

WI NG Child & Youth

Wisconsin.military.org (Click on 'Youth Program' tab!)

Coordinator's Corner

SAVE THIS DATE:

Friday, February 17, 2012 through Sunday, February 19, 2012.

Why, you ask?

Because this is the weekend for the Wisconsin Military Teen Summit in Madison, WI. The WI National Guard's Child & Youth Program along with the Wisconsin Youth Advisory Board presents: "Military Teen Resiliency 2012". So mark your calendars and plan on joining us in Madison for team building, laughter therapy, swimming and much much more...



**Wisconsin National Guard
Child and Youth
Program**

2400 Wright St.
Madison, WI 53704

Tina Jeffords

WI NG Child & Youth
Coordinator

(608) 242-3466 (office)
(608) 516-6752 (cell)

tina.m.jeffords@us.army.mil

Debra McGough

Child & Youth Specialist
(608) 242-3483

debra.mcough@us.army.mil

Five Easy Steps to Better Communication

(PsychCentral-by Jane Collingwood)

(<http://psychcentral.com/lib/2007/benefits-of-effective-communication/>)



Being able to express yourself clearly and to listen well can help avoid a great deal of stress, especially during the holidays. Unfortunately, we are more likely to communicate ineffectively just at the time when we most need to get our point across. Communication is often a source of difficulty. When we feel pressured, we may not communicate successfully or we fail to listen properly because we are preoccupied. But effectively communicating our feelings and ideas can prevent unnecessary misunderstandings and tensions. Successful communication becomes even more crucial during high-stress times such as holidays. Little things seem much bigger on important days which come with high expectations. Make a conscious effort to practice the following basic communication skills during these high stress times:

Listening. Effective listening requires concentration, tolerance and sensitivity. Concentration means focusing solely on what the speaker is saying. Tolerance involves keeping an open mind to what the other person is saying, rather than being judgmental or defensive. Sensitivity means taking on board the feelings being expressed as well as the words. Under stress, you are less likely to listen well. Ask them to repeat what they said if you doubt that you fully understood. Being a good listener means you will be kept better informed.

Expressing yourself. First you need to listen to yourself to know what you want to get across. If you feel confused, spend a few quiet moments going over your thoughts. Then you'll be ready to state your message clearly, honestly and constructively. In arguments, attempt to stay on the topic which is the real problem and avoid generalizing, point-scoring and venting your anger just to calm yourself down.

Interpreting body language. It's inherently difficult to explain nonverbal communication in words. Yet it is a central form of communication. It is possible to understand how the other person is receiving your message through clues in his or her movements. We pick up on these clues all the time without realizing it, but sometimes ignore the messages. When you are talking, watch for signs of understanding, distraction, confusion or boredom. Be aware of crossed arms and avoidance of eye contact. If this is happening, you might need to alter your approach.

Resolving conflict. Conflicts occur for many reasons including "black and white thinking," clashing standards or beliefs, unresolved childhood issues, and stress of modern life. Conflicts can be useful and channeled in healthy ways as long as they don't involve threats or stubbornness. They can stimulate discussion and bring people closer together, as long as feelings are expressed and honest opinions are given in a loving way. Work together so that neither of you is forced to 'give in' or be dominated. Look for solutions that are acceptable to both, and keep working at it until you reach a satisfactory conclusion.

Inside this issue:

Bullying	2-3
Book Resources	4-5
Recommended Websites	6
ASYMCA	7
Holiday Facts & Trivia	8



BULLYING



[STOP BULLYING.GOV](http://www.stopbullying.gov/) <http://www.stopbullying.gov/>

[TEENSHEALTH](http://kidshealth.org/teen/your-mind/problems/bullies.html) <http://kidshealth.org/teen/your-mind/problems/bullies.html>

What is Bullying?

Bullying is a serious problem that can happen anywhere. It is not a phase children have to go through, it is not "just messing around", and is not something to grow out of. Bullying can cause serious and lasting harm. Bullying involves;

Imbalance of Power: people who bully use their power to control or harm and the people being bullied may have a hard time defending themselves

Intent to Cause Harm: actions done by accident are not bullying; the person bullying has a goal to cause harm

Repetition: incidents of bullying happen to the same the person over and over by the same person or group.

