

# School Liaison Program Newsletter Summer 2026



School Liaison Program  
Child & Youth Resource Center (CYRC)  
Annex Bldg. 3308, Beale AFB, CA 95903  
(530) 634-3539  
[www.BealeFSS.com/SchoolLiaison](http://www.BealeFSS.com/SchoolLiaison)



## The Back to School Brigade & Resource Fair are Back!!!

6 August 2026.  
See page 2 of this  
newsletter for details



## **Sports Coaches Needed!!!**

Interested in  
volunteering  
for Youth  
Sports, please  
contact Nick  
Gasper at the  
Youth Center  
at  
530-634-4953

## **Prevent the Summer Slide: Fun Reading & Learning for Kids Over School Break**

*By: Dipesh Navsaria, MPH, MSLIS, MD, FAAP*

Summer vacation gives your child a much-needed break from school routines. But it can also cause what educators call the summer slide or "brain drain"—a learning gap that opens when kids spend long periods away from the classroom.

Rest, relaxation & reading  
Reading can keep your child's skills sharp during summer break. Research shows that spending time with a favorite book **builds brain pathways** that are essential for language, social skills and emotional well-being.

In an average summer, kids lose about **20%** of the progress they've made in reading. Math skills suffer, too, declining as much as **27%** over summer break.

Summer school and scholastic camps can help, but many kids don't have access to these choices. Parents might also worry about **overscheduling** their kids, which studies have linked with anxiety, forgetfulness, sleep troubles and more.

See the entire article at:

<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/prevent-the-summer-slide-fun-ways-to-keep-kids-reading-and-learning-over-school-break.aspx>

The information in this newsletter is provided as a resource and does not constitute an endorsement by Beale Air Force Base, the United States Air Force, or the Department of War of the external website, or the information, products, or services contained therein.

JOIN OPERATION HOMEFRONT FOR A  
*school supply*  
DISTRIBUTION EVENT



Back-To-School  
**BRIGADE**™

# BACK-TO-SCHOOL BRIGADE®

**Eligibility Category 1:**

- Post 9/11 wounded, ill or injured service member of any rank, both currently serving and those no longer serving in the military, *or*
- E1-E6 Active Duty

**FREE Backpacks  
& School  
Supplies for  
TK – 12<sup>th</sup> Grade**

Thursday, 6 August 2026 | \*9am - 11:30am

**Community Center**

17700 Robert Nicoletti Way, Bldg. 2425  
Beale AFB, CA 95903

**Also Visit Our  
Base &  
Community  
Agency Resource  
Fair**

**Eligible Recipients Include:**

- ❖ Post 9/11 wounded, ill or injured service members of any rank, both currently serving and those no longer serving in the military, *or*
- ❖ E1-E6 Active Duty (assigned to Beale AFB)

**Registration Opens Friday, 26 June 2026**

**To Register**, please send email to [9FSS.CYES.SLO@us.af.mil](mailto:9FSS.CYES.SLO@us.af.mil) (include rank, county where you reside, grades of school-age students, and time preference to attend event (i.e., 9am, 9:30am, 10am or 10:30am))

On the day of the Event, **Walk-ins** are welcomed from 11:00am – 11:30pm to pick up school supplies for their school-age children (includes all ranks and civilians assigned to Beale AFB); first come, first served.

**Supplies Are Limited!**    **Got Questions? Call 530-634-3539**    **Registration closes 4 August 2026, Noon**

# Hub Zemke Library Summer Reading Program Is Back!

## Summer Reading 2026 6 June to 1 August

-Plant a Seed, Read-



### Sign up on Beanstack!

Use the QR code or visit:  
[bealefb.beanstack.com/reader365](http://bealefb.beanstack.com/reader365)

\*If you participated before, no need to create a new account; just log in to your account and choose Summer Reading Challenge 2026.



### Age Groups & Milestone Minutes

0-5 150 minutes  
6-11 300 minutes  
12-17 390 minutes  
18+ 450 minutes

Double Dip! Read to 0-5 age category to claim minutes for both the reader & young children.

### Spin the Wheel Fri & Sat

Ages 0-11  
SPIN THE WHEEL every Friday & Saturday to win a prize!

\*Must be registered on Beanstack  
\*No need to log in minutes to play

### Be the Top Reader!

The top 3 readers in each category will win a grand prize! Winners will be announced Aug 1<sup>st</sup> at the Fun Fair

### Random Drawing

Random drawings for a \$50 gift card. Sign up on Beanstack to have your name added to the drawing. It's that easy!

