



Family Programs Office

NJ C . H . A . M . P .

(Children Having a Military Parent)

Stage 2: Deployment

The second stage of deployment is Deployment. This stage is the period from the Soldier/Airman's departure from home through the first month of deployment. A roller coaster of mixed emotions is common during the deployment stage. Feelings of anger, loneliness or sadness can last for days or weeks after deployment. Feeling guilty is common during deployment. For example, you may feel as though your parent went away because you did something wrong. **You need to remember that your parent didn't go away because of something you did. He or she has gone to help make our country safe and to help others. It's something you should feel proud of.** Or you may feel guilty participating in an activity that reminds you of your parent. For example, You and your parent love soccer and used to practice all the time. You may not want to play once your parent is gone because you feel guilty about them not being there. Instead of not playing, try thinking about deployment as a time to show your parent what you can do. Your parent will be proud that you had the courage to carry on. Also, playing could be a good way of working through your feelings. Then you can videotape some of your games and send them to your parent!! These feelings can be stressful. Try these tips when you feel stressed:

1. **Try not to watch the news too much.** Sometimes news can be scary. If you are interested, watch with a parent and talk about what you see.
2. **Take some time to relax in a quiet place.** Try listening to music or reading a book in a comfortable area.
3. **Stick to a routine.** For example, eat dinner and go to bed at the same time every night.
4. **Have fun with your family!!**

Remember, just as there are no right or wrong ways to feel, there are no right times to have certain feelings. You may change a lot during deployment, and it's normal for your feelings to also change. Asking for help is a sign of strength, not weakness.

STATEWIDE RESOURCE NUMBER

Need help? Dial **2-1-1**: You can find everything from basic needs like food, housing and healthcare to legal services, drug treatment, job assistance, childcare, mental health services, transportation, financial assistance, municipal programs and much more. The **2-1-1** service is a new statewide number for New Jersey residents. It connects people with the resources they need to solve problems. It is free and confidential!!



Newsletter Written & Prepared By:

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State Youth Coordinator**

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OMK Photo Contest Accepting Entries



The Operation Military Kids project in NJ is sponsoring a Photo Contest. The theme is “Families in the Military”

Who can enter: Any youth of a military family in any branch of service, including Active Duty, National Guard and Reserves.

Age categories: Grades 2-5, Grades 6-8, and Grades 9-12

Photo categories: Digital or 35mm
Color or black and white accepted.

Photo sizes accepted: 3 x 5 or 4 x 6

Photos must be taken by the youth and should capture a unique moment or setting in their family life or in their community that means something special to them. Each picture **MUST** include photo location and short description of the setting. Limit of two photos per entry, per youth.

Each picture will be judged on originality and creativity. First and second place prizes will be awarded per grade category. First place winners, in each category, will receive \$75.00 gift card to Kodak. Second place winners, in each category, will receive \$50.00 gift card to Kodak. An Honorable Mention Certificate will also be presented to someone in each category.

Please fill out the following form (on the next page) and submit to Amanda Balas, NJ National Guard State Youth Coordinator, no later than January 14, 2008. Winners will be notified by February 15, 2008. Photos may be submitted by mail to Family Programs Office, Attn: Amanda Balas, 3650 Saylors Pond Road Fort Dix, NJ 08640 or by email to amanda.balas@us.army.mil
For more information please contact Amanda Balas, NJNG State Youth Coordinator, at 609-562-0742.

OMK PHOTO CONTEST REGISTRATION FORM

Youth Information:

Name _____ Grade _____ M or F
 Phone _____ Email (if applicable) _____
 Address _____

Parent/Guardian Information:

Military Branch _____ Unit _____
 (i.e., Active Duty Air Force or Army Reserves)

I, _____, parent/guardian of _____ give this child my permission to enter the OMK Photo Contest. I understand that my child’s photos will become OMK property, maybe used in future publications and will not be returned.

 Parent Signature Date

***Please include photos with registration. Limit two photos per entry, per youth.*

“The Art of Being a Military Child”

Military Child Education Coalition is having a Festival "The Art of being a Military Child". The festival contains artwork, film and writing. Please note it is open to all military connected children in kindergarten through high school. The MCECTM is looking for children's artwork, poems, and short stories. Selected submissions in the visual arts will be featured in art exhibits at the Military Child Education CoalitionTM 2008 Annual Conference. Selected art, poetry, and essays may also appear in the conference program, annual calendar, the MCECTM's *On the Move*® magazine, or other MCECTM publications.



To ensure the child and school receives proper recognition, make sure all the guidelines are met. The entries will be jury selected. Entries will not be returned.

Use your imagination and have fun!

Deadline is March 3, 2008 See details in attachment.

Submit all entries to Military Child Education Coalition

108 East FM 2410, Suite D

Harker Heights, TX 76548

POC: 1(254) 953-1923

For Filming tips email: lori@firehorsepictures.com

For more information, check out <http://militarychild.org/pdfs/CallforArtsForms.pdf> or contact Amanda Balas, NJ SYC, at 609-562-0742.



Child Care Programs

The Department of Defense and the National Association of Childcare Resource and Referral Agencies are working together to help service members find and afford child care. The association works with more than 800 state and local child care resource and referral agencies to ensure families in every local community have access to high quality affordable child care. The association of referral agencies offers two programs to help families secure high quality off-base child care and help reduce fees by providing monetary subsidies; Military Child Care in Your Neighborhood and Enhanced Child Care Referral Service. Military families can apply for the NACCRRRA programs or subsidies at <http://www.naccrra.org/>. For more assistance, please contact Amanda Balas, NJ SYC, at 609-562-0742.



Free Anheuser-Busch Theme Park Admission

The "Here's to the Heroes" program offers service members and their families free admission to SeaWorld (Orlando, San Diego, or San Antonio), Busch Gardens (Tampa Bay or Williamsburg), Sesame Place, Water Country USA, and Adventure Island. To be eligible active-duty, selected reserve and National Guard service members must either register online at <http://www.herosalute.com> or at the entrance plaza of participating parks, and present a Department of Defense photo ID. As many as three direct dependents of military personnel are also entitled to free admission. Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents, and dependent ages 10 and over must present a valid dependent ID. Busch Gardens Williamsburg and SeaWorld San Antonio are seasonal operations that will remain closed until spring 2008. Military personnel interested in visiting those parks should check operating schedules. The remaining parks, SeaWorld Orlando, Busch Gardens Tampa Bay and SeaWorld San Diego are open year round. The program is valid for one complimentary single-day admission per person, per year, to one of the previously listed Anheuser-Busch Adventure Parks. Visit <http://www.herosalute.com> to learn more.



2007 Holiday Gatherings

Operation: Youth Deployment

In December 2007, over 100 youth enjoyed the mock Youth Deployment at McGuire AFB. When the youth arrived, they signed in and were able to try on a Flak/Kevlar vest, which many found out is as big and/or heavy as they are. Then the youth were divided up into 4 chawks and visited various stations, to include, medical, finance, legal and Family Programs. Finally the youth were able to tour a KC-10 airplane before heading off to see Santa and enjoy lunch. Here are some pictures from the day's events....



Below are some pictures from other Holiday Gatherings across the state during December 2007