Warning Signs of Bullying

There are many warning signs that could indicate that someone is involved in bullying, either by bullying



Being Bullied

- Damaged or missing clothing or belongings
- Reports losing items such as books, electronics, etc...
- Unexplained injuries
- Frequent headaches, stomachaches, or feeling sick
- Has trouble sleeping or frequent bad dreams
- Has changes in eating habits
- Hurts themselves
- Are very hungry after school from not eating their lunch
- Runs away from home
- Loses interest in visiting or talking with friends
- Is afraid of going to school or other activities with peers
- Loses interest in school or begins to do poorly in school
- Appears sad, moody, angry, anxious or depressed
- Talks about suicide
- Feels helpless
- Often feels like they are not good enough
- Blames themselves for their problems
- Suddenly has fewer friends
- Avoids certain places

Bullying Others

- Becomes violent with others
- Gets into physical or verbal fights
- Gets sent to the principal's office or detention a lot
- Has extra money or new belongings that cannot be explained
- Is quick to blame others
- Will not accept responsibility for their actions
- Has friends who bully others
- Needs to win or be best at everything

Types of Bullying

Bullying can take many forms.

- ◆ **Verbal:** name-calling, teasing
- ◆ **Social:** spreading rumors, leaving people out on purpose, breaking up friendships
- ◆ **Physical:** hitting, punching, shoving
- ◆ **Cyber bullying:** using the Internet, mobile phones or other digital technologies to harm others.

The [U.S. Centers for Disease Control and Prevention](http://www.cdc.gov) says more than 200 children between the ages of 10 and 14 killed themselves each year between 1999 and 2005, the most recent year for which data is available.



BULLYING



STOP BULLYING.GOV <http://www.stopbullying.gov/> TEENSHEALTH <http://kidshealth.org/teen/your-mind/problems/bullies.html>

Check out these facts and myths about bullying.

FACT: People who bully have power over those they bully.

People who bully others usually pick on those who have less social power (peer status), psychological power (know how to harm others), or physical power (size, strength). However, some people who bully also have been bullied by others. People who both bully and are bullied by others are at the highest risk for problems (such as depression and anxiety) and are more likely to become involved in risky or delinquent behavior.

FACT: Spreading rumors is a form of bullying.

Spreading rumors, name-calling, excluding others, and embarrassing them are all forms of social bullying that can cause serious and lasting harm.

MYTH: Only boys bully.

People think that physical bullying by boys is the most common form of bullying. However, verbal, social, and physical bullying happens among both boys and girls, especially as they grow older.

MYTH: People who bully are insecure and have low self-esteem.

Many people who bully are popular and have average or better-than-average self-esteem. They often take pride in their aggressive behavior and control over the people they bully. People who bully may be part of a group that thinks bullying is okay. Some people who bully may also have poor social skills and experience anxiety or depression. For them, bullying can be a way to gain social status.

MYTH: Bullying usually occurs when there are no other students around.

Students see about four out of every five bullying incidents at school. In fact, when they witness bullying, they give the student who is bullying positive attention or even join in about three-quarters of the time. Although 9 out of 10 students say there is bullying in their schools, adults rarely see bullying, even if they look for it.

MYTH: Bullying often resolves itself when you ignore it.

Bullying reflects an imbalance of power that happens again and again. Ignoring the bullying teaches students who bully that they can bully others without consequences. Adults and other students need to stand up for children who are bullied, and to ensure they are protected and safe.

MYTH: All children will outgrow bullying.

For some, bullying continues as they become older. Unless someone intervenes, the bullying will likely continue and, in some cases, grow into violence and other serious problems. Children who consistently bully others often continue their aggressive behavior through adolescence and into adulthood.

MYTH: Reporting bullying will make the situation worse.

Research shows that children who report bullying to an adult are less likely to experience bullying in the future. Adults should encourage children to help keep their school safe and to tell an adult when they see bullying.

MYTH: Teachers often intervene to stop bullying.

