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Greetings MHN MFLC Team,

I was asked to write this month's article on my life as an Army Brat and I write this article with much Hooah pride. It is true when they say children are resilient and no one knows that better than any Army Brat. My father was a career Soldier who met my mother while stationed in Germany in 1958, married and had five children. I was the second in line.

My experiences growing up in the military were not without its challenges and rewards. We moved around a lot - eleven moves before I graduated from

High School in 1981. I made friends and lost friends and learned that you never say "good bye" just "so long," because you never knew when you would meet again. PX, BEQ, Dog Tags, Commissary, DYA, NCO and enlisted were the words in my vocabulary. I watched my dad go to war twice, and learned it is always hard to say good-bye to a parent. I had to learn to deal with anxiety and combat fears of not knowing when or if I would see my dad again; I saw wives and mothers working together assembling care packages to send to their husbands in Vietnam and watched as they rallied around neighbors after the dreaded visit from the chaplain. I was that child that stood behind the bob wired fence watching and waiting for my dad to come off the big scary military plane.

Growing up was something you did whether you liked it or not, and showing respect for my elders, the flag and country was expected. Standing tall regardless of where you were on base when taps were played, and knowing all the words to the pledge of Allegiance were a must. I learned never take anything for granted and my brother and sisters were my best friends because they were the one thing I could depend on no matter where we moved. Being prepared for what happened next was a way of life. Mom taught us home is where you make it and that unpacking and packing could be fun.

My experiences growing up in the military have shaped me into the person I am today and have made me the



person that I am. It is because of those experiences that I am loyal, resilient, strong, resourceful, honest, adaptable and spunky. I have learned that military children are different just because of their lifestyle, they have so much more to deal with good and bad and everything is not always what it seems. I enjoyed growing up in the military and I would not trade this experience for anything. Fortunately today there are so many services and professionals available to military children that can help them navigate through a lot of their experiences, and help them process events to enhance their lives.



Figure 1: from left to right: Roland Lane Jr., Carol Lane, Rachel Lane, Ingetraud Lane and Joan Lane

Here is a wonderful memory – a picture of me with my siblings when we became American citizens in Salina, Kansas on April 13, 1971 while dad was in Vietnam. The picture was sent to Richard Nixon who signed it and sent it to my Mother thanking her for her husband’s service to our country. I

would like to dedicate this article in her loving memory as a mother and Army wife-Ingetraud Siemienowski Lane.

We in the MFLC program have the fortune to be able to work with Military families and to learn from them about honor and courage. I joined this program in 2009 in order to give something back to the Military who, along with my parents, shaped me into the person that I am.

Sincerely,  
Rachel Lane-Behroozfard  
MFLC Clinical Liaison

### What I’m Here For

Written by Betty Steelman

Near the end of a long, hot, NC homecoming day, a seasoned Marine spouse and mother of two came up to me and asked me "Can I give you a hug?" Since I had not only seen this wife earlier in the day and helped her hang Welcome Home signs on the barracks railings, I had seen her occasionally while her Marine was deployed, my answer was "sure" although the question on my face must have prompted her explanation. She told me "I want to thank you for taking your time with my daughter earlier today." My response to her was the tried and true response MFLCs use, "that's what I am here for." I work with 2d LAR and earlier in the day as the LAVs carrying Marines home were en route, one of them broke down. One



additional LAV stayed behind with the broken one. This wife's Marine was on one of those two LAVs. Consequently, the father of the 8 -year-old daughter was one of the Marines delayed. The family had been early for the first expected wave of returnees, so it was beginning to be a long, hot day. With two vehicles down and three vehicles returning, all family members had to wait until all vehicles had returned, Marines had checked their weapons and finished the expected routine to be released. However, the Marines in the three working LAVs were allowed to visit with their family members while waiting for one vehicle to be towed back accompanied by the assisting LAV. During the time of the families' visitation, I noticed the daughter standing by a culvert tossing carrots into the water. I walked over to her and we sat on the cement and talked about what she missed about her Dad being gone, what was going to happen after the deployment, her excitement about seeing her cousins and why she had decided to stand outside in the hot sun. By this time it was after noon and she had been there since 8 a.m. She told me that she came outside because she was sad that her Dad had not gotten back to the Battalion yet although she was happy for the other people who could visit with their families. She was sad it was not her turn yet. We talked a little while longer and then she decided to move on and talk with her mother. We talked a little more off and on as the afternoon wore on especially until her Dad walked up the ramp. I am

continually impressed with the strength and resiliency of our military families and am honored to be doing "what I'm here for."