### Join in the Fun Events

6 June 10am - 12pm Summer Reading Kickoff Palooza @Youth Center Gym

Come join us to celebrate the start of Summer!

24 June 12pm Special Storytime with activity

Join us for a story and activity about seeds!

1 Aug 10am - 12pm - FUN FAIR @Youth Center Gym

Announcing winners, more prizes, games, snacks, air conditioning!



Beanstack is the app used to log your reading minutes. Create an account to participate in Beale's Summer Reading Program 2026!

#### 1. VISIT WEBSITE

To create an account or log in, you will need to access beanstack website.

[bealefb.beanstack.com/reader365](http://bealefb.beanstack.com/reader365)

Or use this QR Code:



#### 2. CREATE ACCOUNT

Answer questions and set up your reader account. For parents, create your own account first then add your kiddos as readers under your account.



Already have an account? Sign in and join our current challenge!

#### 3. CHOOSE CHALLENGE

Choose your age category & enroll in Summer Reading Challenge 2026!



#### 4. LOG YOUR MINUTES

How many minutes have you read today? Log your reading minutes to earn a reading badge. Each badge = 1 prize. The more you read the more prizes you earn!



#### 5. REDEEM YOUR PRIZE

Visit the Library to redeem your prize! Winners with the most minutes read in each category will be announced at the Fun Fair on Saturday 1 Aug at the Youth Center Gym.

#### BONUS

Fridays & Saturdays  
Play Spin the Wheel and get fun prizes!  
No need to log in minutes to SPIN



#### NEED HELP? CONTACT US:

530-634-2314  
HZLStaff@gmail.com

Mon-Thu 9-6:15, Fri 9-4, Sat 9-2

HUB ZEMKE LIBRARY  
178-49 16<sup>th</sup> ST, BLDG 24219, Beale AFB

# PLANT A SEED, READ



DOD MWR LIBRARIES  
SUMMER READING PROGRAM  
on Military Installations Worldwide





**Wheatland School District** is pleased to announce that Angela Gouker has been selected as the next Superintendent. Mrs. Gouker brings a wealth of experience, dedication, and commitment to serving students, staff, and families in our community and on Beale AFB, and we are excited to welcome her into this new leadership role. Please join us in congratulating Mrs. Gouker on this well-deserved selection and wishing her great success as she leads our district into the future.

As we celebrate this new chapter, we also extend our heartfelt gratitude to Mr. Craig Guensler as he prepares for his retirement. Throughout his years of service, Mr. Guensler has made a lasting impact on the students, staff, and community of Wheatland School District through his leadership, dedication, and unwavering commitment to educational excellence. We thank him for his many contributions and wish him all the best in his well-earned retirement.

Congratulations, Mrs. Gouker, and thank you, Mr. Guensler, for your outstanding service to Wheatland School District.

### **Plumas Lake Elementary School District News!**

Construction on the new fourth campus in the Plumas Lake area is moving forward with exciting progress! Recent drone footage shows the layout of several buildings already taking shape, with our beautiful community as the backdrop. Each milestone brings us one step closer to opening a new space where students will learn, grow, and thrive.

**For More information, please visit:**  
<https://www.plusd.org/>





# PUBLIC SCHOOLS ON MILITARY INSTALLATIONS (PSMI)

## Quick Guide

HQ AFIMSC – AFSVC/VCS [afsvc.daf.slo@us.af.mil](mailto:afsvc.daf.slo@us.af.mil)

A strong, mission-aligned partnership between military installations and public schools relies on the School Liaison Program Manager (SLPM) serving as the pivotal link across all education-related communication and coordination. As the installation's designated subject matter expert on local PreK-12 education systems, the SLPM ensures that information, priorities, and support flow seamlessly between the command team, school districts, and the broader network of stakeholders who contribute to military family readiness.

One unique component of the broader SLPM portfolio is Public Schools on Military Installations (PSMIs). PSMIs are owned and operated by Local Education Agencies or school districts but located within or surrounded by the boundaries of a military installation.

