Hau`oli Makahiki Hou!

Out with the old, and in with the new! Help us rename the newsletter!

Email us at mcbh.efmp@usmc.mil with your suggestion.
The winner will receive a prize!

In this issue:
- Tips for building Strong Networks of Support
- Daily Self Care and Coping with COVID Fatigue
- Facilitating Friendships
- New Parent Support Program
- Resources
- EFMP Training

Malama

To care for or protect

This month, we focus on the Hawaiian value of Malama.

Malama kekahi i kekahi.
Take care of one another.

Building Networks of Support

The power of a strong network can enable Military families to thrive. Building networks of support means creating trusting, reliable connections. Here are some tips on building YOUR network:

- Cast a wide net - Draw support from many facets; think broadly
- Find “your person” and be someone else’s person: Neighbors are a way to connect with your community and can be invaluable resources and friends. Your family has much to offer others and can help others succeed in meaningful ways.
- Network in a way that makes sense for you: Everyone’s needs, situation, and personal style are different, and there is no “right” formula for building a personal network.
- Find online communities: Regardless of your area of interest, there is likely to be a group, community or forum to offer you support.

Having a strong community support network is critical to your personal and professional well-being. Everyone needs help, guidance, or an extra pair of hands – one cannot always do it alone!

https://www.uab.edu

Learn about building YOUR network!
Watch our Facebook video post @EFMPHawaii and join us on Zoom on 28 Jan at 11:30 – 12:00.
Zoom link: https://us04web.zoom.us/j/74260064158?pwd=b2tsOCswb0ptWWZnVTZsVU5xTVFTa09
Meeting ID: 74260064158 Passcode: dT7t9R
COVID Fatigue

According to Psychology Today, “Failures to comply with health recommendations are often attributed to pandemic fatigue, which is not really fatigue because it does not involve being physically tired. Rather, COVID-19 fatigue is a complex of emotions that include boredom, loneliness, sadness, frustration, anxiety, fear, anger, and resentment, all brought on by the loss of activities and social relations produced by pandemic restrictions. Pandemic fatigue can lead to undesirable behaviors when people try to overcome bad feelings through actions that violate social restrictions.”

Daily self-care can help you cope with the feelings of COVID Fatigue.

◊ Research and try out new recipes
◊ Meditate before your day begins
◊ Listen to music geared to your mood
◊ Take a moment to assess your mental well-being
◊ Catch up on your reading and consider starting a virtual book club with friends
◊ Schedule meaningful catch-up sessions with friends and family through whatever medium is safest
◊ Access resources to virtual counseling
◊ Limit social media activity and news consumption
◊ Practice gratitude and journal your feelings
◊ Try at home workouts through apps or free videos, or take walks outside to keep your body moving

Learn more at https://www.uab.edu/news/

Facilitating Friendships

Friendship is an important part of life. A good friend can provide a feeling of connection, happiness, and self-worth. Children with autism often have deficits in social skills and communication making it more difficult to form relationships with peers. As a result, parents play a crucial role in helping their children develop friendships and sustain them.

Here are some tips on facilitating friendships:

◊ Evaluate and explicitly teach social skills as needed.
◊ Use social stories or video modeling to introduce your child to the concept of being a friend.
◊ Practice having two-way conversations; Practice replying with short, scripted answers to common questions. Example: What is your favorite movie?
◊ Teach your child how to do specific activities that they could also do with a friend, and practice taking turns. Try activities like playing board games, mini golf or bowling, etc.
◊ Focus on your child’s likes and strengths when planning group activities.

Great Places to Find Friends

◊ Sports teams, Special Olympics, social skills groups, school clubs, religious organizations, etc.
◊ Make friends with other parents. Talk to the other parents while waiting for your children to do an activity. Initiating friendships with other parents is a great way to help your child make connections with peers.

Learn more from TACA’s article on Social Skills

Contact your EFMP Family Case Worker for additional ideas and resources.
Make the New Parent Support Program Part of Your Network of Support

The New Parent Support Program (NPSP) is available to all Marine Families who are either expecting a child or have a child or children 5 years old or younger. NPSP promotes personal and family readiness by providing parenting support and education to encourage healthy parenting from the start. Dedicated civilian staff members include licensed registered nurses, social workers, and therapists skilled in supporting military families in their new or expanded roles as parents. Services focus on understanding child development, promoting nurturing and attachment, increasing positive parenting skills, promoting social connections, and ensuring that families know where they can go for assistance. NPSP services offer a great opportunity to connect with other families also raising young kids. Classes and groups offered include a one-day Baby Boot Camp for expectant parents, breastfeeding support groups, play mornings, and various parenting classes. Families might find NPSP resources especially helpful when they move to a new installation and their family and support networks are far away. Services are primarily provided individually to each family, in the home, office, or community. Families are able to connect with their assigned home visitor to address the topics that are important to them. Visits typically occur twice per month and may focus on topics such as newborn care, safe sleep practices, breastfeeding support, health and safety concerns, structure and routines, co-parenting issues, and promoting self-care. The program also promotes father engagement and ways to include Service members in parenting routines, even during periods of deployment or other absences.

Contact your MCB Hawaii NPSP at 808.257.1187/8803 for more information.

Join EFMP on January 21st at 10:00am on Facebook Live to learn about inclusive recreational opportunities on/off Installation. Meet our guest speaker, Behavior Specialist, Corrie Shigeta! Learn about inclusion supports at the School Age Care Program and the Child Development Centers aboard MCBH.
Build Your Network of Support with Resources at MCB Hawaii!

Marine Corps Family Team Building provides many workshops to build problem-solving skills. They are located in building 579. Call 808-257-2087 for information

- The Interpersonal Communication Workshop builds effective communication skills.
- The Conflict Management Workshop addresses interpersonal conflict and helps families managing their responses to conflict.
- The 4 Lenses Workshop helps you recognizing unique personality styles to improve teamwork and relationships.

The Information & Referral (I&R) Program is available to help Marines, Sailors, and their Families find resources such as emergency financial assistance, food, shelter, child care, jobs, or mental health support. They are located in Building 579. Email ombkay.fmeaprs@usmc-mccs.org or call 257-7786.

Resources are available to assist Marines, Sailors, and Families no matter where they may be located: MilSpouse Money Mission helps spouses with decision-making in financial matters. It provides training on budgets, spending, and much more. Military OneSource offers a suite of resilience tools and wellness apps to assist with stress management (Breathe2relax), relationship issues (LifeArmor), and problem-solving skills (MovingForward).

Attend One of Our Classes

Throughout the year, we offer numerous classes to educate and empower family members. Come learn from us! We offer both in-person and virtual training, personalized for your family, at a time that is most convenient for you!

Training topics offered:
- Accessing Community Resources
- Building Networks of Support
- Early Intervention
- Introduction to EFMP
- Managing Deployments
- PCS Transitions
- Recreation Inclusion
- Respite Care Training
- Service Animals vs. Therapy Animals
- Special Education Overview
- SSI, Medicaid and Establishing Permanent Dependency

Call us at 808-257-0290, or email us at mcbh.efmp@usmc.mil for more information and to schedule your training session.

The EFMP Training Video Library on our website, https://mccshawaii.com/efmp/, will be updated throughout the year.

Follow us on Facebook and Instagram @EFMPHawaii.

Coming soon: EFMPHawaii on YouTube!