

STRENGTHENING FAMILIES

PARENTAL RESILIENCE

SOCIAL CONNECTIONS

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

CONCRETE SUPPORT IN TIMES OF NEED

SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN

BONDING AND ATTACHMENT



PARENTING QUICK REFERENCE

EMERGENCY	911
Military Police	(580) 442-2101
ACS Lending Closet	442-5018
American Red Cross	877-277-9337
Army Community Service	442-4916
Child, Youth & School Service	442-3927
Urgent Care Clinic	558-2770
Exceptional Family Member	442-6818
Family Advocacy Program	442-4916
ID Card Facility/DEERS	442-5010
Nye Library	442-3806
Patient Administration	558-2750
Pediatrics	558-2000
Pharmacy	558-2442
Tricare	558-2000
WIC	(580)248-5890
Reynolds Hospital	558-2500
OK Child Abuse Hotline	800-522-3511



WELCOME CENTER
BUILDING 4700 MOW-WAY ROAD
FORT SILL, OKLAHOMA
PHONE: 580-442-4916
FAX: 580-442-7617

NEVER FEAR, NEW PARENT SUPPORT PROGRAM IS HERE!

Expecting a new baby or do you already have the cutest baby in town?

Give your baby the best start. The New Parent Support Program offers prenatal and postnatal education. Infant massage classes, customized breastfeeding support and more FREE of charge.

The New Parent Support Program is a professional team of nurses with extensive knowledge about topics confronting parents. Home visitors are sensitive to the unique challenges facing military families.

Visits are voluntary, confidential and arranged at your convenience (including lunch hour and early evening appointments).

NPSP SUPPORTS YOU WITH...

- ♥ Making parenting fun
- ♥ Ensuring healthy growth and development
- ♥ Connecting with local resources
- ♥ Providing tools that support successful parenting
- ♥ Breastfeeding
- ♥ Becoming more confident as a parent
- ♥ Adapting to Military life
- ♥ Developing a support system
- ♥ Developing common ground with your spouse in the area of parenting
- ♥ Developing new friendships

WHAT IF WE ARE NOT NEW PARENTS?

New ages and stages bring different challenges. Let us help you fill your toolbox with the essential skills to tackle teething, tantrums, potty training, discipline and more all FREE for military families. The New Parent Support Program offers you the opportunity to express concerns and ask questions.

WHO IS ELIGIBLE?

Military families expecting a child and parents with children from birth to three years of age are eligible to receive all services FREE of charge.

HOW DO YOU ENROLL?

Just give us a call between the hours of 0800-1600. If we are not in please leave your name and number. All calls are returned within 24 hours excluding weekends and holidays. We look forward to hearing from you.

You can reach us at:
580-442-4916



ACS Playgroups

Monday and Wednesday 9:30 – 10:30 a.m.
Parents and Children Ages 5 and Under

Explorers Club

Every Tuesday 1:30 – 2:30 p.m.
Parents and Children Ages 2.5 - 5 Years Old

Gartenzwerg Kinderschule

Every Friday 9:30 – 11:30 a.m.
German Speaking Playgroup for Parents and Children Ages 5 and Under

Caravan Club

Monthly Educational Field Trip
Parents and Children Ages 2.5 - 5 Years Old
As announced on the ACS Facebook Page

For more information call (580) 442-4916

Playgroups and Explorers Club meet every week at the Graham Resiliency Training Campus at 2934 Marcy Road
For a list of current events and classes visit us on Facebook at www.facebook.com/FortSillACS



Attention Dads and Moms with Infants...

We have a tool to help:

Reduce baby fussiness
Bond with your baby
Relax with your baby
Increase baby's digestion,
muscle tone and circulation!



What: Infant Massage Group

When: Every Wednesday, 11:00 am

Who: Parents & Children birth to crawling

Where: Graham Resiliency Training Campus, 2934 Marcy Road, Explorers Room

What to bring: baby blanket and towel.

Massage oil will be provided.

Why: Recipients of infant massage receive a

lifetime worth of benefits



RSVP on our events tab at:
www.Facebook.com/FortSillACS
www.SillMWR.com
580-442-4916



Breastfeeding Class



Are you recently pregnant? Want to get information and coaching on breastfeeding before delivery?

Childbearing women and families will review the basics of breastfeeding, how to hold your baby, proper latching techniques and many other methods to get you started; Reynolds Army Community Hospital supports your choice to breastfeed your baby.

Partners and children are also welcome to attend, in limited numbers, first-come, first served. RACH staff is also welcome to attend and receive basic information in order to better inform patients.