### »» Governance & Authority

#### Who operates public schools on military installations?

IAW DAFI 34-105

**District:** Local Education Agency (LEA)

**Land:** Federal (Installation)

**Authority:** State education law

**DoW Role:** Support, not control

- Schools on installations are not DoWEA unless explicitly designated
- LEAs control curriculum, staffing, discipline, and operations
- Installations may have MOUs/ISAs outlining shared responsibilities

### »» Enrollment & Eligibility

#### Who can attend on-installation public schools?

**Residence → Attendance Zone/Charter Agreement → School Assignment → Enrollment**

- Enrollment is based on district zoning or charter regulations, not military status
- Families living on base typically fall within the on-installation school's boundary
- Military-connected students may qualify for immediate enrollment even if documents are pending

### »» Safety & Emergency Procedures

#### Who handles school safety on base?

**School** → Safety protocols and drills

**Installation** → Access control and emergency response

**SLPM** → Communication bridge

- Schools follow district safety plans, but must comply with installation access rules
- Emergency coordination requires clear communication between:
  - School administrators
  - Installation Emergency Management
  - Security Forces

### School Liaison Role

- ✔ Clarify governance to families and commanders
- ✔ Maintain relationships with district leadership
- ✔ Ensure installation partners understand legal boundaries
- ✔ Maintain a copy of agreements

- ✔ Know LEA enrollment timelines, required documents and laws
- ✔ Help families understand residency rules when moving on/off base
- ✔ Know LEA waiver/transfer procedures

- ✔ Ensure MOUs include emergency communication expectations
- ✔ Participate in tabletop exercises or cross-briefs when needed
- ✔ Work with key agencies on Integrated Defense Plans and Crisis Action Team

*PSMIs – Where Mission Meets Education*

Continued on next page



## Commander Involvement

What authority do commanders have with on-installation schools?

- ✓ Support partnerships
- ✓ Engage with district leadership
- ✓ Advocate for military families
- ✓ Participate in advisory councils
- ✗ Direct school operations
- ✗ Influence hiring or discipline
- ✗ Alter curriculum
- ✗ Intervene in individual student issues

### SLPM:

- Protect legal boundaries
- Provide commanders with accurate, non-advocacy information
- Serve as the education SME for the installation

## Transportation & Access

How does transportation work on installations?

### District Policy + Installation Access Rules + Contractor Vetting

- Some districts provide buses on base; others do not
  - Bus drivers may require background checks, DBIDS access and escort privileges
- Responsibility for non-military connected access

### SLPM:

- Coordinate between Security Forces and the district
- Help resolve access issues that disrupt transportation

## Funding

How are on-installation schools funded?

### Federal Funding State Funding Local Funding Federal Impact Aid DoW Supplemental Grants

- Districts receive Impact Aid for military-connected students
- Some may receive DoW Impact Aid for Children with Severe Disabilities

### SLPM:

Inform commanders on:

- How Impact Aid works
- Where to find district data
- How military student counts affect funding
- Source check requirements

# Driving Coordination, Delivering Impact



## Partnerships

What installation partnerships are essential?

**Security Forces**  
**Office of Special Investigations**  
**Civil Engineering**

- Real Property
- Fire Services

**Public Health Office**  
**Judge Advocate/Legal**  
**Medical Group**  
**Wing Safety**  
**Family Advocacy Office**  
**Protocol**  
**Public Affairs**  
**First Sergeants**

### SLPM:

- Primary installation POC
- Ensure compliance with installation regulations
- Create and maintain strong relationships with stakeholders

## Special Education

Who provides special education services on base?

**LEA** → Evaluations, IEPs, 504 Plans  
**SLPM** → Navigation & resource connection

- Services are delivered by the district, not the installation
- Students PCSing with an IEP must receive comparable services upon arrival

**EFMP** → Medical, Family Support & Navigators

**Legal** → Advisory & consultation

### SLPM:

- Provide process navigation
- Connect families with EFMP, LEA SPED and state resources
- Track systemic issues for command awareness

## School Performance & Accountability

How are on-installation schools rated?

