FORT McCOY ARMY COMMUNITY SERVICE

NEWSLETTER

MARCH 2024

Speaning Events & Trainings

CONNECT THE TOTS

Mar 5, 12 & 19 | 10:00 am - 12:00 pm | ACS Family Building (B2161)

Do you want to connect with other parents? If you are looking for something to do with your children ages 4 and younger, please join us. To register, e-mail here or call x2412.

ALL ABILITIES SPRING CRAFT NIGHT

March 7 | 4:30 pm - 5:30 pm | ACS Family Building (B2161)

Art offers individuals with all abilities a way to communicate. Practicing art has been shown to increase fine motors skills, improve focus, gain self-confidence, strengthen cognitive development and improve mood. Supplies and instruction provided. To register, e-mail here or call x7262.

BUILD A BIRD HOUSE OR BIRD FEEDER

March 12, 21 or 26 | 4:00 - 6:30 pm | ACS Building Bonds Workshop (B1130)

Step into Spring by creating a bird house or bird feeder the whole Family can enjoy over the spring and summer months. Choose a bird house or bird feeder kit (based on availability) which you will put together and personalize it by painting or adding decorations to meet your creative ideas. All materials and instruction supplied; class size is limited; children must be accompanied by an adult. To register, please call x3505.

NEWCOMER'S ORIENTATION

March 13 | 8:00 am - 1:00 pm | McCoy's Community Center (B1571)

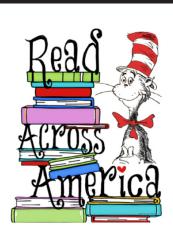
Are you new to Fort McCoy? Come and learn what we have to offer. Breakfast is provided. Spouses are highly encouraged to attend. To register, e-mail here or call x2359.







Army Community Service (ACS) enhances the well-being and quality of life of Fort McCoy military members, families and civilians by providing real life solutions for successful Army living.





This month's Awareness Tree is focused on the importance of reading.

Read Across America Week is celebrated from March 2 to 6 — it begins on the birthday of the beloved author, Dr. Seuss.

Check out the wide variety of books at our ACS Resource Library and take part in the Read Across America Diverse Books Challenge.

CLICK HERE TO LEARN MORE: https://www.nea.org/diverse-books-challenge





Speaning Events & Trainings

INTER-SERVICE FAMILY ASSISTANCE COMMITTEE (ISFAC)

March 14 | 9:00 am - 2:00 pm | American Legion, Portage, WI

ISFAC is a voluntary military-community cooperative organized to allow service providers to engage in networking and connect Service and Family members, Veterans and Wounded Warriors with local military and community resources. To register, **email here** or call x6812.

CRAFTING YOUR RESILIENCE

March 16 | 9:00 am - 12:00 pm or 1:00 pm - 4:00 pm | ACS Family Building (B2161)

Spend time together as a Family creating (crafting) and learning skills to increase your resilience! At each workshop we will teach a resilience skill and create a craft. Supplies and instruction provided. To register, **e-mail here** or call x7262. Class sized is limited. Children must be accompanied by an adult. Early start time for EFMP Families.

INSURANCE NEEDS

March 19 | 9:00 am - 10:00 am | Army Community Service (B2111) or via Teams

During this class, attendees will learn about home, renter's, auto and umbrella insurance. If you are unsure of how to read your insurance policies, be sure to sign up to find out more information. To register, **email here** or call x3540. Register by March 15.



Lindness Korner

March brings the first day of Spring. In Spring, we think of planting. We can plant vegetation and seeds of kindness. Sharing a kind word, extending an ear to listen or a helping hand or even displaying a simple gesture are all ways to plant the seeds. Once planted, seeds (kindness) begins to take root, grow and multiply.

Where are you going to plant your seeds?



"Don't judge
each day by
the harvest
you reap but
by the seeds
that you plant.

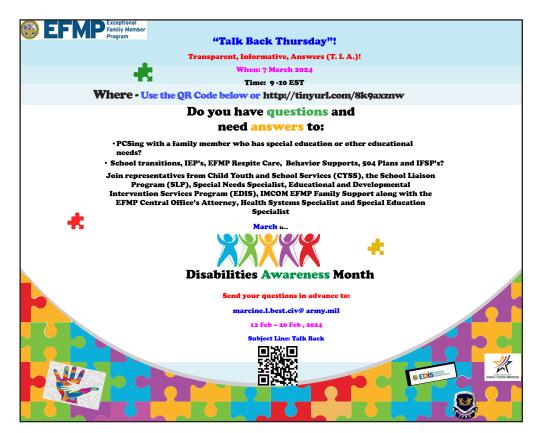
-Robert Louis Stevenson

MILPARENTS

ROCK-SOLID FAMILIES START HERE

For more information on Positive Parenting and Child Abuse Prevention. go to https://www.militaryonesource.mil/preventing-violence-abuse/childabuse-prevention-month/

#MilParentsRock



5 Ways to Prevent Child Abuse

Every adult in the community can play a role in supporting and protecting military children. If you're worried about the well-being of a military child, share your concerns with Family Advocacy Program staff. They can help you determine what to do next.

1. Know the signs.

- Sudden changes in behavior or school performance
- Always preparing for something bad to happen
- Frequently lacking adult supervision
- Fading bruises or other marks after an absence from school
- Unexplained burns, bites, bruises, broken bones or
- Being frightened of a parent or caregiver
- Abusing animals or pets

2. Be a trusted adult.

Let children know they can come to you with any concern and that you will:

- · Listen without judgment.
- · Believe them.
- · Help and support them.

3. Make the call.

If you witness or suspect child abuse or neglect, do the right thing:

- · Call your installation's Family Advocacy Program.
- · Call your local Child Protective Services office.
- · Call the Childhelp National Child Abuse Hotline at 800-422-4453.
- · Call 911 or military law enforcement if a child is in immediate danger.

Start Prevention Tips Early

While all adults can make a positive impact in a child's life by following these tips, parents and caregivers play an important role in protecting children. Parents and caregivers, talk with your children about tips 4 and 5 early and often.

4. Identify trusted adults.

- · Talk with your child about specific people they
- Discuss when your child should talk to a trusted adult
- · Let them know they can go to another trusted adult if the first one doesn't help.

5. Empower your child's voice.

- · Teach children early about healthy body boundaries.
- · Tell them to trust their feelings.
- · Encourage them to say forcefully, "I don't like that," or "Stop touching me."
- · Remind them to leave a situation that makes them uncomfortable
- · Ask them to tell a trusted adult right away if something makes them uncomfortable.
- Talk with them about how to listen to and help their peers.

Share these resources.

Teach your kids healthy body boundaries.

https://www.militaryonesource.mil/parenting/childrenyouth-teens/teach-your-kids-healthy-boundaries/

Support for military kids.

https://militarykidsconnect.health.mil/ Feelings/How-to-Talk-to-an-Adult

Get installation support.

Fort McCoy Family Advocacy Program Manager 608-388-2412 brittanv.r.sonie.civ@armv.mil

MILITARY

The Family Advocacy Program supports service members and their families impacted ONESOURCE by child abuse and/or neglect through parent education and crisis intervention.