### Going Above & Beyond - Recognizing Linda Browne & Pearl Campbell

Contributed by Shannon Hillier, MFLC Clinical Liaison

MHN would like to express our gratitude to Linda Browne and Pearl Campbell for their flexibility and willingness to go above and beyond to ensure that there was an MFLC presence on the ground in Korea as we transitioned between option years. Originally, the plan was for all MFLCs to leave Korea on 8/14 and return on 9/8. The day before her scheduled departure, Linda reached out to us offering to stay on so that we had some presence on the ground. We then reached out to Pearl Campbell whose status would also allow her to continue working. Both Linda and Pearl demonstrated patience and flexibility as we worked internally to make all of the changes necessary to allow them to stay. Both showed commitment and dedication to the reputation of the program as they cancelled their own plans and stayed on in Korea to ensure that we have MFLC representation on the ground during this time of transition.



## Recognizing Hilda Herrera-Borja

The 692 ISR Group Chaplain, USAF penned a hearty letter of commendation regarding Hilda Herrera-Borja for her “dedication and untiring support for our Airmen, Sailors and their families” while on assignment on Hickam AFB.

## 2d Tank Bn's "Healthy Relationships" Workshop

Contributed by Jodi Salamino, MFLC Clinical Manager

The following is an excerpt of a good news story the Commanding Officer of the 2d Tank Battalion, 2d Marine Division, Camp Lejeune penned to the Major General regarding the outstanding success of their first Healthy Relationships workshop held for his Marines and their spouses. Donna Beswetherick, 2d Tank Bn's Embedded MFLC with assistance from Donna Maglio, Embedded MFLC for an adjoining unit and the Chaplain spearheaded the workshop with 65 participants in attendance.

“Our goal for this initial workshop was to introduce common principles for healthy interpersonal relationships to our participants. My MFLC, assisted by 2d Maint Bn's MFLC, offered their insights to equip our Marines & their partners with techniques for healthy relationships and instill a desire for them to seek further training and resources to strengthen their relationships.



Figure 2: 2d Tank Bn's First Healthy Relationships Workshop

I have to say, sir, this appeared to be a smashing success and well received. **Donna absolutely knocked this out of the park with the way she structured this event- highly organized with consistent emphasis on relationship themes, constant audience participation, group activities, etc.** Myself, SgtMaj, Chaps, and a few other senior SNCOs contributed our own experiences that also seemed well received.

One of Donna's communications activities of note was having each individual write a letter to their significant other or parent. It was interesting to see them struggle a bit (perhaps due to the majority of our folks being raised in the internet/cell phone era). I shared with them my own personal story of the impact of a letter as well as relaying your story about gaining possession and reading the letters your Dad sent your mother during WWII and how it gave you additional insight about your father.

While closing the workshop, I asked our participants if they felt this to be useful and worth doing again- after a



resounding yes, we informed them of our plan to host more of these on a monthly basis as long as the demand signal was there. Several of our Marines & spouses expressed their appreciation on their way out. I can't say enough about our MFLC and Chaps and how integrated they are in our Force Pres Program particularly after our recent dearth of domestic incidents and suicide ideations in which relationship issues seem to play a central role.”

The work being accomplished here is nothing short of outstanding – this validation and support from Command is a powerful reminder of the power and importance of the work we do as MFLCs.

*Job well done!*

## Recognizing Kathy Becker & James Jack

Kathy Becker, Adult MFLC was nominated for a Certificate of Appreciation and James Jack, Adult MFLC was nominated for a Commander's Award for Public Service for their outstanding work while on assignment at Taegu Air Base, South Korea. When the Commander presented the MFLCs with their awards, he commented that he truly believes in the value of the MFLC work and looks forward to both MFLCs return.

*Outstanding work!*



Figure 3: James Jack accepting Commander's Award for Public Service

South Korea is a unique location because of the relative isolation Service Members and their families stationed there experience. The culture outside of the gate is so different; the MFLCs on assignment here are widely utilized and greatly appreciated for their support and services.

## Military Family Parenting Tech Resources

Contributed by Krystin Penrod, CYB MFLC

Krystin Penrod, CYB MFLC on assignment at Pearl Harbor, HI painstakingly combed through the airwaves to compile the following – a super comprehensive volume of resources aimed at supporting today's military children and their families. The resources include phone apps (many of them free or low cost) and online resources for very young and school age children and their families.



## Phone Apps:



- **Amazing Baby** | by Enfamil (FREE Apple & Android)  
Developed for 0-12 months, activities are broken down based on development to enhance motor, cognitive, communication and social milestones.