**State Accountability** → Test Scores → Growth Metrics → School Climate
 

- Ratings come from state education agencies, not DoW

### SLPM:

- Where to find state accountability data
- How to explain metrics without endorsing schools
- How to contextualize performance for PCSing families

APRIL 2026

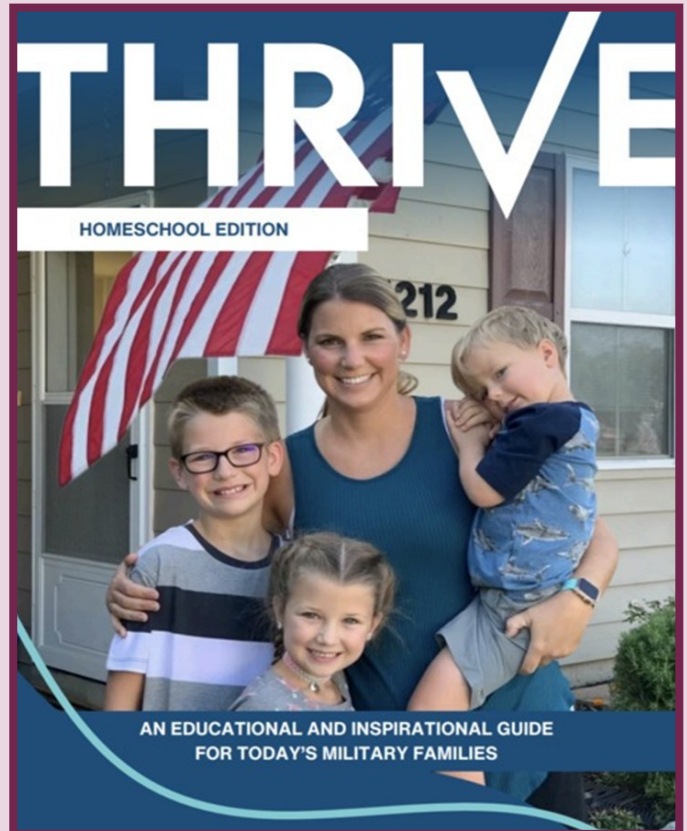
## Homeschool Families... Did You Know?

### Military Homeschoolers Association

Homeschooling while serving comes with unique challenges: frequent moves, changing state laws, shifting support systems, and the need for consistent community.

The Military Homeschoolers Association exists to connect, equip, and empower military homeschooling families—no matter where duty calls.

<https://www.fiveandthrive.org/resource-dir/military-homeschoolers-association/>



<https://www.fiveandthrive.org/thrive-guide/>

# Homeschooling: The Research

## Fast facts on homeschooling

Last Updated: May 27, 2026

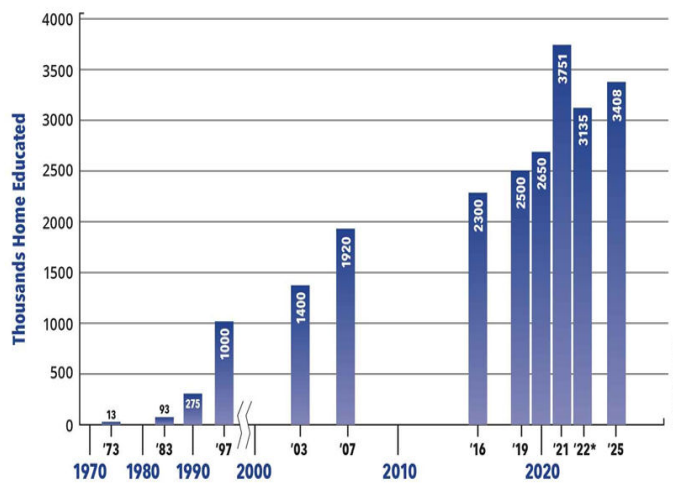
Copyright © 2026 National Home-school Education Research Institute

There were about **3.408 million** homeschool students in 2024-2025 in grades K-12 in the United States. This is up from 2.5 million in spring 2019 [note 1]. The 3.408 million is an estimated 6.262% of the school-age population. The homeschool population had been growing at an estimated 2% to 8% per annum over the past several years, but it grew drastically from 2019-2020 to 2020-2021.

To read more, please visit:

<https://nheri.org/research-facts-on-homeschooling/>

GROWTH OF HOMESCHOOLING IN THE UNITED STATES



# DVHS

## Expanded Eligibility Participation Program (E2P2)

The Expanded Eligibility Participation Program (E2P2) gives military-connected high school students without access to a DoWEA brick-and-mortar high school the ability to take up to two credits per year at no cost through the DVHS. These courses supplement classes offered at local schools and must be used toward graduation requirements.