Adults often do not witness bullying despite their good intentions. Teachers intervene in only 14 percent of classroom bullying episodes and in 4 percent of bullying incidents that happen outside the classroom.

MYTH: Nothing can be done at schools to reduce bullying.

School initiatives to prevent and stop bullying have reduced bullying by 15 to 50 percent. The most successful initiatives involve the entire school community of teachers, staff, parents, students, and community members.

MYTH: Parents are usually aware that their children are bullying others.

Parents play a critical role in bullying prevention, but they often do not know if their children bully or are bullied by others. To help prevent bullying, parents need to talk with their children about what is happening at school and in the community.



StopBullying.gov provides information from various government agencies on how [kids](#), [teens](#), [young adults](#), [parents](#), [educators](#) and others in the [community](#) can prevent or stop bullying. If you or someone you know is being bullied, [get help](#). <http://www.stopbullying.gov/index.html>

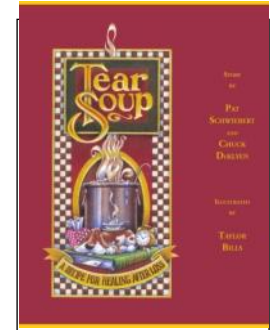


BOOK RESOURCES



Tear Soup: a recipe for healing after loss by Pat Schwiebert, Chuck DeKlyen

A modern-day fable, told in a richly illustrated children's book format. Tear soup, a recipe for healing after loss, centers around an old and somewhat wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of Tear Soup. There she chooses the size pot that is right for her loss, and she puts on her apron because she knows it's going to be messy. Slowly the pot is filled with tears as the old woman steps away. To season her soup Grandy adds memories like the good times and the bad times, the silly and the sad times. She does not want to forget even one precious memory of her loss.



Good Mourning written by Allan Hugh Cole, Jr.

Westminster John Knox Press, 2008 102 pages

In this brief book Allan Hugh Cole explains the process of grief and what loss can do to us, identifies ways of coping, and reminds us of the hope that we can find in mourning. Ultimately, Cole offers a plan of "good mourning"—a way to work through the loss and rebuild life with new strength. Cole describes what it takes to be engaged in good mourning instead of endless suffering and demonstrates how faith and prayer can be practical tools in rebuilding life after

'Personal Space Camp' written by Julia Cook and illustrated by Carrie Hartman (Ages 4 and up)

Louis is back! And this time, he's learning all about personal space. Louis, a self-taught "space expert" is delighted to learn that his



teacher has sent him to the principal's office to attend Personal Space Camp. Eager to learn more about lunar landings, space suits, and other cosmic concepts, Louis soon discovers that he has much to learn about personal space right here on earth. Written with style, wit, and rhythm, Personal Space Camp addresses the complex issue of respect for another person's physical boundaries. Told from Louis' perspective, this story is a must have resource for parents, teachers, and counselors who want to communicate the idea of personal space in a manner that connects with kids.

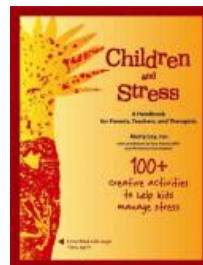
'Peaceful Piggy Meditation' by Kerry Lee MacLean

Sometimes life seems like it's all about hurrying—so many places to go! And sometimes it's hard when things don't go your way—it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They meditate!



Children and Stress: A handbook for parents, teachers, and therapists by Marty Loy

This book provides an overview of childhood stress and a wide array of creative activities that can be used to help children gain control over their stress. Included are activities that help children adopt healthy coping strategies, learn new stress management skills, and value the benefits of relaxation. Each fun and engaging activity is a complete lesson plan, providing all the details an adult needs to conduct the activity and follow-up discussions.