- **Babies on the Homefront** | by Zero to Three (FREE Apple & Android)  
Parenting ideas for enhancing everyday moments with babies and toddlers, including tips for everyday behavior challenges, ideas for creating activities during play time, and information on parent self-care.



- **Breathe, Think, Do with Sesame** | by Sesame Street (FREE Apple, Google Play, Amazon)  
Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This app helps your child learn Sesame's Breathe, Think, Do Strategy for problem solving.



- **Daniel Tiger's Grrific Feelings** / by PBS Kids (\$2.99 Apple & Android)  
Helps children build emotional and feelings vocabulary



- **The Electric Company | by Feel Electric!** (FREE Apple & Google Play)  
Offers engaging tools that use content and curriculum from The Electric Company to provide opportunities to explore emotional vocabulary and self-expression.



- **Kinedu** | by Baby Brain Development (FREE Apple & Android)  
Developmental roadmap full of brain building moments (daily activities and step-by-step video support for practical application)



- **Let's Play** | by Zero to Three (FREE Apple & Android)  
Let's Play provides parents and grandparents with fun ideas for keeping babies and toddlers entertained and learning, especially during daily routines like commuting time, chores, bedtime and bath time, mealtime, shopping. There are also "boredom busters" for any time. Parents can search activities by age (0-18 months, 18-36 months, and 3-5 years), tag favorites, and share activities via social media. All of the activities reflect children's typical skills at each age and are designed to support development in the context of play and family routines.



- **My Military Life** | by National Military Family Association (FREE Apple & Android)  
Military basics, moving, employment, education, deployments, separations, healthcare issues, raising military children, etc., personalized based on your branch off service, duty station and current situation.



- **Parenting2Go** | by US Dept. of Veterans Affairs (VA) (FREE Apple ONLY)  
Helps Veterans and Service Members reconnect



with their children and provides convenient tools to strengthen parenting skills.



- **Sesame Street: Divorce** | by Sesame Street (FREE Apple, Google Play, Amazon)

Provides parents and caregivers with tools to help children ages 2-8 cope with the many transitions related to divorce or separation.



- **Sesame Street for Military Families** / by Sesame Street (FREE Apple, Google Play, Amazon)

All of Sesame Streets resources for military families in one App



- **SuperBaby** (FREE Apple ONLY- sample exercise videos; \$0.99/each for additional) Baby exercises to support development ages 0-12 months.



- **The Big Moving Adventure** | by Sesame Street (FREE Apple, Google Play, Amazon)

Making moving fun! Your young child (ages 2-5) can create his/her own Muppet friend to help him or her through the moving process.



- **WhatsApp** (FREE Apple, Android, BlackBerry, Nokia S60 & S40 and Windows Phone. Firefox and Opera browsers for computers)

WhatsApp Messenger is a cross-platform mobile messaging app which allows you to exchange unlimited messages, video and audio media

without having to pay for SMS. WhatsApp Messenger uses the same internet data plan that you use for email and web browsing, there is no cost to message and stay in touch with your friends and family across the globe.

## Online Resources

- **Centers for Disease Control and Prevention**  
Child Development and Milestones
  - [www.CDC.gov/parents](http://www.CDC.gov/parents)
- **Child Care Aware**  
Assistance finding and getting assistance for affordable local childcare
  - [www.ChildCareAware.org](http://www.ChildCareAware.org)
- **Daddy's Deployed**  
Create a Personalized Mommy or Daddy Deployed Book
  - [www.DaddysDeployed.com](http://www.DaddysDeployed.com)
- **Daddy Dolls (and Mommy, Sibling, Family & Friend Dolls too!)**  
Personalized photo dolls, blankets, dog tags, pillows and more made for children to help when a parent or significant person is away.
  - [www.DaddyDolls.com](http://www.DaddyDolls.com)
- **Families Near and Far** / by Sesame Street  
Information and resources created specifically to help parents and caregivers face the challenges of deployments, homecomings, changes and grief.
  - [www.FamiliesNearAndFar.org](http://www.FamiliesNearAndFar.org)
- **Flat Daddies**  
Flat Daddies and Flat Mommies are life-size photos of deployed service members. They are provided to help children better cope with the



separation they experience when a parent is away from home for a long period of time.

- [www.FlatDaddies.com](http://www.FlatDaddies.com)

- ***FOCUS (Families OverComing Under Stress)***

Provides resiliency training to military children and families by teaching practical skills to help families overcome challenges related to a parent's military service, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.