**ACTIVE-DUTY  
OPEN TO  
HIGH SCHOOL  
DEPENDENTS**

**CHOOSE  
FROM 85+  
ONLINE CREDITS  
INCLUDING  
WORLD LANGUAGES,  
SOCIAL STUDIES,  
CODING AND  
CAREER TECHNICAL  
EDUCATION  
(CTE) COURSES**

## Program Overview

- Expands the educational opportunities of DoW active-duty military connected students located in the US.
- Eases transition issues for high school students whose families return to the States after they have begun a program of study not available at their local stateside school.
- DVHS offers approximately 85 courses, including core classes, electives, computer programming, world languages and Advanced Placement courses.
- Students may take up to two credits per year.
- Over 100 students have successfully taken advantage of the program!

Scan to access DVHS resources and learn more about additional programs.



Submit your application at: <https://dvhs.dodea.edu/e2p2>  
Questions? [e2p2@dodea.edu](mailto:e2p2@dodea.edu)



## Summer Camps Begin

> Note: Sign up for all events and camps through CYPBMS. Bring lunch/snacks to all camps. Camps are for ages 9-13. Paddle boarding is for ages 13-18.

### Digital Arts & Animation Camp

June 8-12, 9am-4pm  
 \$20 / Members: \$16

### Digital Filming Camp

June 15-18, 9am-4pm  
 \$20 / Members: \$16

### Digital Music Camp

June 22-26, 9am-4pm  
 \$20 / Members: \$16

### Teen Paddleboarding

June 26, 9am-5pm  
 \$25 / Members: \$20



15160 GAVIN MANDERY DR.  
 BEALE AFB, CA 95903  
 (530) 634-4953

BEALEFSS.COM/YOUTH-CENTER  
 FACEBOOK.COM/BEALEYOUTHPROGRAMS

## CHILD YOUTH PROGRAMS BUSINESS MODERNIZATION SYSTEM (CYPBMS)

### WHAT IS CYPBMS?

CYPBMS is a cloud-based system that supports more than 300 CYS programs across the Department of the Air Force, helping installations and patrons by streamlining enrollment, saving time and money, and improving accountability.



REGISTER NOW

CHILD CARE SPECIAL EVENTS YOUTH SPORTS

### ABOUT US

Beale AFB Child & Youth Programs offers a variety of programs for children 6 weeks to 18 years of age. All childcare, special events, and youth sports that we offer now require a CYPBMS account for registration purposes. To get an account started, please provide Child and Youth Programs with your name and a personal email, and an account creation link will be sent to you.

\*Further documentation will be required  
 \*First time requests for childcare at the Child Development Center, Family Childcare, and School Age Program, please use militarychildcare.com

### CYPBMS BENEFITS

- Quick enrollments
- Account transfers to your next base
- Register and pay for everything online
- Update your info at anytime!

ADDRESS  
 15160 Gavin Mandery Dr.  
 Bldg. 3340, Beale AFB

FOR MORE INFO  
<https://www.bealefss.com/youth-center/>

CONTACT US  
 (530) 634 4953



## Youth Sponsorship Program



Military Families getting ready to PCS to their next base can get transition support and information for their children by simply going online and requesting a sponsor for their child (youth sponsors are children of similar age to children requesting a sponsor). Parents PCSing to Beale AFB can go onto the 9th Force Support Squadron's website (with their child) to request a sponsor at:

<http://www.bealefss.com/youth-center/>

At the bottom of the page, click **Youth Sponsors** tab. Fill out the Request Form and submit it on-line. The Beale Youth Center staff will receive the request and assign a child sponsor for your child. The Youth Sponsorship Program can help to ease your child's mind on what to expect when they arrive.

For info on the Youth Sponsorship Program, contact Clarome Teria at (530) 634-4953 or DSN 368-4953.

# Child & Youth Resource Center (CYRC)

The One Stop Shop For Child Care & School Info & More...



## Help Me Grow Yuba County

Help Me Grow Yuba invites ALL Yuba County families with children birth to age 5.5 to attend a FREE health & developmental screening event!

### SCREENINGS OFFERED:

- Developmental milestones
- Social/Emotional
- Behavioral Consultation
- Car seat information
- Childcare Resources
- Height & Weight
- Immunization Information
- Speech Screening Referral

June  
17

2 PM - 4 PM

Child & Youth Resource Center  
5190 Camp Beale Hwy Bldg #3308  
Beale Air Force Base, CA

Every child who completes screenings will get a free backpack & school supplies!

For more info contact:  
Hasia Delery  
HelpMeGrow@yuba.gov  
530-749-4949



**Step 1: Scan to Register**



**Step 2: Complete a screening below**

School Enrollment Assistance Available!