BOOK RESOURCES



'One' by Kathryn Otoshi



Editorial Review - [School Library Journal](#) vol. 54 iss. 12 p. 98 (c)

PreS-K— This is a deceptively simple color and counting book that turns into a lesson on bullying. Whenever they meet, Blue is picked on by Red:

"Red is HOT. Blue is NOT." The other colors like Blue but are intimidated by the bluster so they say nothing, and soon Red is bossing everyone around. But then One comes. It is funny and brave and confronts Red: "If someone is mean and picks on me, I, for One, stand up and say, No." All the other colors follow One's lead and become numbers too. Yellow is two, Green, three, etc. Red begins to feel left out and tries to bully Blue, but Blue ignores him and changes to Six: "Red can be really HOT,' he says, but Blue can be super COOL." The rest of the numbers stick up for Blue, but offer Red the opportunity to join in the counting, and all ends well. The book is well designed with bright colored circles and numbers on stark white pages accompanied by black print. The text is very simple but meaningful, and the moral is subtly told. Red is not ostracized but included in the game, and the essential point of one person making a difference is emphasized by the ending: "Sometimes it just takes One." This is an offering with great potential for use with the very young in a variety of ways.—Judith Constantinides, formerly at East Baton Rouge Parish Main Library, LA



101 Facts About Bullying

what everyone (Google



should know eBook)

Meline M. Kevorkian, Robin D'Antona

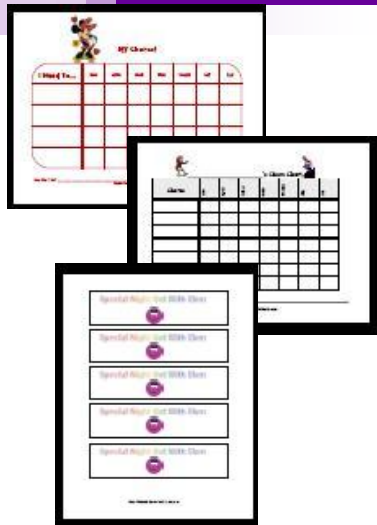
Everyone involved with the care and welfare of children and young adults is confronted with the issue of bullying, which is one of life's major pressures facing children. Bullying behaviors create an uncomfortable, threatening, and even hostile environment that make it difficult for children to learn. 101 Facts about Bullying is designed to break down what the research says about bullying and its effects, offering ideas for what can and should be done to minimize or reduce it. Kevorkian systematically discusses topics ranging from relational bullying to cyber bullying to media and video violence to the legal ramifications of bullying, debunking myth and unclocking the facts about bullying and its prevention.

The Bully, the Bullied and the Bystander



From preschool to high school : how parents and teachers can help break the cycle of violence. Written by Barbara Coloroso

It's the deadliest combination going: bullies who terrorize, bullied kids who are afraid to tell, bystanders who watch, and adults who see the incidents as a normal part of childhood. All it takes to understand that this is a recipe for tragedy is a glance at headlines across the country. In this updated edition of *The Bully, the Bullied, and the Bystander*, which includes a new section on cyberbullying, one of the world's most trusted parenting educators gives parents, caregivers, educators—and most of all, kids—the tools to break the cycle of violence.



FREE PRINTABLE BEHAVIOR CHARTS.COM

<http://www.freeprintablebehaviorcharts.com/>

Batman, Captain America, Incredible Hulk, Superman and Wonder Woman all have something in common, they are all on individual behavior charts provided to you free of charge at www.freeprintablebehaviorcharts.com. For the older kids there are popular TV movie characters like Avatar, Cinderella, High School Musical and the Wizards of Waverly Place, just to name a few.

They offer charts such as chore charts, potty training charts, homework charts and daily routine charts. They even have reward coupons, stickers and behavior money of all types. And remember 'It's Free'!



Traditionally, it has been the day to give thanks for a harvest that is bountiful and rich. Thanksgiving Day is celebrated in November in the United States, which is every fourth Thursday and in Canada it falls on the second Monday in the month of October.



<http://www.tutor.com/military>



Are you eligible for Tutor.com for U.S. Military Families: Military families are eligible for free access to the Department of Defense online tutoring program with Tutor.com. Authorized patrons include: *United States (U.S.) active duty military service members and their dependents *U.S. military reservists and their dependents *U.S. National Guard personnel and their dependents *Wounded Warriors and Survivors and their dependents. This program is funded by the Department of Defense MWR Library Program and Yellow Ribbon Reintegration Program.

