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Simplify Your Holiday Season: Shift Your Focus to Family

Think back to last year. Remember what you loved about your holiday season and what brought you down. Did you overspend and “celebrate” more than the 12 days of Christmas? Perhaps it was more like 12 months of paying down debt—not much of a celebration. Did you overcommit yourself so much that you were counting down the days until the season was over? This year, grab your mental, physical & financial health by the horns and hang on tight. There’s a better way to tackle—and truly enjoy—the holidays.

Make a plan

Once you've identified what made last year’s celebration less than perfect, visualize your ideal holiday season. Let’s say you would prefer fewer commitments, no post-season debt and more quality time with your friends and family this year. It’s time to create a plan to make that happen.

Manage your time

To set realistic expectations for time commitments, get your calendar out early. Make a list of important holiday traditions and plan out dates and times on your calendar. List necessities like cooking, shopping and decorating, and pencil them in on your calendar, too. They take time, so make room for them in your schedule instead of cramming them in later. Don’t forget to block off some down time, too!

When the holiday party invites start rolling in, check out that calendar. Decide if attending each event will be enjoyable or stressful. Perhaps you can only attend for a few minutes, and you can note that when RSVP’ing. And remember, it’s OK to politely decline. Saying “No” is one way to maintain your mental and physical health during the holiday season and ensure you spend time with those that matter most.

Manage your money

No one wants to still be paying for last year’s celebrations when this year’s season rolls around. Aim to have a debt-free holiday this year. Start with a plan. Make some lists. Write down everyone you need to purchase gifts for. List out new decorations you would like to purchase, and make a grocery list for holiday meals and gatherings.

To view this article in its entirety, go to: http://www.militaryonesource.mil/news/1/2014/november?content_id=278379
Calling All Military Parents: FREE Tutoring For Your School Children. If You Don’t Use It, You Might Lose It!

10 Things Parents Should Know About Tutor.com/military

1. Safe, Anonymous Learning Environment
Every tutoring session is anonymous and takes place in a secure online classroom. No personal information is ever shared between the tutor and the student.

2. Personalized On-Demand Support
Every Tutor.com session is one-to-one between the tutor and student. Your students get help with their own specific questions or assignments—right when they need it.

3. Students Love It
We get thousands of comments every day from students who tell us they “love Tutor.com” and the boost it gives their grades and confidence.

4. Accessible From Anywhere
Wherever your students have online access, they can connect to a tutor using any internet-enabled computer or mobile device worldwide.

5. All Subjects, All Skill Levels
Students can get help in 50+ math, science, social studies, English and world language subjects. Students can also prepare for the SAT, ACT or other standardized tests.

6. Expert Tutors You Can Trust
All of our tutors—over 3,000 of them—complete a rigorous qualification process that includes an extensive third-party background check.

7. Builds Confident Learners
Students of all skill levels—from elementary to honors—can get help from a tutor. In fact, 86% of students are more likely to take an AP course if they have access to Tutor.com.

8. Extends The Learning Day
Whenever students are struggling with homework, our tutors are available to help any time, any day.

9. Help Is Free For Eligible Military Families
The Department of Defense funds access to Tutor.com at no cost for eligible military families. (Approx. $40/hr. civilian cost.)

10. It’s Quick And Easy To Get Help
Eligible students can create an account at tutor.com/military. After logging in, a student selects a subject and asks a question to start working with an expert tutor in minutes.

Get Tutor.com/military for your mobile device at www.tutor.com/mobile

- Connect with a live tutor for one-to-one help
- Store documents in your mobile locker
- Take pictures of assignments or textbook problems to store in your locker or share with a tutor
- Access the 24/7 SkillsCenter Resource Library
- Compatible with most smartphones and tablets
**More Beale Holiday Fun For The Whole Family**