**English**



Scan to complete screening

Save time by completing this screening before the event!

We will review results with you during the event.

**Español**



Escanea para completar la evaluación





**FORCE SUPPORT** **EFMP** Exceptional Family Member Program

## RUN, CLIMB, SLIDE & PLAY

# Beale Playgroup

Join us for fun, educational activities, and the opportunity to connect with other families.

**Every Thursday 0900 - 1000**  
 Brook View Park • May - Oct  
 Child & Youth Resource Center • Nov - Apr

Open to all Beale families with children ages 0-5yrs old.  
 Military & Family Readiness Center 530-634-2863

## Exceptional Family Member Program (EFMP)-Family Support

QUARTERLY NEWSLETTER APRIL - JUNE 2024

### Military OneSource & EFMP Support

#### EFMP & Me Online Tool

APRIL IS MONTH OF THE MILITARY CHILD

JOIN US AT THE BASEWIDE DAY FOR KIDS EVENT THAT WILL BE HELD FRIDAY, 24 APRIL, AT THE CAC.

WE WILL HAVE A QUIET AREA, SENSORY AREA, AND CRAFT BAGS TO TAKE HOME.

WE HOPE TO SEE YOU THERE!!


EFMP & Me online tool is a Military OneSource website that helps EFMP families connect to resources and so much more. Step-by-step support can be found for EFMP enrollment, PCS preparations, deployment and other military life moments. Visit Military OneSource for more information.

#### Special Needs Consultation

Special needs consultants through Military OneSource are available to answer questions and concerns related to your exceptional family members. Complete an assessment and let their consultants guide your family toward the help you need by connecting you with additional services. More information can be found here <https://www.militaryonesource.mil/benefits/special-needs-consultations/>

#### DAF Family Vector

DAF family vector is an online resource that helps families make informed assignment and relocation decisions, provide EFMP medical and family support information, information about services available at different bases, and support families with special medical or educational needs. More information can be found here <https://daffamilyvector.us.af.mil/MemberSite/Home>



**We Hope You & Your Family Have A Great Summer!**




### Air Force Military Family Readiness Center brings you LRP Publications' *Special Ed Connection*® and *DirectSTEP*® eLearning courses **FREE** of charge!

**Special Ed Connection**® ([www.specialedconnection.com](http://www.specialedconnection.com)) provides resources and tools that Air Force Staff and parents can use to gain a clear understanding of special education requirements and services and how they work. From legal rights to practical application and from student referrals to IEPs, *Special Ed Connection*® explains specific procedures and provides real-world application strategies so parents can learn the complexities surrounding special education supports and services.

For more information, contact your local Military Family Readiness Center EFMP Coordinator or School Liaison Officer

**DirectSTEP**® eCourses explain legal requirements and best practices for behavior management, autism, IDEA eligibility, IEPs and more. They also teach parents and educators how to handle critical education issues to obtain positive outcomes while applying education laws to the day-to-day world of teaching and learning. These eCourses are available for use by all Air Force staff, parents, Military/DoD personnel assigned to Air Force installations and K-12 educators serving military children.

With each eCourse you will:

- ▶ Receive the highest quality training developed by respected special education experts.
- ▶ Learn at your own pace for the greatest possible comprehension and retention.
- ▶ Take courses based on individual training needs and interests.
- ▶ Engage in learning through quizzes and activities.
- ▶ Learn how to make decisions that are educationally and legally sound.
- ▶ Receive a certificate of completion.

Go to <http://usafefmp2021-ds.lrp.com> and self-register for your eCourses.



360 Hiatt Drive, Palm Beach Gardens, FL 33418  
 1-800-515-4577, ext. 6303  
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Questions regarding school enrollment, special education support, alternative schooling support, etc.?