Free Online tutoring and Homework Help for Military Families: Subjects Covered include: MATH for Elementary, Middle Grades, Algebra I & II, Geometry, Trigonometry, Calculus and Statistics. Science for Elementary, Earth Science, Biology, chemistry and Physics. English for Vocabulary, Grammar, Writing Center and Literature. Social Studies and Proofpoint Writing Center.

Search Institute

Discovering what kids need to succeed



<http://www.search-institute.org/system/files/40AssetsList.pdf>



YouthSense A monthly newsletter providing commonsense approaches to improving your interactions with youth. Receive tools, free downloads, and stories with an emphasis on the everyday things you can do to make a positive difference.

NCTSN The National Child Traumatic Stress Network

<http://www.nctsn.org/resources/topics/military-children-and-families>

Military Children and Families Equipped with the right tools, military parents can serve as a buffer against the challenges their children face. Professionals in health care, family service, education, recreation, and faith-based services who work with military families can also help reduce the distress that military children experience, and can foster individual and family resilience. Care of our nation's military children helps sustain our fighting force, and helps strengthen the health, security, and safety of our nation's families and communities. Gathered here are resources about military families for caregivers, service providers, and children. [The Center for the Study of Traumatic Stress](#) — an NCTSN member site—and [FOCUS](#) (Families OverComing Under Stress)—a project co-sponsored by the National Center for Child Traumatic Stress—perform research on, develop resources about, and provide assistance to military families. Learn more by [clicking here](#).



2011
1st Place
Art Contest
Alisa
Nascimento
-6th Grade

The Armed Services YMCA is proud to announce the 2012 ASYMCA “My Military Hero” Essay and “My Military Family” Art contest.

Children of all Active Duty or retired (with 20+ years of service) military personnel from Army, Navy, Marine, Air Force, Coast Guard and National Guard/Reserve families may enter. **The deadline for the Art Contest is February 17, 2012.**

The deadline for the Essay Contest is March 16, 2012

For essay contest flyer & entry form and also for the art contest flyer,

<http://www.asymca.org/what-we-do-3/national-programs-services/military-family-month/>



YMCA Memberships for Title 10 DoD Military Groups

The Department of Defense has contracted with the Armed Services YMCA to fund memberships at participating YMCAs throughout the United States and Puerto Rico for the following **Title 10 DoD Military Groups**:

1. [Families of Deployed National Guard and Reserve](#)
2. [Active Duty Assigned to Independent Duty Locations](#)
3. [Relocated Spouse of Deployed Active Duty Personnel](#)
4. [Community-Based Wounded Transition Unit](#)
5. [Respite Childcare](#)

To find participating YMCAs in your area, visit www.ymca.net.

The holidays are an especially trying time for the families or our service members currently deployed overseas. As hundreds of thousands of military families await their loved ones' return, it's our job to make their days a little brighter and their holiday season a little more joyous.

ASYMCA and *Woman's Day* magazine, in partnership with the Military Channel, partner every November (Military Family Month) to sponsor Operation Holiday Joy, a national holiday drive to raise money for military families in need.