1st Wednesday of each month

2:00 PM to 3:00 PM

OB/GYN Clinic Classroom 3rd floor at RACH

Sign up by calling Maternal Child Unit- 580-558-2662







STORYTIME

@ NYE LIBRARY

Wednesdays @ 11am
Thursdays @ 2pm

Enjoy YOUR library with this great opportunity for infant to preschool age children to do activities, make crafts, and listen to stories. It is never too early to encourage literacy.



Storytimes are replaced in the Summer by the Preschool Summer Reading Program. Register in May for some awesome summer fun so you & the family can enjoy YOUR library all year long!

For Special Needs or more info; call 442-2048/3806.
Like us on Facebook: Fort Sill Family & MWR Recreation
Visit our webpage:
<http://www.sillmwr.com/recreation-leisure/nye-library>

Caravan Club



Are you ready for a road trip?

Join us and other families for FUN and educational monthly field trips!

Great for stay-at-home parents, home schoolers or any families who just like to get away together

New & exciting activities every month! Limited space available.

Reserve your spot on the event tab of our ACS Facebook page

www.FaceBook.com/FortSillACS

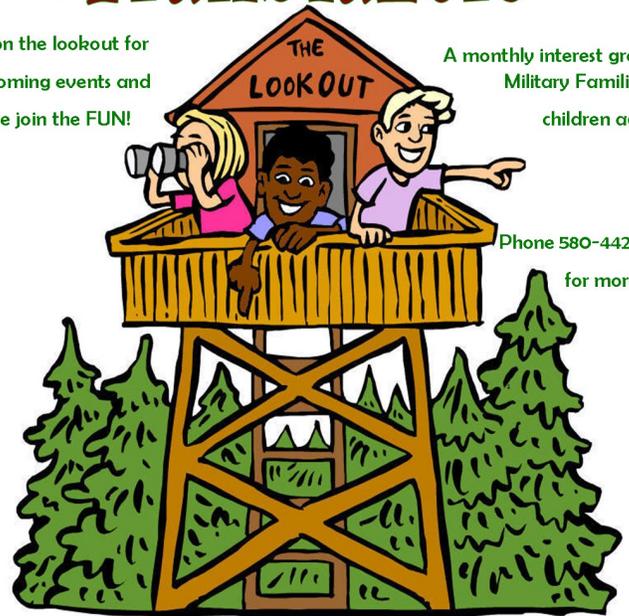


Trailblazers



Be on the lookout for upcoming events and come join the FUN!

A monthly interest group for Military Families with children age 6-12



Phone 580-442-4916 for more info

For registration details www.facebook.com/FortSillACS



Need Hourly Care?



The Alice Grierson Child Development Center has slots available for infants, toddlers and preschoolers!

0730 - 1630

Visit our website at www.sillmwr.com for more information.

Another way the Army Family Covenant is "KEEPING THE PROMISE" to our Military Soldiers and Families.

Call (580) 558-4305/4306 today to schedule an appointment.

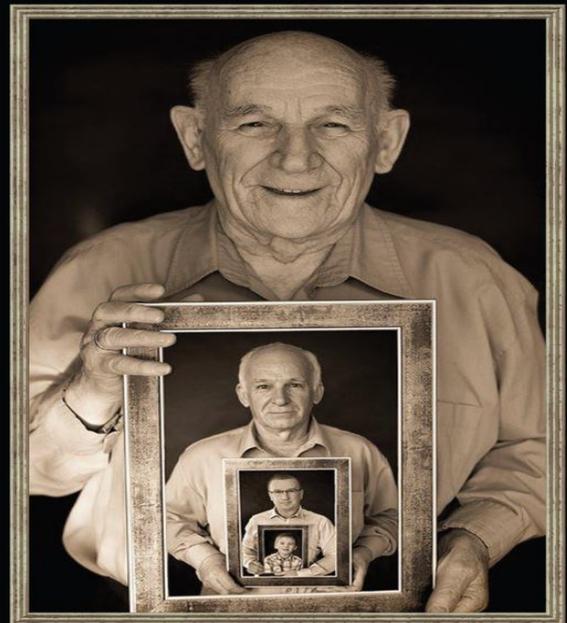
Registration with CYS Services is required. No Registration fees.