**Dec 1-20** - Letters to Santa, Library
**Dec 5** - Holiday Hearts Apart Dinner at the Club, hosted by A&FRC, 5pm
**Dec 5** - Base Tree Lighting, 6:30pm, Tree near Recce Point Club and Track
**Dec 6** - Holiday Aerobathon, 8-10am, Harris Fitness Center or Base Track
**Dec 6** - Winterfest, 4:30-8:30pm, Lakeview Drive
**Dec 7** - EFMP Holiday Party, 9-11am at Recce Point Club
**Dec 7** - Christmas Plate Painting, 10am-2pm, Arts & Crafts Center
**Dec 12** - Gingerbread House Decorating, 4-7pm, CAC
**Dec 13** - Pallet Christmas Tree Craft, 5-7pm, Arts & Crafts Center
**Dec 14** - Jingle All The Runway, 9am, Flightline
**Dec 14** - Children's Holiday Party, 11am-2pm, Dock 2&3
**Dec 14** - Snowflake Shoot, 12-3pm, Rod n Gun
**Dec 17** - Colossal Cookie Challenge, 11:30am-12:30pm, CAC
**Dec 20** - Holiday Lunch, 11am-1pm, Recce Point Club
**Dec 21** - Ugly Sweater Golf Scramble, 9am, Golf Course
**Dec 21** - Pajama Rama, 4pm & 7pm, Theater
**Dec 23, 24, 26, 27** - Bounce House Extravaganza, 10am-7pm, CAC
**Dec 25** - FREE Bowling, 12-6pm, Beale Lanes
**Dec 31** - Top Golf, 2-4pm, Top Golf with Coyote Run Golf Course *R4R event

**MAKE YOUR RESERVATION NOW!**
**CALL THE AIRMAN & FAMILY READINESS CENTER AT 634-2863**

Dinner sponsored by the Beale Coalition Council and the Family Support Center Booster Club.

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**HEARTS APART**
**Holiday Party & Base Tree Lighting**

Join us at the Recce Point Club
**Dec 5th at 5pm**
Tree Lighting starts at 6:30pm

Free Dinner & Dessert
Children’s crafts
Live Holiday Music
Pictures with Santa
Door Prizes!

**SAVE THE DATE**
**December 6**
**4:30–8:30pm**
**Lakeview Drive**

Travel Buddy the Elf’s route: enjoy games and snacks, visit with Santa at the North Pole, play in the snow in the snowy mountains, travel through the Lincoln Tunnel, and traverse through New York City.

POC: Capt Kate Mudrak
634-3223

Open to everyone with base access.
No matter what your political beliefs, there’s one thing parents can agree on: We’ll be inundated with election coverage over in the coming new year! Chances are that your child has begun to notice campaign signs, television commercials, news coverage, T-shirts, bumper stickers, buttons and conversations about the election. Increased campaign coverage may also bring interesting questions from your child. While even young children can get caught up in the excitement of a campaign, they may be confused about how it works. Here are some questions your kids may ask, along with ideas on how to phrase your response:

What is Voting?
Who can vote?
Why can’t kids vote?
Why should people vote?

To find the answers to these questions & more, visit:
http://www.pbs.org/parents/special/election/article-theraceison.html
Exceptional Family Member Program News!

It’s A Sensory-Friendly Pajama Party!

Exceptional Family Member Program

Children’s Holiday Pajama Party

And Pancake Breakfast

Bring your family for a light holiday brunch

Saturday, December 7th 2019
9:00 to 11:00 AM at the Recce Point Club

Wear your favorite pajamas! (optional)
Children of EFMP Spouses and EFMP Children and their siblings are invited!

Arts & Crafts & Games
Cookie Decorating
Quiet Storytime Corner
Pictures with Santa

Reservations required Call 530-634-2863
The Airman and Family Readiness Center

Have a safe and happy holiday season & come on out and enjoy these fun family events

Minimizing Holiday Chaos: Routine Management for Children with Special Needs

DECEMBER 11, 2019 | 11 a.m. ET

About this Webinar

For parents of children with special needs or disabilities, “spontaneous” and “carefree” are not words that can be associated with a holiday. Holidays can be chaotic for children with special needs particularly due to unfamiliarity, sensory overload and a lack of visual support systems. In fact, in a national survey released in November 2018, the New York University Child Study Center, reported that two thirds (66%) of parents of children with Attention Deficit Hyperactive Disorder (ADHD) agreed that getting their child ready for school was easier at home than away from school. It is important to help our children with special needs through daily activities (Adamec, 2018).

