

# THE 2017 BEACON MARCH

NAS PATUXENT RIVER FLEET AND FAMILY SUPPORT CENTER NEWSLETTER • (301) 342-4911



## Parenting Military Children- Bullying: *How to Identify and Address Peer Aggression*

Article adapted from [http://www.militaryonesource.mil/family-and-relationships/parenting?content\\_id=282512](http://www.militaryonesource.mil/family-and-relationships/parenting?content_id=282512)

Sticks and stones can break your bones and words can also hurt a child in immeasurable ways — even a tough military child. Bullying, or peer aggression, is any behavior — verbal or physical — directed at peers and intended to cause harm. It can cause stress for the child being bullied, the bully and you, the parents. And it is more common than you think. Some people shrug off bullying as a child being a leader or they assume it is just a passing phase. But kids who use peer aggression can have long-lasting issues like isolation from peers, academic difficulties and even bigger behavior problems.

### CONSEQUENCES OF BULLYING

- Are disliked by their non-aggressive peers, which may cause them to hang out with other aggressive children, worsening their behavior
- Perform poorly in school and face detention, suspension and expulsion
- Continue negative behaviors as adults, including criminal behavior, and often have trouble with their relationships and problems at work

### TURNING A BULLY INTO A SOFTIE

Aggressive kids need support from caring adults. There is a lot you can do to help them — and indirectly help the kids being bullied, too:

- Create a plan for addressing the behavior that is specific to the child. There is no one-size-fits-all model. Professionals can help narrow down the underlying cause(s) of the aggression and come up with suggestions for how to deal with the behavior.
- Monitor the child to help figure out what triggers negative or aggressive behaviors. Does the child become aggressive or angry in situations that might make him or her feel insecure? Being aware of those triggers can help shape conversations with professionals and with teachers or administrators.
- Work with your school and other parents to set up school-based programs to address bullying. Programs should explain what bullying is, but they should also give kids examples of positive behaviors and problem-solving techniques. They should provide educational opportunities, instead of focusing solely on removing aggressive students from the classroom.
- Talk to your kids about bullying. Equip them with the necessary skills to deal with bullies and to prevent them from becoming one.
- Seek help or encourage the bully's parents to seek help if there are relationship problems or domestic violence at home.

Bullies aren't born that way. So many different things could be contributing to their behaviors. Taking the time to get to know the child, understanding what might be behind those aggressive behaviors, and teaching better coping and social skills can help that child get back on the right track toward a successful and well-adjusted adulthood.



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# Calendar March 2017



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 Welcome to Pax 1-3 pm	2 Suicide Awareness/ Prevention 9-10 am Playgroup@GFCC 10-11 am	3	4
5	6	7 Effective Communication 1-3 pm  Amazing Newborns 4-6 pm	8 Social Media, Networking, and the Job Hunt, 1-3 pm	9 Playgroup@GFCC 10-11 am	10	11
12	13	14	15 1-2-3 Magic 9 am-12 pm	16 Playgroup@GFCC 10-11 am	17 John Hopkins Health Plan, 8-9 am 	18
Transition GPS (TGPS/Separatee), March 13-21, 8 am-4 pm, Friday 8 am-4 pm						
19	20	21 Resumes That Get You Hired! 9 am-12 pm	22	23 Playgroup@GFCC 10-11 am  Ten Steps to a Federal Job 9 am-12 pm	24	25
TAP Educational Track: Accessing Higher Education, March 22 and 23, 8 am-4 pm						
26 	27	28 Stress Management 1-3 pm	29 Budgeting for Baby 10-11:30 am (Chapel Annex)	30 Playgroup@GFCC 10-11 am	31	
Transition GPS (TGPS/Retiree), March 27-31, 8 am-4 pm, Friday 8 am-4 pm						

Hours of Operation: Monday-Thursday 7:30 a.m. - 4:30 p.m. and Friday 7:30 a.m.- 4 p.m.

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# Programs for Education and Training

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

The Fleet and Family Support Center always is looking for a few good volunteers. If you are interested, please give us a call.

**HOURS OF OPERATION:** Monday-Thursday 7:30 a.m.-4:30 p.m., Friday 7:30 a.m.-4 p.m.

*Reservations for classes are Necessary. Please call the Fleet and Family Support Center at 301-342-4911.*

*Workshops and seminars are open to active-duty and retired military personnel and their family members. Classes are for patrons 18 and older unless otherwise specified. Facilitators are FFSC staff members or from professional organizations and are not permitted to solicit or promote their business.*

*The Fleet and Family Support Center always is looking for a few good volunteers. If you are interested, please give us a call.*

## CAREER DEVELOPMENT

### **Social Media, Networking, and the Job Hunt** **March 8, 1-3 p.m.**

Looking for a job isn't what it used to be! This 2 hour class will help learners navigate the social media aspects of networking and job searching. Strategies for using sites like LinkedIn will be discussed and examined. This class will also help learners network both in person and online in order to reach their career goals. Call for more information 301-995-4004.