School Liaison Program Manager  
 Annette Gandy, 530-634-3539  
 Child & Youth Resource Center, Bldg. 3308

Assistance needed with adaptive equipment, assistive technology, or specialized camps not covered by Tricare?  
 Apply for the Air & Space Forces Aid Society Special Needs Grant  
<https://portal.afsas.org>



EFMP Identification & Enrollment  
530-634-4495



EFMP Family Support  
530-634-2963



EFMP Assignments  
530-634-0718

Like & Follow Us on Facebook!  
 EFMP Family Support, Beale AFB or scan QR code below



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Kids Bowl Free [https://  
www.kidsbowlfree.com/](https://www.kidsbowlfree.com/)

The poster for "Bounce Into Summer" has a white background with a yellow sun in the top right corner. The title "BOUNCE INTO Summer" is written in large, colorful letters. Below the title, a black banner contains the text "SAT. JUNE 13 - BALL DROP AT 10AM". Underneath, smaller text reads "EVERYONE IS INVITED TO THE PLAYZEUM PARKING LOT TO CELEBRATE SUMMER BY WATCHING SMALL BOUNCY BALLS GET DROPPED." and "FREE OPEN PLAY - 9AM TO 12PM". A yellow circle in the bottom right corner says "SAVE THE DATE JUNE 13TH!!!!".

**BOUNCE INTO SUMMER** at Playzeum Yuba-Sutter  
Join us for one of our favorite community traditions as we kick off the season with  
FREE family fun, open play and a giant bouncy ball drop from above!

**Saturday, June 13**

Playzeum Yuba-Sutter Parking Lot + Museum

**Free Open Play:** 9:00 AM–12:00 PM (Ball Drop Begins at 10:00 AM)

 **Free Hot Dog Lunch**, provided by *Kiwanis Yuba -Sutter Supper Club*

Families are invited to gather outside in the Playzeum parking lot as hundreds of small bouncy balls rain down from above for kids to collect and keep! Bring a bag or basket and get ready for lots of laughs, excitement and summer memories!!!

After the ball drop, continue the fun inside the museum with FREE open play until noon! Bring the family and come ready to bounce into summer with us!

*Hot Dog Lunch generously provided by Kiwanis Yuba -Sutter Supper Club*



## Talking to Children about War

International wars and conflict enhance our sense of danger and may cause worry about what will happen in the days and weeks ahead. A range of emotions (e.g., outrage, fear, anxiety and sorrow) are common and can change as the situation evolves. They can create safety concerns for the region that reach into our own country. Some families may be worried about loved ones who are directly impacted, including those who live in the area; those who were visiting and are trying to get back to the United States; or those who are deployed as part of the military, government, or a relief organization. When these events happen internationally, families that have roots in this region may worry about their children's exposure to escalating verbal aggression, hate crimes, and threats at school or in their communities. Most children will learn about the war and its consequences through the media or social media. Caregivers and children alike may be struggling to make sense of what they are seeing and hearing. Children of all ages will be turning to trusted adults for help and guidance. Parents and caregivers can help navigate what they are seeing and hearing by having a conversation with them, acknowledging their feelings, and finding ways to cope together.

### Potential Impact and Considerations

- For some children and families, the war may serve as a reminder of their own trauma or loss. This may result in feelings of sadness, fear, and helplessness, worries about separation, increased acting out, as well as possible disruptions to their sleep, appetite, and ability to concentrate. Caregivers can provide support to children by 1) learning about common trauma reactions; 2) offering comfort and reassurance; and 3) finding opportunities for connections with family and others important in their lives. To learn more read [Age-Related Reactions to a Traumatic Event](#).
- Military families may be experiencing an increased worry for loved ones who are or may be deployed as a result of the war or who are already stationed in the region. Although military families understand the risks associated with being in the military community, they could use additional supports to help bolster their resilience and to assist them through these challenging times. For best practices providers can read [Working Effectively with Military Families: 10 Key Concepts All Providers Should Know](#), and parents/caregivers can read [Understanding Child Trauma and Resilience: For Military Parents and Caregivers](#).
- Families who have loved ones in the region may need to take extra time to discuss children's concerns related to the safety of their relatives and friends, and to acknowledge how difficult the uncertainty and worry can be for the entire family. While keeping up with events is especially important when family is involved, finding some time each day to take a break from coverage and engage in other activities is important for everyone's overall coping.

### Talking to Children about War

- **Start the Conversation**
  - Check in by asking what your children know about the situation. Most school-age children and teens will have heard something from media outlets, social media, teachers, or peers.
  - Do NOT presume you know what your children are thinking or feeling. Ask how they are feeling about what is happening in this war and respond to the concerns they share. Remember, their worries and feelings may not be what you think. Validate feelings your children share.
  - Plan to have multiple conversations if they have had a lot of questions or as the situation changes. Checking back in as changes occur helps children to know you are open to talk about difficult situations.
  - It is OK to let your children know you are upset by the events related to this conflict and let your children know you are willing to talk to them about their thoughts and feelings. This is an opportunity to share your beliefs and values about how we treat others with your children.

