>
- Family Resource Center of Peekskill
 - 1000 Orchard Street
Westchester, Peekskill, NY 10566
 - 914-739-0411
 - <https://www.nyconnects.ny.gov/providers/family-resource-center-of-peekskill-sofa-ag-409715>
- Hudson Valley Parent Center
 - Parent Center
Cedarwood Hall, Room A106
Valhalla, NY 10595
 - <http://www.hvsepc.org/>
 - 914-493-7665, Main Line
- Hudson Valley Parent
 - Online go to for parents in the Hudson Valley Region
 - <https://hvparent.com>
- Parent to Parent Network
 - Supporting families who care for people with developmental disabilities or special healthcare needs
 - <http://parenttoparentnys.org/offices/maps/>
- Special Needs Parent & Child Resources in Peekskill, Westchester
 - http://www.parentguidenews.com/Search/ParentChildResources_ParentChildResources_NewYork_Westchester_Peekskill

Youth Programming & Activities

- Autism/Sensory Friendly Activities for Kids
 - Hudson Valley Magazine
 - <https://hvmag.com/life-style/health/udson-valley-autism-resources-camps-programs/>
- Family Day's Out
 - Activities to do with your families with locations through out the entire state
 - <https://www.familydaysout.com/kids-things-to-do-usa/new-york>
- Hudson Valley Kids
 - A site of constant activities for your children and teens in the Hudson Valley Region
 - <https://hudsonvalleykids.org>
- I Love NY
 - <https://www.iloveny.com/thebeat/post/6-family-friendly-spots-to-visit-in-orange-county-ny-this-spring/>
- Mommy Poppins
 - A list of various activities throughout the region with activities for families to participate in
 - <https://mommypoppins.com/westchester>
- Orange County Tourism
 - <https://orangetourism.org/>
- Recreation Programs Peekskill
 - <https://www.cityofpeekskill.com/parks-and-recreation/pages/recreation-programs>

Fort Hamilton

Region 6

Parent Resources

- Kings County Resources
 - The Family Center
493 Nostrand Avenue
Brooklyn, NY 11216
 - 212-766-4522 x114
 - http://www.glaserdesignservices.com/nysnavigator/?page_id=126
- Brooklyn Autism Center
 - Resources for children of all ability levels
 - 718-360-9595
 - <https://www.brooklynautismcenter.org/>
- New York Metro Parents
 - Resources through out the City
 - <https://www.nymetroparents.com/all/>
- Parent to Parent Network
 - Supporting families who care for people with developmental disabilities or special healthcare needs
 - <http://parenttoparentnys.org/offices/maps/>
- Staten Island NY Family Resources
 - <https://www.statenislandusa.com/parentresources.html>
- Staten Island Parent Resources
 - Helping parents make better decisions
 - <https://www.siparent.com>
- Staten Island Special Education Parent Center Parenting Center
 - 1050 Forest Hill Road,
Staten Island, NY 10314
 - <http://parenttoparentnys.org/offices/staten-island/>
 - 1-800-866-1068, Main Line

Youth Programming & Activities

- 14 Top-Rated Attractions & Things to Do on Staten Island
 - <https://www.planetware.com/new-york/top-rated-attractions-things-to-do-on-staten-island-ny-us-ny-79.htm>
- 25 Best Things to do on Staten Island
 - <https://vacationidea.com/ny/things-to-do-in-staten-island.html>
- Activities for Kids/ ACTIVEkids
 - <https://www.activekids.com/staten-island-ny>
- Family Days Out
 - Activities to do with your family through out the entire state
 - <https://www.familydaysout.com/kids-things-to-do-usa/new-york>
- The GRACE Foundation
 - Resources for activities with children and youth on the spectrum
 - <https://www.graceofny.org/programs-services>
- Mommy Poppins
 - A list of various activities throughout the region with activities for families to participate in:
 - <https://mommypoppins.com/long-island/nassau>
- Trekaroo, Staten Island Kid Activities
 - <https://www.trekaroo.com/places/staten-island-new-york/activities>

Manhattan

Region 7

Parent Resources

- CAP4KIDS
 - Parenting Support in NYC
 - <https://cap4kids.org/newyorkcity/parent-handouts/parenting-support/>
- CAP4Kids
 - Parenting Support in NYC for Special Needs
 - <https://cap4kids.org/newyorkcity/parent-handouts/special-needs/>
- IncludeNYC
 - Find resources for learning & school, family support, parenting & advocacy, working & adult life, and friendship & social topics
 - <https://www.includenyc.org/>
 - Resources available in English and Spanish
- New York Metro Parents
 - Covers all five boroughs filled with parenting resources
 - <https://www.nymetroparents.com/all/>
 - <https://www.nymetroparents.com/manhattan/>
- Parent Center Programs
 - To promote family involvement
 - <https://www.includenyc.org/content/programs>
- Parent to Parent Network
 - Supporting families who care for people with developmental disabilities or special healthcare needs
 - <http://parenttoparentnys.org/offices/maps/>

