



MCB Hawaii EFMP

The Exceptional Ohana

December 2023

Tips for Better Holiday Behavior From Your Kids

The holidays are wonderful, yet it can be a stressful time for most families. With limited time and energy, it's a miracle we are able to even find a moment to breathe. If we as adults are exhausted, our children are twice as fatigued. Children tire faster than adults, both mentally and emotionally. They also become overstimulated much more quickly. With that being said, here are a few tips to keep your little ones on the "nice" list this season.

Manage your festivities.

There are many parties and holiday opportunities you and your families will be invited to. Remember to space them out on your calendar and plan for some family downtime. You want to make sure they have enough energy to celebrate the holiday!

Keep routines on your holiday to do list.

Children thrive on routines! Although the holiday season is full of fun & festivities, it can send even the most organized families into the spin cycle. Keep your child's morning and bedtime routines as consistent as possible; it will ensure some predictability in their day.

Last but not least...

Set realistic expectations. Keep in mind that things may not go as smoothly as planned and there may be times your goals will not be met. Stay optimistic and positive and you'll be on your way to a joyous holiday season!

(www.positiveparenting.com)



Contact Us:

Main: 808-257-0290

Fax: 808-257-1650

Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii

Family Fun Field Trip

Join EFMP & NPSP on this month's Family Field Trip. We will be visiting Honolulu Hale and Frank F. Fasi Civic Center Grounds on Tuesday, December 19th at 10:30am. Admission is Free!

Honolulu City Lights returns for its 37th year of holiday cheer. The City decorates Honolulu Hale and the Frank F. Fasi Civic Center Grounds. City department employees decorate Christmas trees with different themes for each department that are beautifully displayed within Honolulu Hale. And Civic Center Grounds have many outdoor displays that are great for picture taking. This year they will have new social media backdrops.

It is right next to Iolani palace grounds, which is a great place to have a picnic lunch. Families are encouraged to picnic there after the Field Trip!



Interested in joining us?

Please RSVP no later than Friday, December 15th
Call 257-0290



EFMP Exceptional
Family Member
Program

EFMP's Holiday Gift Guide

The elves of EFMP put together this list of gift ideas tailored to your
Exceptional Family Member (EFM)

For your EFM with sensory needs:



- ☐ Space Explorers Body Sock from funandfunction.com, \$33.99-\$45.49

*We have this item available to borrow in the EFMP Lending Library. Call 808-257-0290 for more info

- ☐ Shark Tooth Chew Necklace-Designed for Chewing, Autism Teether toy, 3 pack, \$11.99 on Amazon.com



For your EFM enrolled for mental health conditions:



- ☐ Waowoo Adult Weighted Blanket Queen Size (15 lbs) , \$25.48 on Amazon.com

- ☐ Emotional Aromatherapy System Kit, essential oils collection, \$226.67 on Doterra.com



Stocking stuffers for your fidget-loving EFM:

- ☐ Magnetic Rings Fidget Toy Set, \$9.99 on Amazon.com



- ☐ Desk Buddy, \$9.99 on Funandfunction.com

- ☐ Zxhtwo 16 Pcs Pop Fidget Toy Bracelet, \$9.99 on Amazon.com



For your EFM with medical needs:



- ☐ Fashionable ID Medical Alert Bracelet for Women with Free engraving , \$69.50 on Amazon.com

Homemade Holidays

Are you on a tight budget or enjoy a more "Homemade" approach to gift-giving? Check out this site for some fun ideas for DIY gifts using Mason jars! Get the kids involved & make it an engaging sensory activity, all while knocking out your gift list!



<https://diyjoy.com/diy-gifts-in-a-jar/>

EFMP does not endorse any of the products, brands or businesses mentioned above. Prices shown may be subject to change.



Training & Events

For event registration, call us at 808-257-0290.

You can also email us at mcbh.efmp@usmc.mil or contact your case worker.

Please register at least 1 day prior to the even

| DATE | TIME | TOPIC | LOCATION |
|---------------|----------------|---|--|
| Dec 5 | 10:30 AM | Accessing Community Resources— Identify an array of resources available such as, Marine & Family Programs, as well as other Military , State, Federal and Local resources. | Join us Virtually on Teams |
| Dec 8 | 10:00AM | Recreation Inclusion— Define Inclusion, and Identify what it may look like, Legal responsibilities and more... | Join us Virtually on Teams |
| Dec 19 | 10:00AM | EFMP Family Field Trip — Join us in visiting Honolulu Hale, at the Frank Fasi Building | Call EFMP to RSVP and get information on where we'll meet up: 808-257-0290 |
| EVERY TUESDAY | 8:30- 11:30 AM | EFMP Family support services available at a second location | Branch Health Clinic Kaneohe Bay |

Ka lā hīkī ola
Hope and promise

Ka lā hīkī ola, translates to - the dawning of a new day. This is the value of optimism, hope and promise. We are reminded that there will always be the dawning of another day — life affords us many different opportunities, and it is up to us to grab hold of them, and make this day our day, and the best day ever. All we have is the present—and, in that moment, the opportunity to take positive action to impact ourselves and our community.