ASYMCA History: **1861** During the Civil War, a group of local YMCA members voluntarily provided relief services to American Armed Forces in nearby encampments. Within seven months, the movement spread across the nation and the United States first large-scale civilian volunteer service corps, known as the United States Christian Commission, was born. President Abraham Lincoln recognized the Commission for its efforts during the Civil War. **1889** YMCA established the first permanent Army YMCA at Fort Monroe, Virginia. **1898** At the onset of the Spanish American War, the YMCA sent more than 500 volunteers to various stations in Cuba, Puerto Rico, and the Philippines. YMCA's volunteer efforts were so highly regarded that the U.S. government established a permanent Army and Navy Committee to give national direction to the work of the YMCA. **1902** Congress authorized construction of additional YMCA buildings on military reservations. **1914** YMCA built a national service network of 31 Army and Navy YMCAs operating across the country. **1917** When World War I began, the YMCA launched a massive program of morale and welfare services for the military, serving 90 percent of American military forces in Europe. Never before in history had an organization aided to so many troops over such wide geographic areas and under such adverse conditions. **1941** President Franklin Roosevelt asked the YMCA to take the lead in mobilizing military support during World War II. The YMCA, YWCA, National Catholic Community Services, Jewish Welfare Board, Salvation Army, and National Travelers Aid Association came together and formed the United Services Organizations (USO). **1947** The USO deactivated and the YMCA's Army and Navy Department moved immediately to fill the gap in social services for military personnel, changing its name to the YMCA Armed Services Department. **1948** The YMCA Armed Services Department assumed responsibility for 26 former USO branches and also established work overseas. **1951** The USO reactivates during the Korean War, with the YMCA serving as its major operating agency and continued operations through the Vietnam conflict. **1977** The establishment of an all-volunteer Armed Force created new demands for organizations serving military personnel, leading USO to ask YMCA to assume responsibility for 12 USO centers in the United States. **1980** The Department of Health and Human Services and the Department of Defense asked the YMCA Armed Services Department to develop and operate a national center called the Military Family Resource Center (MFRC). **1983** The Department of Defense and the military branches determined that YMCA's Military Family Resource Center had successfully demonstrated its need to become a permanent part of the Department of Defense. **1984** The Armed Services YMCA was officially established and recognized as a part of the Department of Defense.

Holiday Facts & Trivia

WJFH/SMSD
 Child & Youth Program
 2400 Wright St.
 PO Box 8111
 Madison, WI 53704



*The idea for using electric Christmas lights came from an American named Ralph E. Morris in 1895. The new lights proved safer than the traditional candles, which often started fires by falling in the dry Christmas trees.



*The use of a Christmas wreath as a decoration on your front door, mantel or bay window symbolizes a sign of welcome and long life to all who enter.



*Hanukkah is celebrated around the world for eight days and nights.

*A Menorah is a special nine-branched candelabrum, also known in Hebrew as a Hanukkah.



OPERATION SNUGGLES



Their wish is to provide a warm and snuggly quilt for the children of our military men and women serving in Iraq, Kuwait and Afghanistan. We would like to be able to give our deployed WI service member's children a warm quilt to snuggle in. This is to support the families and let them know we appreciate their sacrifices. Operation Snuggles, C/o Kris Lindsay, 734 Iroquois Ave, Grafton, WI 53024



*In 1836 Alabama was the first state in the USA to declare Christmas a legal holiday.

*In 1907 Oklahoma became the last USA state to declare Christmas a legal holiday.



*One town in Indiana is called Santa Claus. There is also a Santa, Idaho.



UNITED THROUGH READING CHILD DEVELOPMENT INSTITUTE

<http://childdevelopmentinfo.com/>

<http://www.unitedthroughreading.org/>



United Through Reading's vision is that all children will feel the security of caring family relationships and develop a love of reading through the read aloud experience. United Through Reading, the nation's first nonprofit to promote the read aloud experience for separated families, offers deployed parents the opportunity to be video-recorded reading storybooks to their children.

First the service member reads a book while being recorded and sends the DVD home to the child. Next the child at home watches the DVD and follows along with the book, if available. Then the parent at home captures the child's reaction to the DVD in a photo or email and sends back to the service member. Then the service member's morale is boosted by the feedback, and he or she is encouraged to read again.

Research has shown that nurturing in the form of spending sufficient quality time with your child that is fun and enjoyable for parent and child leads to happy, healthy, successful kids. Kids also need structure. Parents are the key to helping children develop self-discipline and positive character traits.

Our philosophy is built on years of child development research which shows that while each child is "pre-wired" with certain traits, temperament and abilities, it's the interaction with their environment, especially their parents, which ultimately determines how these characteristics are manifested as they grow and develop into competent adults.

Latest Headlines for Parents:

- * Video Game Playing Tied to Creativity,
- * Large TV sets can injure, kill small children
- * Soda-drinking teens more violent
- * Childhood diet lower in fat & higher in fiber may lower risk for chronic disease in adulthood
- * Curiosity is critical to academic performance

(Visit <http://childdevelopmentinfo.com/> for more info)