

# FAMILY TRANSITIONS NEWSLETTER

January 2019  
Volume 2 Issue 1

## Opportunities on the Horizon

**JAN 17** | Safe & Sound: Caring in our Community | Kids Serve Too!

11:00 am - 12:30 pm ET

**JAN 23** | Military REACH: Utilizing Family Research to Inform Practice

11:00 am - 12:00 pm ET

**APR 02** | RAND Report - Enhancing Family Stability During a PCS

11:00 am - 12:30 pm ET

**APR 19** | Home is Where Your Heart Is | Kids Serve Too!

11:00 am - 12:30 pm ET

**JUL 10** | At Our Best: Caregiving Today | Kids Serve Too!

11:00 am - 12:30 pm ET

## Military REACH Makes Research Accessible & Practical



Do you ever wish you had access to practical research that supported and informed your work with military families? [Military REACH](#), a project of the DoD-USDA Partnership for Military Families, can help you as a military family service provider bridge research and practice.

Military REACH has an amazing staff that develops Research Summaries (TRIP Reports – Translating Research into Practice), Research Briefs and Research Reports on a variety of topics including parenting, deployment, mental health, and children. Search their extensive library at <https://www.militaryreach.auburn.edu/#/>.

We invite you to learn more about Military REACH by participating in the webinar, [MILITARY REACH: UTILIZING FAMILY RESEARCH TO INFORM PRACTICE](#), on **January 23, 2019 @ 11:00 am - 12:00 pm EST**.

### People are Talking About

**Book review by  
Karen Shirer, PhD:**

[An Interesting Approach to Managing and Leading Your Military Family Services Workgroups or Organizations](#)

**MFLN FT New audio series:**

[Military Spouse Entrepreneur Voices](#)

Please share books read or podcasts listened to so we can list them in future newsletters. Reach out to us at [aharris@umn.edu](mailto:aharris@umn.edu).

### Transition Tips

Transitions can be stressful. There is value in referring military service members and their families to [Military OneSource's non-medical counseling services](#).

Sesame Street for Military Families has great transition resources to assist families in the areas of deployments, homecomings, relocations and military to civilian life. Check the provider tab at [Sesame Street for Military Families](#).



**FAMILY TRANSITIONS**  
Military Families Learning Network



## Exciting New Webinar Series - Kids Serve Too!



**Kids Serve Too - Sesame Street Webinar Series** was designed to support service providers and education professionals who work with military children and families. We invite you to explore resources and strategies related to community violence, military relocation, military care giving, and young children with special needs. You can find additional information about this series, including continuing education credit offerings, by visiting our series homepage: <https://militaryfamilieslearningnetwork.org/kidsservetoo/> or see the attached flyer.

### Webinars in the series include:

[Sesame Street Overview on Military Resources](#) - Recording Available

[Safe & Sound: Caring in our Community](#) - January 17, 2019; 11:00 am - 12:30 pm Eastern

[Home is Where Your Heart Is](#) - April 19, 2019; 11:00 am - 12:30 pm Eastern

[At Our Best: Caregiving Today](#) - July 10, 2019; 11:00 am - 12:30 pm Eastern

[Engaged & Extraordinary: Supporting Young Children with Special Needs](#) - November 14, 2019; 11:00 am - 12:30 pm Eastern

We invite you to follow #KidsServeToo on social media for updates and to join in on the conversation!

## We Remember

### JANUARY

National Mentoring Month

26 National Day of the Deployed

### FEBRUARY

18 President's Day

19 Coast Guard Reserve Birthday

Feb 25- Mar 2 Military Saves Week

### MARCH

3 Navy Reserve Birthday

29 Vietnam Veteran's Day

## Quick Facts

\* The Sesame Street For Military Families website covers 10 topic areas with over 200 activities in English and Spanish

\*Post 9/11 Veteran population is projected to be 2-3 million by 2020, and over 32% of them have children

\*The federal government's goal is to award at least 5% of all federal contracting dollars to women-owned small businesses each year

## A Message From Our Team



A big 'thank you' goes out to **Ellie McCann** for all of her contributions to the Family Transitions team over the past 4 years. As Ellie transitions off the team, we would like to pause to highlight a few of Ellie's efforts: co-facilitator of the recent webinar "[Overindulgence in Parenting: How Much is Too Much?](#)"; creator/interviewer for the 3-part podcast, [Intimate Insight into the Reintegration Experience of an Active Duty Air Force Couple](#); and co-presenter of the [FACTS of Resilience](#) podcast.



MFLN welcomes **Jennifer Garbow** to the Family Transitions team. Jennifer is an Extension Educator with the U of MN Extension and the mother of a Navy sailor.

Find out more about Jennifer in 2019!

## Participants are saying...

"I am going to share the resources with the other USCG transition managers and program managers and publish the information on my website and social media pages."

"I plan to review the information and check out the hyperlinks and resources in order to learn more so that I am able to be of assistance to military spouses that come into the office."