Army Family Covenant Keeping the Promise

APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH

CHILDHOOD LASTS A LIFETIME MAKE IT COUNT



IF YOU SUSPECT CHILD ABUSE OR NEGLECT CONTACT THE FORT SILL MPs AT 580-442-2103

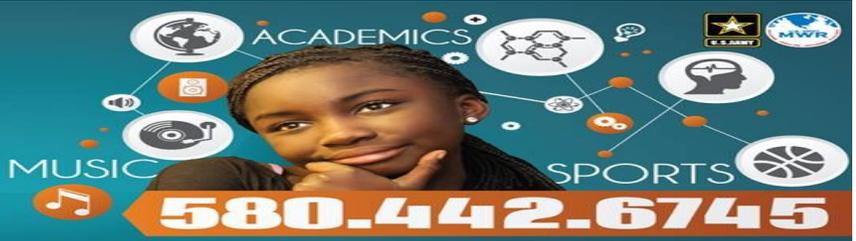
OR

NATIONAL CHILD ABUSE HOTLINE AT 800-422-4453



GIVE YOUTH THE EDGE

FORT SILL YOUTH CENTER



Fort Sill Child, Youth & School Services

Babysitting Course

Attention Fort Sill Youth
ages 13 and older!

CYSS & SKIES Unlimited are offering free Babysitting Courses throughout the October 2014- July 2015 school year.

Attendees will learn basic childcare skills and get CPR/First Aid certified.

Participants must be at least 13 years old and registered with CYSS Parent Central Services.

There is no cost to attend, but class size is limited! Current eligible members can register online at <https://webtrac.mwr.army.mil/webtrac/sillcyms.html>

Or stop by CYSS Parent Central Services
4700 Mow-Way Rd

2014-2015 COURSE SCHEDULE	
Attendance at both sessions is required.	
October 16, 2014 Babysitting Course 9am - 1pm	October 17, 2014 First Aid/CPR Course 9am - 3pm
March 18, 2015 Babysitting Course 9am - 1pm	March 19, 2015 First Aid/CPR Course 9am - 3pm
June 10, 2015 Babysitting Course 9am - 1pm	June 11, 2015 First Aid/CPR Course 9am - 3pm
July 29, 2015 Babysitting Course 9am - 1pm	July 30, 2015 First Aid/CPR Course 9am - 3pm

***If you are a Teen and you just need to update your First Aid/CPR you can register for those classes too. Lunch is not provided**

All sessions will be held at the Fort Sill Youth Center.
1010 Fort Sill Blvd



U.S. Army Child, Youth & School Services

SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & Skills



What is Operation Kid Fit?

Operation Kid Fit is a new parenting program that will be offered soon at this installation for the parents of children struggling with weight



Who is OKF for?

Parents and other caregivers with a child between the ages 5 to 10 who is struggling to maintain a healthy weight.

What does the program do?

- OKF helps parents learn:
- How to provide healthy food choices
 - Increase their child's physical activity
 - Use incentives to help their child make better health related choices

When is the program?

OKF is coming to your installation in the coming months! A winter/spring and summer/fall session will be offered for up to 40 families. Specific days and times for weekly meetings will be set based upon specific group needs.

What does the program involve?

The program is a 12 week commitment made up of nine 90-minute small group sessions and two 20-minute individualized calls with the OKF facilitator.

- Session topics include:
- Preparing for change
 - Understanding nutrition and physical activity
 - Using rewards to promote healthy behavior
 - Modifying recipes to incorporate more healthy choices
 - Limiting sedentary activity
 - Understanding food labels
 - Playing active games
 - Providing healthy meals and snacks
 - Using effective strategies to manage problem behavior
 - Maintaining healthy change

What to Know about Booster Seats

Booster seats protect children who are too big for a car seat but too small for a seat belt.

Seat belts don't fit children properly until they are at least 57" (4'9") tall and weigh between 80 and 100 pounds.



Motor vehicle crashes are the second-leading cause of death for children 4 to 10 years old.



1/3 of these children were riding without a restraint that could have saved their lives.

340 children this age died in motor vehicle crashes in 2012.

Although seat belts are safer than booster seats but wear only seat belts are at risk of severe abdominal, head and spinal injuries in the event of a crash.



Booster seats can reduce the risk of serious injury by 45 percent compared to seat belts alone.



Safe Kids Worldwide surveyed 1,000 parents of 4 to 10 year olds. The study found seven in ten parents do not know that a child should be at least 57 inches (4'9") to ride in a car using a seat belt without a booster seat.



The study revealed 9 out of 10 parents move their child from a booster seat to seat belt before their child is big enough.



One in five parents whose children carpool say they "bend the rules" when driving, letting children ride without seat belts and without the car seat or booster seat they would normally use.



And 61 percent of parents say they notice other carpool drivers bending the rules.

Buckle up every ride, every time, in the right seat.

REMEMBER: A child needs to be at least 57" tall (4'9") and weigh between 80 and 100 pounds to ride with just a seat belt.



THIS PROGRAM WILL TAKE PLACE AT FT SILL INSTALLATION
LEARN MORE, CONTACT: Karen Langlois
Karen.k.langlois.ctr@mail.mil
580-442-0716



Learn more at www.safekids.org