Youth Programming & Activities

- Autism Friendly Activities for Kids
 - <https://www.belikebuddy.com/newyork>
- CAP4Kids
 - After School Enrichment
 - <https://cap4kids.org/newyorkcity/parent-handouts/after-school-summer-youth-programs/>
- CAP4KIDS Teen Resources
 - <https://cap4kids.org/newyorkcity/parent-handouts/teen-resources>
- Events & Activities for Kids and Families
 - <https://lowermanhattan.macaronikid.com>
- Family Days Out
 - Activities to do with Kids in or near Manhattan
 - <https://www.familydaysout.com/kids-things-to-do-usa/manhattan/ny>
 - <https://www.familydaysout.com/kids-things-to-do-usa/new-york-city/ny>
- Mommy Poppins
 - A list of various activities throughout the region with activities for families to participate in
 - <https://mommypoppins.com/new-york-city-kids/best-of-lists/things-to-do-midtown-manhattan-kids>
- Other Things to Do in NYC
 - <https://freetoursbyfoot.com/things-to-do-with-kids-in-new-york-city/>

Farmingdale

Region 8

Parent Resources

- Alternatives for Children Long Island
 - Family Resource Links
 - <http://www.alternatives4children.org/family-resource-links.html>
- Child Care Council of Nassau
 - Parenting Resources
 - <http://www.childcarenassau.org/parent-resources.aspx>
- Family Service League
 - Family & Community Support, Children's services, and more
 - <https://www.fsl-li.org/>
- Kids in Action
 - Phone numbers to resources throughout Long Island
 - http://www.kidsinactionli.com/resources/suffolk_county.asp
- Long Island Region Parent Center
 - Long Island Parent Center
Center for Community Inclusion
100 Second Avenue
Brentwood Campus, Long Island University
Brentwood, NY 11717
 - 516-589-4562, Main Line
- Parent to Parent Network
 - Supporting families who care for people with developmental disabilities or special healthcare needs
 - <http://parenttoparentnys.org/offices/maps/>
- Your Local Kids Source
 - Parenting Guide for Long Island
 - <https://yourlocalkids.com/about-us/>

Youth Programming & Activities

- Autism Friendly Activities for Kids
 - Mommy Poppins
 - <https://mommypoppins.com/long-island-kids/special-needs-classes-and-programs-for-long-island-kids>
- Discover Long Island
 - Kid and Family Activities in Long Island
 - <https://www.discoverlongisland.com/things-to-do/kids-family/>
- Long Island Parenting
 - Children and Youth Programming as well as entertainment
 - <https://www.longisland.com/parenting.html>
- Mommy Poppins
 - A list of various activities throughout the region with activities for families to participate in
 - <https://mommypoppins.com/long-island>
- New York Metro Parents
 - Things to do on Long Island
 - <https://www.nymetroparents.com/article/fun-activities-for-kids-on-long-island>
- Programs for After School
 - <https://www.nymetroparents.com/article/after-school-classes-programs-long-island>
- Your Local Kids Source
 - Things to do and Programs in Long Island
 - <https://yourlocalkids.com/about-us/>

Ronkonkoma

Region 9

Parent Resources

- Child Care Suffolk
 - Resource guide with Parenting resources
 - <http://www.childcaresuffolk.org/documents/264.pdf>
- Family Service League
 - Family & Community Support, Children's services, and more
 - <https://www.fsl-li.org/>
- Help Me Grow NY
 - Connecting families with supports
 - <https://helpmegrownny.org/long-island/>
- Kids in Action
 - Phone numbers to resources throughout Long Island
 - http://www.kidsinactionli.com/resources/suffolk_county.asp
- Long Island Region Parent Center
 - Long Island Parent Center
Center for Community Inclusion
100 Second Avenue
Brentwood Campus, Long Island University
Brentwood, NY 11717
 - 516-589-4562, Main Line
- Parent to Parent Network
 - Supporting families who care for people with developmental disabilities or special healthcare needs
 - <http://parenttoparentnys.org/offices/maps/>

Youth Programming & Activities

- 20 Places to Take Kids on Long Island
 - <https://longisland.kidsoutandabout.com/content/top-20-places-take-kids-long-island>
- Autism Friendly Activities for Kids
 - <https://mommypoppins.com/long-island-kids/special-needs-classes-and-programs-for-long-island-kids>
- Mommy Poppins:
 - Search site lists various activities throughout the region with activities for families to participate in:
 - <https://mommypoppins.com/long-island/suffolk>
- Family Days Out
 - Family activities to do near Ronkonkoma
 - <https://www.familydaysout.com/kids-things-to-do-usa/ronkonkoma/ny>
- The Learning Experience
 - Programs for Children
 - <https://thelearningexperience.com/our-programs/>
- Long Island Youth Services
 - Youth Programs
 - <http://www.sachemcys.com>

