

NETWORK NEWS

UPCOMING EVENTS:

- OCT. 1** Supporting Staff to Help Families Remotely
11:00 am - 12:30 pm ET
- OCT. 7** Virtually Supporting Clients Experiencing Domestic Violence
11:00 am - 12:30 pm ET
- OCT. 21** Surmounting Social Isolation & Loneliness: Mindfulness Meditation
11:00 am - 12:00 pm ET
- OCT. 27** Resources for Addressing Food Access for Military Families
11:00 am - 12:30 pm ET
- OCT. 28** Impacts and Responses in Disaster and Hazard Readiness
11:00 am - 12:30 pm ET
- NOV. 3** The Interface Between Multidisciplinary Teams & Evidence-Based Programs
11:00 am - 12:30 pm ET
- NOV. 19** In an Instant: A Caregiver's Journey of Injury, Recovery & Resilience
11:00 am - 12:00 pm ET

Military Families and Re-establishing Normalcy: Returning to Routines amidst COVID-19 for Families with Teens

Life brings change and challenges under normal circumstances, and even more so during the current COVID-19 global pandemic. Routines are very important to maintain normalcy and groundedness for families and are very important especially for military families. Military families already go through events like deployment, multiple moves, and transitions. And it was a huge transition for us all at the beginning of quarantine. With social distancing, this included working and attending school virtually. And now we are on the other side of that transition, with communities, families, and schools already a few weeks into a new school year.

Adaptability is a trait that members of military families need to be able to pick up quickly. But change can come fast, and military families can struggle with transition. With these transitions, what are some of the best ways we as professionals can help military families re-establish some sense of normalcy and maintain routines amid the ongoing COVID-19 health crisis?

One resource we found that could help comes from the Child Mind Institute, and this info helps specifically with talking to teenagers about staying safe and healthy with reopening. Tips include:

- Hearing your teen out and establishing open lines of communication. Easier said than done but, it's important not to dismiss their concerns, even if it seems trivial.
- Empathize with teens and validate their feelings. Also, personalize the situation, especially if they haven't seen the direct effects of COVID-19 by citing the danger for older family and friends. This includes discussing what the next year could look like if we don't take proper precautions with schools and businesses potentially closing back up or more mandatory quarantines.
- Stick to the facts when discussing the current health crisis and be sure to get those facts from trusted sources. This can go a long way in normalizing things without making it sound like it's the end of the world as we know it.
- Link independence with safety by giving teens freedom of choice in how they maintain that safety. No one wants to be told what to do, so give them options on how to stay safe in public.

- Finally, prepare for tricky situations. This great quote from Dr. Macchia sums this up perfectly: "Just like you would with a kid whose friends are engaging in other dangerous behaviors, like substance use, you want to validate how hard this is for your child to navigate."

To help parents and professionals, we at MFLN Family Development have released our most recent Anchored podcast episode entitled, "Supporting Teens during COVID 19 with Dr. Stephen Cozza and Sarah Steward." This episode is all about supporting military family health, well-being, and readiness by providing resources for helping teens cope during the COVID-19 crisis. It features Dr. Stephen Cozza, Professor of Psychiatry at Uniformed Services University and Associate Director of the Center for the Study of Traumatic Stress, and Sarah Steward, a subject-matter expert on Social Fitness and Family Relationships at the Consortium for Health and Military Performance. To listen to this podcast episode, click here.

This year has been unprecedented in the changes that the average family has had to face during the ongoing COVID-19 pandemic. However, with the more resources we have, we can successfully move forward in helping to keep families prepared and healthy.

Written by: Jason M. Jowers

REFERENCES

Jacobson, R. (2020). Teenagers and Reopening. Child Mind Institute. Retrieved from: https://childmind.org/article/teenagers-and-reopening/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-05-26-20

This post was written by members of the MFLN Family Development Team. The Family Development team aims to support the development of professionals working with military families. Learn more about us at <https://militaryfamilieslearningnetwork.org/family-development>, and connect with us on Facebook, and on Twitter. Subscribe to our Anchored. podcast series on iTunes and via our podcast page.

[NEWSBITES]



Financial Preparedness and Natural Disasters

Personal Finance Managers (PFMs) are often consulted to help their clients prepare for natural disasters or to cope with damage afterward. This post has eight action steps to share with military families.

Caring for Your Cognitive Health

It's never too early or too late to take control of your brain health. Learn about some habits you can incorporate in your life to make a world of difference for your body and your mind.

In-Person Learning for Young Children During a Pandemic

Across the country, many schools are beginning a new year that will look different than previous ones. This blog post focuses on potential challenges early childhood professionals and families may experience when working with young children in-person.

Staying Positive: How Our Bodies React to Stress

Understanding how our body reacts to stress provides insight into what we as caregivers need to do when our bodies are telling us we are under stress or when our bodies are becoming unhealthy due to chronic stress. Check out this blog post to learn about the body's reaction to stress.

Supporting Teens During COVID-19 with Dr. Stephen Cozza and Sarah Steward | *Anchored*

We are all learning and adapting like never before. HPRC, the Consortium for Health and Military Performance Center at USU, and the Center for the Study of Traumatic Stress, or CSTS, have collaborated to produce resources focusing on promoting teen health and wellness during the current COVID19 pandemic. In this episode, Dr. Cozza and Sarah join us and bring their expertise on military family health, well-being, and readiness. Today, our conversation is about resources for helping teens cope during the COVID-19 crisis.

[Listen to this episode!](#)

New Podcast Episode!



Community Resilience Episode 3

In this episode, hosts Jessica Beckendorf and Bob Bertsch collaborate with Danielle Swallow and Chris Petrone of Sea Grant Delaware to explore community resilience in the face of hazards and disasters. Danielle and Chris have been integrating resilience into their work with Sea Grant Delaware for several years. They share their thoughts on community resilience, stories of people coming together to address the impacts of disasters, and tips for how to start building your individual, family, and community resilience.

[Listen to this episode!](#)