Learning Objectives:

- Establish and maintain routines within the home for all ages.
- Prepare children for changes and quick transitions to facilitate activities.
- Reduce the impact of unfamiliarity and sensory overload.
- Manage behavior during travel, family visits and social outings.

Presenter

Lakshmi Mahadevan, Ph.D.
Associate Professor & Extension Specialist, Special Populations Family & Community Health
Texas A&M AgriLife Extension Service

EVENT LOCATION
https://militaryfamilywellbeingnetwork.org/event/2247/

HOW TO JOIN

To join the webinar use the Event Location: link above and follow all instructions within the site. Participants are able to connect to the webinar through our Zoom platform. A dedicated Zoom session will be held to provide the opportunity for attendees to ask questions and engage in discussion. An interactive webinar platform allows for engagement with presenters and other participants while viewing the webinar Live! This conference is broadcast only.

CONTINUING EDUCATION CREDIT

This event is an approved Continuing Education (CE) credit from the CT Audiology-Hearing Health School of Social Work for credentialed and licensed professionals.

This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 Continuing Education Units.

Certificate of completion will also be available for participants interested in receiving training hours.

Join the Herd! Join the Beale Play Group!

For all Beale Families with children between the ages of 0-5 years.

Are you tired of the udder chaos?
Do you want to milk parenthood for all it’s worth?
Be a part of something amazing!
Call the Beale Airman and Family Readiness Center for information! 530-634-2863 or e-mail: tamie.harvey.1@gmail.com
Holidays and Children with Special Needs

A popular song describes the holidays as “the most wonderful time of the year.” But the holidays can also add an extra layer of stress on families. If you have a child with special needs, the unfamiliar sounds, smells and visitors can be disruptive. Fortunately, there are steps you can take to minimize the stress and make the holidays more enjoyable for you and your children. The key is preparation.

First, find calm. Find ways to reduce the stress of holiday preparations. Children are good at picking up on your stress level, so it can be helpful to take steps to lower it. Schedule quiet times during the day — short periods when you can give your child your full attention and tune in to their needs. You can even have a “code word” for your child to say when they feel overwhelmed. Promise that if they use the word, you will respond right away. Giving children some control during activities can help reduce their anxiety.

Prepare with pictures. Make a holiday scrapbook with pictures from previous years showing your family baking, trimming the tree, spending time with relatives and more. This is a great way to explain events and help your child not get overwhelmed with such activities.

Set a schedule. Give your child a schedule of events for holiday activities, particularly on days with lots of transitions. It could be a written schedule or one with pictures — even a calendar showing what is planned in upcoming days. Discuss the schedule regularly and provide information for each event. Just knowing what is coming up could help your child feel calmer and safer.

Prevent sensory overload. Children with sensory sensitivities may require a little extra help during the holidays. You may need to:

- Limit holiday decorations in your home and turn down music.
- Bring ear plugs if you will be in a noisy environment.
- Provide toys or sensory fidgets if your child will need to sit still during an event.
- Bring along a change of soft clothes if your child needs to wear dress clothes for an event.
- Ask family and friends to not use perfume when they visit. Some children are very sensitive to it.

Pack a bag. When visiting friends or relatives, bring a backpack with items your child finds comforting or enjoyable. If your child gets overstimulated, find a quiet place and let them choose things from the backpack.

Work on the gift experience. If your child doesn’t like opening presents because they’re unfamiliar, try wrapping some favorite toys. Unwrapping something familiar can be reassuring. Also, if your child has trouble with fine motor skills, you may want to make presents and cards extra-easy to open. And finally, help your child prepare gifts for others. This teaches them to think about other people’s needs and learn to be kind and helpful.

Give them a job. During family gatherings, children with special needs may benefit from having a job — it can reduce stress from having people in the house. For example, they could take coats or hand around food trays.

To view this article in its entirety, go to:

Need Care During School Break?