- [www.FocusProject.org](http://www.FocusProject.org)

- ***Head Start***

The Office of Head Start (OHS) promotes the school readiness of young children from low-income families through local programs. Head Start and Early Head Start programs support the mental, social, and emotional development of children from birth to age 5.

- <http://eclkc.ohs.acf.hhs.gov/hslc>

- ***Just In Time Parenting***

(prenatal to 5 years old)  
A month-by-month FREE parenting newsletter delivered by email or accessible online or in .pdf format specific to a child's age and needs

- [www.jitp.extension.org](http://www.jitp.extension.org)

- ***Military One Source: Parenting Page (& New Parent Support Program)***

Access information on adoption, parenting skills, child development stages, how to keep your family strong, as well as tips for dealing with grief and loss, divorce, routines and discipline.

- [www.MilitaryOneSource.mil/parenting](http://www.MilitaryOneSource.mil/parenting)

- ***Parent Magic***

A resource dedicated to helping parents build strong, positive relationships with their children and overcome the stress that can take the fun out of parenting. This resource offers easy-to-learn parenting solutions that work for age groups from toddlers through adolescents.

- [www.123magic.com](http://www.123magic.com)

- ***PBS Parents***

- <http://www.pbs.org/parents/>

- ***Military Families Coping with Change***

- <http://www.pbs.org/parents/cominghome/>

- ***Play Therapy***

Play therapy is a structured, theoretically based approach to therapy that builds on the normal communicative and learning processes of children. Therapists strategically utilize play therapy to help children express what is troubling them when they do not have the verbal language to express their thoughts and feelings. In play therapy, toys are like the child's words and play is the child's language. Through play, therapists may help children learn more adaptive behaviors when there are emotional or social skills deficits.

- [www.Therapists.PsychologyToday.com](http://www.Therapists.PsychologyToday.com)

- ***Project Pillow***

FREE picture pillows provided for service member's children. Free of charge. The company only asks for shipping to be paid. Service member picture must be in uniform and be deployed for 3 months or more to qualify.

- [www.ProjectPillowUSA.com](http://www.ProjectPillowUSA.com)



- **Sesame Street**  
From music to milestones, we've got you covered with a wide range of parenting topics, kid-friendly recipes, and more!  
  - <http://www.sesamestreet.org/parents/topicsandactivities/>
- **United Through Reading**  
United Through Reading helps ease the stress of separation for military families by having deployed parents read children's books aloud via DVD for their child to watch at home.  
  - [www.UnitedThroughReading.org](http://www.UnitedThroughReading.org)
- **Veteran Training** | Parenting Resources  
  - [www.VeteranTraining.VA.gov/parenting/resources](http://www.VeteranTraining.VA.gov/parenting/resources)
- **Zero to Three**  
  - [www.ZeroToThree.org/parenting-resources](http://www.ZeroToThree.org/parenting-resources) (Parent Portal)
  - [www.ZeroToThree.org/child-development](http://www.ZeroToThree.org/child-development) (Behavior & Development)

### Online Resources for School Age Children

- **Baby Center** | a member of the Johnson & Johnson family of companies  
BabyCenter provides parents with trusted advice from experts around the globe, friendship with other parents, and support at every stage of their child's development.  
  - [www.BabyCenter.com/preschoolers](http://www.BabyCenter.com/preschoolers)
- **KidsHealth** | by Nemours Children's Health System  
KidsHealth provides information about health, behavior, and development from before birth through the teen years.  
  - [www.KidsHealth.org/parent](http://www.KidsHealth.org/parent)
- **Military Kids Connect** / by the National Center for Telehealth & Technology (T2), a Department of Defense agency  
An online community for military children (ages 6-17 years old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent or caregiver's return.  
  - [www.MilitaryKidsConnect.dcoe.mil](http://www.MilitaryKidsConnect.dcoe.mil)
- **Military Youth On the Move** | by Military OneSource  
Help your kids, tweens and teens through the difficult process of moving by visiting the Military Youth on the Move website together. Here, you and your child can access tips and tricks to making your move a bit easier, learn how to make new friends and keep in touch with the old ones, get involved in a new school, and deal with the difficult times that come with moves, deployments and starting over in a new place.  
  - <http://apps.militaryonesource.mil/MOS/f?p=MYOM:HOME2:0>
- **Teen Central.Net** / by Kids Peace  
The vision behind TeenCentral.Net is to help teens in crisis by giving them a private, anonymous place to receive sound, tested advice from professionals and to relate with their peers in a safe, professionally counseled environment. TeenCentral.Net is totally anonymous. There is nothing here to associate your child's site name with their real identity or yours.  
  - [www.TeenCentral.net](http://www.TeenCentral.net)

