

MCB Hawaii EFMP

The Exceptional Ohana

December 2024



Tech bite

About Special Kids Webinars

One of our main goals here at EFMP is to empower the families that we serve. The most powerful tool we can provide to reach this goal is knowledge. Therefore, we are dedicating a section in our monthly newsletter to learning resources, which you can access at home.

This month's on-line resource is About Special Kids (ASK) Webinars. The goal of ASK is to reach out to parents and professionals to inform and educate them, and to serve as a system of support and reference. Webinars are scheduled with live presentations and discussions and are then archived on this page to allow parents and professionals to access this information when needed.

Visit: aboutspeakalkids.org

"I've learned that you can tell a lot about a person by the way they handle these three things:

A rainy day, lost luggage, and tangled Christmas tree lights."

~Maya Angelou

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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 20th at 10:30am. Admission is Free!

Honolulu City Lights returns for its 40th 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.

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

Wednesday, December 18th

Call 496-0290



EFMP Exceptional Family Member Program

Together While Apart, Military Families Connect for the Holidays!

You can make this holiday meaningful even if you are thousands of miles apart. Get creative by connecting with your family and creating new traditions. Think outside the box to create special moments that can be just as nice as if your service member was home decorating the tree with you. Holidays are about making meaningful connections!

Don't miss out on holiday family fun!

Being apart doesn't have to mean missing out on family bonding. With the help of technology, here are simple ways you can help bridge the gap until deployment is over: Use video chat to bring the family together while decorating, send pictures, letters and kids' artwork, do something together (while apart) like watch a movie or read a book and discuss it. Send a meaningful gift like a recipe or homemade (non-perishable) treat, or a book read in your voice.

Keep things simple and don't forget to take care of yourself. Being away from your family can add to holiday stress. Reach out for help if you need it. Military OneSource offers a wide range of resources to you. Call and connect with a Military OneSource triage consultant on one or a number of the following resources:

[Health and Wellness Coaching](#) can help if you're looking for a no-cost way to shed some of those extra holiday pounds, deal with stress or just get healthier.

[Confidential non-medical counseling](#) can help if you're dealing with short-term issues like adjustment, marital problems, parenting, stress management or grief and loss.

[Financial counseling](#) can help get your budget back in shape after the holidays.

Planning for the busy holiday season

It's almost time to celebrate the holidays! While you juggle your to-do list, you may also be wondering how to make this the most wonderful time of the year. With the possibility of over stimulation, here are some calming strategies that may work for your family.

Pack a “fun bag” of toys and snacks. With a lot of walking little appetites grow hungry earlier than expected. Having a some of your child's favorite snacks and water bottle on hand could help defuse hunger pains. Favorite fidget toys, comfort items, or headphones are also helpful for those experiencing over stimulation.

Give your pre-teen an exit strategy. For older kids, a good strategy may be coming up with a “secret code” to let you know that your child wants to leave a social situation. They may be eager to attend a party but may feel anxious about what to do if it gets too overwhelming. For example, you and your family rehearse the plan at home, come up with a secret code, and everyone understands that once the code word has been said, the family will be prepared to leave in 15 minutes.

Download a meditation app/practice yoga breathing. Kids are tech savvy, why not use technology to help soothe their nerves! There are many meditations, breathing, relaxation apps available and geared for children/teens. While we don't have a list, you may search for one that is most compatible for your child/family. This fits in well into any routine! Daily practice will make it easier to implement in overstimulating situations.

We hope that these strategies help you and your family create new joyful memories this holiday season!

Adapted from:

<https://learnbehavioral.com/blog/6-calming-activities-for-the-hectic-holiday-season>

Brought to you by - MCBH EFMP & Family Care Branch Behavior Specialist





Training & Events

For event registration, call us at 808-496-0290.

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

Please register at least 1 day prior to the event.

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 20	10:30AM	Recreation Inclusion— Define Inclusion, and Identify what it may look like, legal responsibilities and more...	Join us at the EFMP Family Field Trip to Honolulu Hale. RSVP by Dec 18th call or email: mcbh.efmp@usmc.mil
Dec 20	10:30AM	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: 808-496-0290
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 hiki 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.