

MCB Hawaii EFMP

The Exceptional 'Ohana

April 2025

Spotlight on SPIN – Special Parent Information Network

The Special Parent Information Network (SPIN) is a parent to parent organization in Hawaii that provides information, support, and referral to parents of children and young adults with disabilities and the professionals who serve them.

Parenting a child with medical/educational challenges can be a puzzling journey. SPIN helps families put together the pieces of that puzzle, so they can have a clear vision of where they are heading.

Visit SPIN's website at <https://spinhawaii.org/>

and find information on:

- ◆ Family Support Groups
- ◆ Information & Referrals
- ◆ Health Services
- ◆ Education
- ◆ Conflict resolution
- ◆ Newsletters and infographics
- ◆ Parent resource guide
- ◆ ...and more!

Register for SPIN's 2025 Annual Conference EFMP will be there!

Windward Community Children's Council is sponsoring military families & registration is FREE!

Contact Us:

Main: 808-496-0290

Fax: 808-496-1650

Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii

SPIN Conference 2025

"The Magical World of SPIN"

The SPIN ohana is thrilled to invite you to an enchanting conference that promises to be as magical as it is informative!



Mark your calendars for **Saturday, May 10th from 8:30 am to 3:30 pm.** That's when "The Magical World of SPIN"--

39th Annual Conference--will inspire and empower you with new tools and strategies to support your child's learning journey.

SPIN will gather for the first time at the beautiful Ko'olua Ballroom right here in the Windward side.

Many parents of children with educational and medical challenges wish they had a crystal ball to foretell the future. Well, this conference will offer you one better --the ability to think about and plan for your child's future with imagination, wisdom and support.

If you are interested in attending the SPIN Conference

contact your Family Case Worker for an application or email us at mcbh.efmp@usmc.mil



EFMP Exceptional Family Member Program

Encouraging Positive Behavior in Autism

Autism spectrum disorder (ASD) is a developmental condition characterized by challenges in social interaction, communication, and repetitive behaviors. While individuals with autism are unique, positive behavior is a common goal for parents, caregivers, and educators. Here are some proven strategies to encourage positive behavior in those with and without autism:

Clear Communication: Use clear and concise language using their preferred mode of communication (visual/gestural, written, or verbal). Encourage expression through being patient and allowing ample time to process information and respond.

Reinforcement and Rewards: Positive reinforcement and rewards are a fundamental aspect of behavior management. Ensure that the reinforcement is immediate, consistent, and meaningful. Consistent immediate responses help individuals understand the connection between their actions and the positive outcome, reinforcing the desired behavior over time.

Structured Routine: The predictability and stability offered by a consistent routine can significantly contribute to positive behavior. Establishing a daily schedule reduces uncertainty and anxiety often associated with unexpected changes. Adding a visual schedule of what to expect throughout the day can also help.

Role Play: Social interaction challenges are common among individuals with autism. Role-playing is an effective technique in social skills training, allowing them to practice responses in a controlled environment, providing a safe space for learning and building confidence on how to respond with various social situations.

Quiet Space: Creating spaces that are designed to minimize overwhelming feelings can provide a sense of calm. Designated quiet spaces can serve as retreats where individuals can go to escape overstimulation and regain composure. These areas should be equipped with soft lighting, comfortable seating, and minimal distractions.

Promote Independence: Promoting independence enhances one's sense of competence and self-esteem, ultimately contributing to more positive behavior. Breaking tasks down into simplified steps is a practical strategy used to support independence.

Written by the FCB Behavior Specialist adapted from:

[Positive Behavior in Autism: 8 Effective Ways to Encourage](#)

Celebrate Your Military Child


April is Month of the Military Child! Sponsored by the Department of Defense Military Community and Family Policy, this month celebrates military children of all ages by supporting and honoring them for the sacrifices they make.

Military children have a lot of challenges to overcome and stress to bear. Being the child of a parent in the military usually means having to deal with change on a regular basis, which can prove difficult for both younger and older children. There's frequent moves and relocations, which often means having to start a new school, make new friends, and get accustomed to a new state or country, and perhaps even a new language. When a parent is deployed, these brave children go months on end without one or sometimes, both parents. There is also the added anxiety and concern for a parent's safety, especially if he or she is deployed to a country in turmoil.

This can be a lot for a child to take in, and by letting them know that we support them, they'll know that they are never alone in their journey as a military child. (www.time4learning.com)

Ideas to celebrate YOUR military child:

- ◆ Wear purple! Spread awareness of the sacrifices military children make, and let your child know you're wearing purple in their honor.
- ◆ Have a "date night"! Cook a special dinner together and get dressed up. You can even decorate to make the date more special.
- ◆ Write your child a letter or draw them a picture of what they mean to you!



*Military kids are like dandelions:
They bloom where they are planted.*

Let's Play!

DIY sensory activities to try at home



Sensory Bags

Fill up gallon sized zip-lock bags with little toys (things like small plastic figurines, marbles, & buttons) then add clear or colored hair gel. For extra fun, add some glitter before sealing up the ziplock with Duct tape (to prevent leakage).

Frozen hand

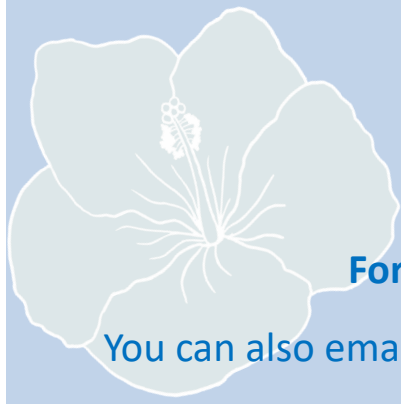
Fill up a disposable rubber glove with small objects (confetti, small rubber bands, & buttons) then add just enough water to leave space to secure end of glove with a rubber band. Freeze for 24 hours. When water is frozen solid, remove frozen hand from glove. Provide a plastic hammer & goggles for your child to chip away at the hand to reveal all of the goodies that were frozen inside!



Sensory Bottles

Fill up recycled plastic bottles with little toys (things like small plastic figurines, marbles, & buttons) then add water. For extra fun, add some glitter, food coloring, & a few drops of cooking oil. Be sure to close the lid up tight before playing!





Training & Events

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

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

Please register at least 1 day prior to the event.

DATE	TIME	TOPIC	LOCATION
April 2	2:00-4:00PM	EFMP Resource Fair— Activities and Resources from on and off Base about IEP, support groups and more...	MCBH— building 5082 in the Grassy area behind the building
April 16	10:00AM	Sensory-friendly Storytime with the Base Library— This Storytime incorporates more songs and movement for the active child.	BUILDING 219, Library Classroom 106 (next to the EFMP office)
April 21	9:00AM	Family Fun Field Trip— Join EFMP in Hiking up the Makapu'u Lighthouse	Call the EFMP Office to RSVP by Wednesday, 17 April
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic Kaneohe Bay

Aloha

unconditional love

This month, we focus on the Hawaiian value of Aloha. Aloha is an essence of being: Love, peace, compassion, and mutual understanding of respect. Aloha means living in harmony with the people and land around you with mercy, sympathy, grace and kindness.

It is commonly used as a simple greeting, but has a deeper cultural and spiritual significance.