



MCB Hawaii EFMP

The Exceptional 'Ohana

April 2023

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 special needs can be a puzzling journey. SPIN helps families put together the pieces of the puzzle, so they can have a clearer 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!

It's not too late to register for SPIN's Annual Conference on 22 April 2023 from 9:00AM-3:30PM at the UH Manoa Ballroom! EFMP will be there!

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

To register, contact EFMP at 808-257-0290

Contact Us:

Main: 808-257-0290

Fax: 808-257-1650

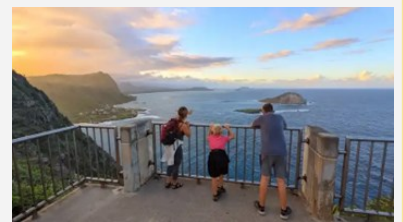
Email: mcbh.efmp@usmc.mil

Facebook & Instagram: @EFMP Hawaii

MAKAPU'U POINT LIGHTHOUSE TRAIL FAMILY FIELD TRIP

Join EFMP on **April 21**
at 9:00am on a hike to
Makapu'u Point trail.

This hike offers
outstanding views of
the windward coast and



offshore islets, as well as the historic red-roofed Makapu'u Lighthouse built in 1909, which makes a stunning picture against the deep blue sea below (the lighthouse itself is off-limits). On a clear day, you may even see Moloka'i and Lana'i. The offshore islets are wildlife sanctuaries for Hawaiian seabirds, such as the 'iwa, frigate bird, and tropicbird. This trail is an excellent place to view migrating humpback whales in season (November – May).

The trail is paved and up hill. It is usually sunny and hot. A hat, sunscreen, and plenty of water are recommended. It will take about 2 hours to enjoy this hike and its wonderful views.

Interested in joining us?

Please RSVP by Friday, April 12th.

Call 808-257-0290

Or email mcbh.efmp@usmc.mil



EFMP Exceptional
Family Member
Program

April is Autism Acceptance Month

According to the Centers for Disease Control (CDC), about 1 in 44 children has been identified with Autism Spectrum Disorder (ASD).

Autism Acceptance Month (formerly named Autism Awareness Month) aims to celebrate and promote understanding and acceptance of individuals with ASD.

Grow your awareness by learning about the Autism Society of Hawaii, an organization that empowers individuals with Autism and their families to make informed decisions in the planning and delivery of individualized, evidence-based services and support.

<https://www.autismsocietyhi.org>

Autism Acceptance for Kids:

How to be a good friend to someone with autism

- Wave and say hi! If they don't say hi back it may be because they were thinking about something else, not that they don't want to be your friend.
- Be patient! Give them some time to get to know you.
- If you don't understand what they say, ask them nicely to say it again.
- If you see a friend get upset, give them some space. They might be having a hard time and we all experience difficulties some times.
- Ask your friend with autism what they like to do. Try some activities that they like and maybe you will like it too!
- People with autism can be great friends! Have fun and be happy that you have an awesome and unique friend!

Talk about autism with your kids & discuss how they can be a good friend.

Join us on April 15th
as we celebrate Autism Acceptance at the
Marine & Family Programs Family Fun Fair
on the grassy area in front of bldg. 216
from 10:00 AM – 1:00 PM.

There will be lots of activities & fun!

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. (**supervise closely, of course!)



Frozen hand

Fill up a disposable rubber glove with small objects (confetti, small toys, buttons, etc) then add just enough water to leave space to secure the end of the glove with a rubber band. Freeze for 24 hours. When water is frozen solid, remove the frozen hand from the 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! (**supervise closely, of course!)



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 event.

DATE	TIME	TOPIC	LOCATION
April 5	10:30AM	Introduction to EFMP— Learn the basics about the Exceptional Family Member Program	EFMP office aboard MCBH— building 219 (Theater/Library complex) Contact our office to register.
April 15	10:00-1:00PM	Family Fun Fair— Join EFMP and a host of Marine and Family Programs in a fun time with Music, Activities and Food.	In the grassy area in front of the CAARE Center, building 216. (RSVP not required)
April 20	11:00 AM	Recreation Inclusion— Learn more about what inclusion looks like, and who benefits from inclusion. We will also discuss legal responsibilities and go over local community recreation resources.	Virtual via Webex- Contact our office to RSVP and get the link to join.
April 21	9:00 AM	EFMP FAMILY FIELD TRIP— Makapu`u Lighthouse— join us for this scenic hike where whales have been spotted.	Contact our office to RSVP and get information on where we'll meet up
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic Kaneohe Bay

Mālama

To care for or protect

This month, we focus on the Hawaiian value of Mālama - to take care of, tend, attend, care for, preserve, protect

Mālama kekahi i kekahi—Take care of one another.