

# NETWORK NEWS

## UPCOMING EVENTS:

**JULY 10** | At Our Best: Caregiving Today | Kids Serve Too!  
11:00 am - 12:30 pm ET

**JULY 30** | Staying Safe Online: Protecting Your Finances and Data  
11:00 am - 12:30 pm ET

**AUG. 13** | The Relationship Between Health and Finances  
11:00 am - 12:30 pm ET

**AUG. 28** | Special Education: Connecting to the Team in the IEP Process  
11:00 am - 12:00 pm ET

## The Health Benefits of Nature for Military Families

Military life can be challenging and stressful for military service members and their families. And with this increased stress, it makes it harder for parents to find meaningful ways to connect with their kids and to provide support in their everyday lives. One way for the whole family to de-stress is to spend time together outdoors. What better way for military families to reconnect than through spending time together in nature? In this blog from the Human Performance Resource Center (HPRC), they highlight ways that military kids especially can benefit from spending time in nature and how military parents can be involved. Some suggestions include:

- Access to nature can improve thinking abilities and positive brain development.
- Can help to build strong social skills.
- Increased physical health and physical activity.
- Less screen time whether that be from TV, phones, and other electronic devices.
- Increased attentiveness and can help with attention deficit disorders.
- And most importantly, reduced stress!

With summer right around the corner, there are increased opportunities for military families to get outside. Many parks and their activities are absolutely free and cater to military families specifically. So get out there and reconnect to support healthy and resilient military kids and parents!

And if you are looking for more ways to support military kids, MFLN Family Development has an array of programming and suggestions. Tune into our webinar called, "The Power of Family Mealtimes: Strategies to Promote Health and Wellbeing." Also, be sure to watch our webinars in the Kids Serve Too! Series, all about the great resources provided by Sesame Street for Military Families! CEUs are still available for these webinars and, as always, are absolutely FREE!

### REFERENCES

Human Performance Resource Center HPRC. (2018). 5 Ways Military Kids Can Benefit from Nature Plus 5 Ways Parents Can Make It Happen. Retrieved from: <https://www.hprc-online.org/articles/5-ways-military-kids-can-benefit-from-nature-plus-5-ways-parents-can-make-it-happen>

## Webinar Feedback!

### PCS Series: Landlord Tenant Protections for Military Families

*"Ms. Benzinger is a really good instructor and was very thorough in her answers. I appreciated that tremendously!"*

### What Do We Know: Autism Screening, Diagnosis, and Supporting Young Children and Families

*"Wonderful webinar. One of the most organized, informative and clear webinars I have attended. I particularly enjoyed that themes of the principles of ABA were evident, upholding ethical standards were included, and that the symptoms for treatment were a focus. These themes were not using ABA jargon or for a BCBA audience only, and could be applied by other disciplines. I have recommended the remaining webinars to my colleagues!"*

# [ NEWSBITES ]



## 9 Ways to Save on Car Insurance

Does it seem like the cost of your car insurance is going up...and up...and up recently? If you've noticed this, you're not imagining things, and you're not alone. Check out this blog post for 9 ways to save on car insurance!

## Planning for Your Child's Special Needs: Managing Behavior at Home

How can parents or guardians best manage the behavior of their child with special needs? I believe it is important to start with the premise that the home or outside environment can be treated as a classroom and our children need to be "taught" good behavior using a lesson plan.

## Exercise: A Holistic Exploration of What it Means to Move Your Body

One may find themselves repeating, "I wish I had time to exercise." The truth is that obtaining adequate amounts of daily exercise may be easier than one believes. The traditional exercise archetypes that we envision give us the impression of exercise being a strenuous or difficult undertaking.

## Feeding Behavior of Children with Autism

According to the Centers for Disease Control and Prevention one in every 59 children in the U.S. is diagnosed with autism. Although the two primary characteristics of autism include deficits in social communication and interactions, and restricted, repetitive patterns of behavior, many children with autism also have difficulties with eating and mealtime.

## Kids Serve Too! Webinar Series

4.0 hours of continuing education credit available!

Covering appropriate responses to relocation transitions, trauma connected to community violence, and resources available from Sesame Street for Military Families.

Be sure to join the July 10th webinar as we highlight the importance of self-care for providers including ways to overcome obstacles, and offer strategies to develop a self-care plan to meet the needs of caregivers and those that they support. Continuing education credits available for this free webinar.

Visit the series homepage to find out more about the Kids Serve Too series!  
[MilitaryFamiliesLearningNetwork.org/KidsServeToo/](http://MilitaryFamiliesLearningNetwork.org/KidsServeToo/)

## New Podcast Episode!



## Money Talk: Research and Tools for Supporting Military Transitions

In this episode of MoneyTalk with MFLN Personal Finance, Dr. Barbara O'Neill discusses the third webinar in the Permanent Change of Station series, which was held on April 2, 2019, and hosted by Zona Lewis of Military and Family Community Policy and Vicki LaFollette, Department of Defense Project Lead for the Military Families Learning Network.

[Listen to this podcast.](#)