Harlem

Region 10

Parent Resources

- Manhattan Parent Center
 - INCLUDEnyc (formerly Resources for Children with Special Needs)
 - 116 E. 16th Street, 5th Floor, New York, NY 10003
 - <http://www.includenyc.org/>
 - 212-677-4660, Main Line
 - English
 - 212-677-4668, Main Line
 - Spanish
- IncludeNYC
 - Find resources for learning & school, family support, parenting & advocacy, working & adult life, and friendship & social topics
 - <https://www.includenyc.org/>
 - Resources available in English and Spanish
- New York Metro Parents
 - Covers all of NYC with Parenting Resources
 - <https://www.nymetroparents.com/all/>
- Parents League of New York
 - <https://www.parentsleague.org/about/other-resources>
- Parent to Parent Network
 - Supporting families who care for people with developmental disabilities or special healthcare needs
 - <http://parenttoparentnys.org/offices/maps/>

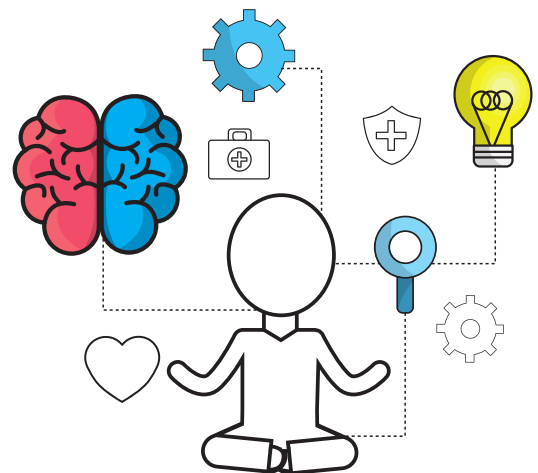
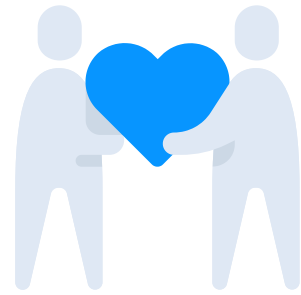
Youth Programming & Activities

- Autism Friendly Activities for Kids
 - <https://mommypoppins.com/new-york-city-kids/special-needs/autism-friendly-museum-hours-and-cultural-programs-in-nyc>
- Family Days Out
 - Fun things to do in New York City
 - <https://www.familydaysout.com/kids-things-to-do-usa/new-york-city/ny>
- Mommy Poppins
 - A list of various activities throughout the region with activities for families to participate in:
 - <https://mommypoppins.com/new-york-city/uptown/harlem>

Child, Youth & Family Checklist

As busy parents/guardians, you'll find a central location to document the following:

- Family & Friend Supports
- Recurring Bills
- Child School Contact information
- Additional Support Resources
- Wellness
- Physical Health
- Sports and Recreation
- Coping Skills



NY ARNG Child, Youth and Family Checklist:

Family/ Friend Supports

Name	Phone Number	Address	Name	Phone Number	Address

Housing/Recurring Bills

Bills	Company	Pay Date	Amount	Bills	Company	Pay Date	Amount
Electric				Internet			
Heat				Cable			
Phone				Car			

Child's School Contacts

Profession/Title	Name	Phone Number	Email Address	Address

Additional Support Resources:

Available at any time:

- Connect with New York ARNG Child & Youth on Social Media
- Instagram: NYNGYouthProgram
- Facebook: @NewYorkNationalGuardYouthProgram

During Active Duty:

- Our Military Kids - Grant Opportunities Available
- For Children identified with Special Needs:
 - Connect with Exceptional Family Members Program

Wellness			
Mental Health	Name	Address	Phone

Physical Health			
Doctors	Name	Phone	Last/Next Appointment
Physician			
Dental			
Vision			

Sports & Recreation			
Activity	Instructor	Company	Dates

Coping Skills		
Coping Skills	How	Time
Four count breathing	Breathe in for a count of 4 and exhale for a count of 4	Start with 2 minutes
Walking	Go for a walk anywhere	Aim for 5 -10 minutes

NY ARNG Child, Youth and Family Checklist:

Family/ Friend Supports				
Name	Phone Number	Address	Name	Address

Housing/Recurring Bills					
Bills	Company	Pay Date	Amount	Bills	Amount
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Heat				Cable	
Phone				Car	

Child's School Contacts			
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Additional Support Resources:	
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