### **Resumes That Get You Hired!** **March 21, 9 a.m.-12 p.m.**

Your resume is one of the most essential tools in your employment toolbox. Resumes That Get You Hired is a three hour interactive training that will help you understand the three types of resumes, what information should be included on your resume, and how to best select the type of resume for you. You will learn how to craft a resume that will help you land the job you are looking for! Call for more information (301) 995-4004.

### **Ten Steps to a Federal Job, March 23, 9 a.m.-12 p.m.**

Learn how to navigate the federal job system. Determine if you are applying for a position within your series classification. Understand federal vacancy announcements. A 137 pg. training guide will be provided.

### **TAP Educational Track: Accessing Higher Education** **March 22 and 23, 8 a.m.-4 p.m.**

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

## RELOCATION & DEPLOYMENT PROGRAMS

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

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

## HEALTH CARE PLAN

### **John Hopkins Health Plan, March 17, 8-9 a.m.**

Whether you are already a member of the Johns Hopkins Health Plan or you are considering joining the "Plan," join us for an overview of eligibility, cost and provider locations.

## LIFE SKILLS EDUCATION PROGRAMS

### **Suicide Awareness/Prevention, March 2, 9-10 a.m.**

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

### **Effective Communication, March 7, 1-3 p.m.**

This class provides information on different communication styles and ways to develop more effective speaking and listening skills. Participants will practice insightful, productive and rewarding ways to interact with people.

### **Stress Management , March 28, 1-3 p.m.**

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



## PROGRAMS FOR PARENTS & CAREGIVERS

### **Playgroup@Glen Forrest Community Center**

**March 2, 9, 16, 23 and 30, 10-11 a.m.**

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

Glen Forrest Community Center:

21560 Green Tree Dr. Lexington Park, MD 20653

### **Amazing Newborns, March 7, 4-6 p.m.**

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



### **1-2-3 Magic, March 15, 9 a.m.-12 p.m.**

Are you frustrated trying to find an effective and positive way to discipline your children? 1-2-3 Magic: Effective Discipline for Children 2-12 is an evidence-based, easy-to-learn method that will help promote effective parenting in a way that engages both mom and dad. We will help you break down the task of parenting into three straightforward jobs: Controlling obnoxious behavior, encouraging good behavior, and strengthening your relationship between you and your children.

### **Budgeting for Baby**

March 29, 10-11:30 a.m. (Chapel Annex)

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

## **TRANSITION GPS (TGPS)**

### **Transition GPS (TGPS/Retiree)**

March 13-21, 8 a.m.-4 p.m., Friday 8 a.m.-4 p.m.

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



### **Transition GPS (TGPS/Separatee)**

March 27-31, 8 a.m.-4 p.m., Friday 8 a.m.-4p.m.

TGPS is for separating and retiring military members. It is a joint venture by the FFSC and the Departments of Defense, Department of Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits. Please see your Career Counselor to sign up. Seating is limited.

## **MISCELLANEOUS**

### **Clinical Counseling Services**

FFSC Clinical Counseling services can directly improve the quality of life of service members and their family members by addressing the stressors facing today's military. Stress can be caused by such things, as family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors, and other difficulties. If you would like to make

an appointment with a Counselor, please call (202) 685-6019 or (301) 342-4911.

### **Financial Counseling Services**

The Personal Financial Educator at the Fleet & Family Support Center (FFSC) can help you and your family work towards managing your finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement. With the help of the FFSC Financial Educator, you can take control of your finances, reduce money-related stress and overcome the financial challenges of military life. Open to active duty, retirees and family members. If you would like to make an appointment with a Counselor, please call (301) 342-5442.

### **General Military Training**

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



### **School Liaison Program**

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

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

### **Exceptional Family Member Program**

EFMP is a DoD program addressing the special needs of our NAS Patuxent River military families. If you have an Exceptional Family Member (EFM) with special needs (i.e. a medical condition or educational disability), it's important to enroll in EFMP so the Navy can ensure appropriate assignments and provide helpful information and referral resources. For more EFMP information, or if you would like to receive monthly EFMP Newsletters/event announcements, please contact (301) 757-1862.

### **Sexual Assault Prevention & Response, SAPR**

The Sexual Assault Prevention and Response Coordinator, (SARC) is available for General Military Training, Supervisor's Training and Commander's Tool-kit Training. SAPR Victim Advocate Mandatory Refresher Trainings are scheduled quarterly. Topics differ from month to month. Please contact the FFSC at (301)757-1867 for the next available SAPR 40-hour Victim Advocate training.