- **Clear Up Any Misunderstandings**

- Listen and ask questions to find out if your children understand the situation accurately. They may think they are at risk when they are not.
- Different perspectives and misinformation about war is common. Family who live in the region may be getting different news stories. Clear up any misinformation your children might have heard. Discuss with older children the complexities of the political situation and the potential impacts. Discuss as a family if there are aspects of the current situation that you want to collectively support or research more about (e.g., donating to a charity, reading about the history of the region).
- This war can be upsetting and unsettling for adults, too. Identify a trusted family member or friend to share your thoughts and feelings about what is happening. This can help you remain calm when talking with your children. Gather information from trusted news sources so that you can address your children's questions; this can increase your confidence in answering their questions as you begin the conversation. If you are not sure of an answer, that's OK. Let children know you appreciate the question and that you can work together to find the answer.

- **Provide Context**

- Younger children hearing about war may worry about their own safety. Discuss with them where the war is and reassure them that their own community is safe. Young adults and older teens may wonder about a draft or may show interest in joining the military. Address their questions and support them accordingly.
- Help children identify assumptions they may hold about others based on their nationality, place of birth, or languages spoken. Caregivers and school personnel should ensure that all children are being treated with respect.
- If you have family roots to this region, discuss with your children the potential that they could experience others who don't agree with their perspective about the war, and verbal aggression or hate directed at them. Let them know if this happens, they should talk with you or a trusted adult so we can make sure their safe. Role play with your child how to respond when someone has a different and often times hurtful perspective from your family.

- **Monitor Adult Conversations**

- Use caution when discussing the war in front of younger children. Children often listen when adults are unaware and may misconstrue what they hear, and filling in the blanks with more inaccuracies may increase their distress.
- Monitor the tone of your discussions, as expressing views in an angry or aggressive way may frighten young children. Be as calm as possible when discussing the war in language young children can understand.
- Monitor your expression of worries and concerns about any impact the war may have on your family as your anxieties may unintentionally be communicated to your children.

## Understanding Media Exposure

- Media coverage of war, combat, and its aftermath may be upsetting to children of all ages and can increase fear and anxiety.
- The more time children spend viewing coverage of the war, the more likely they are to have negative reactions. Excessive viewing may interfere with children's recovery afterwards.
- Very young children may not understand that the event is not happening in their community.
- Caregivers can help by limiting exposure to media coverage, including social media discussions of the war. This is helpful for caregivers too.
- The younger the child, the less exposure they should have. If possible, preschool children should not be watching coverage at all.

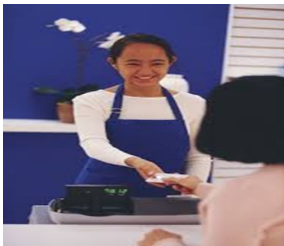
- Caregivers can support older children by viewing media together in order to answer questions or explain what they are seeing, even continuing to be open to discussion after you turn the coverage off. Check in with them about what is being discussed on social media about the war, allowing for ongoing conversations about it.

### How to Foster Resilience

- **Increase connections:** Families can benefit from spending increased time together, providing extra reassurance and hugs, and reaching out to other family or community members. For example, reach out to those in the military or those with families in the area and check how they are doing and what they need during these stressful times.
- **Emphasize the helpers:** Caregivers can support children by highlighting the many ways people are working to support those affected by war and to end the conflict.
  - If children wish to help those impacted by the war, consider ways to do so including sending letters to the troops, sending donations to responding charity organizations, supporting local organizations that are supporting families from this region, or participating in activities being offered by your faith, culture, or community organizations.
- **Keep to routines:** In times of stress, routines can be comforting for children and teens. As much as possible, keep to your routines and schedules in the face of current events. For those that are worried about economic hardships, discuss as a family the activities that can be done together that will not add to this burden but will still offer moments of laughter and joy.
- **Offer patience:** In times of stress, children and teens may have more challenges with their behavior, concentration, and attention. Caregivers can offer additional patience, care, and love to children and themselves, in recognition that everyone could be affected. Remember, just as you are being extra patient and caring with your children, you need to be patient and kind to yourself as we all may feel increased stress at this time.

## Military and Family Life Counselors (MFLCs) They Are Here For You!

Contact Your Unit, M&FRC (634-2863) or the School Liaison Program (634-3539) for more information.



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