Our School Age Program is currently accepting Winter Break Care sign-ups. Winter Break Full-Day Care is from December 23, 2019 – January 10, 2020 and parents can choose which weeks they would like care during this time.

All families that need care must go on the militarychildcare.com website to request care for winter break (look under "seasonal camps" on the site when requesting care). Note: Families who are not currently enrolled in care, need to also go on this website and set up a profile (if they don’t already have one); then look under “seasonal camps” to request care. In addition, we currently have space available for school age care in our Before and After School Program. Request care on militarychildcare.com as well.

Feel free to call the Youth Center at 530-634-4953 if you need assistance.

It’s Not Too Late:
Basketball & cheerleading are still accepting applicants

START SMART BASKETBALL & CHEER
open to ages 3-5 or Kinder
Cost: $40
(parent participation required)

LEAGUE BALL & CHEER
Open to grades 1st-6th
Cost: $55 member
$75 non-member

Youth Sports Physicals & Shot Records are required! Also, we are in need of coaches!!

Please contact Nick Gasper at 530-634-4953 for more information

Visit the Beale Child and Youth Programs Facebook page to see all of the cool activities, events and fun teen holiday trips!
Military and Community Family Support Holiday News!

UPCOMING EVENTS:

DEC 04 Welcome to the Group: Inclusion for Young Children with Autism 6:00 pm - 9:00 pm
DEC 10 2019 Personal Finance Review 10:00 am - 12:00 pm
DEC 11 Routine Management for Children with Special Needs 6:00 pm - 9:00 pm
JAN 14 Family Systems Trends and Transitions 6:00 pm - 8:30 pm
JAN 15 Preoperative Nutrition Management of Bariatric Surgery Patients 6:00 pm - 8:30 pm
JAN 21 Tax Updates: New Year, New Forms, New Thresholds 6:00 pm - 8:30 pm

WEBinar Spotlight: Staying Safe Online: Protecting Your Finances and Data

Network News

A Simple Way to Brew Some Connection

We have a Keurig in our office - a mass-quantity maker. We have a box of shared coffee pods, a stack of cups, and often it is interesting to hear what people say and write for “everyone” on the label so it could all perhaps be coffee, lunches and those that peer less love using this convenient machine.

Last week, I went to a café, purchased a regular cup of medium roasted coffee and brought them to the office to share. Assumed we would just pass the reusable Kegur bikes on an individual basis everyone time we needed our coffee fix.

But what happened was so much better. I asked the barista take a Monday morning and I would bear the delicious magic through the door. One of my coworkers had dug out our old Mr. Coffee drip coffee maker and made it to put in the office. I was thrilled again. I had not been coffee fix and found the smell of coffee so pleasant. I was kind, much less hassle for it move from once to satisfy my healthy coffee craving. I made sure to thank the person that made the coffee, but otherwise thought nothing of it.

Another pot of coffee was warming for everyone on Tuesday, another low-sugar, but again it was an unexpected. I thought nothing of it.

On Wednesday there was no pot of coffee seating when I arrived. I was disappointed. Thinking it was just my coffee craving that needed to be met, I visited the café. I was completely surprised to see the Keurig sitting there. A coworker had suggested he put the Keurig near the coffee maker. I thought nothing of it.

I looked at the timely timing in the corner, believed him moving toward coffee, better cleaner, and maybe just didn’t feel the benefit of having the pot of coffee do others. For the coffee is an individual process, a bit more clumsy and wasteful, yet disconnected. Kind of like any day where you are not making up our connection to make a return. When I drank the coffee, the coffee feels lonely, individually, clumsily less focused, wastefully and disconnected.

You may have a pot of coffee opportunities to connect with others waiting for you any morning, and when there isn’t, may you have the generosity and courage to be some yourself.

Written by: Jessica Beckendorf

When: December 2019

Military Family Learning Network

Finding Holiday Cheer in Your Heart Rather than Under the Tree

The holiday season brings in more than its fair share of joy, but the holidays can also be very stressful and sometimes depressing time for many people. This blog post discusses the connection between seasonal affective disorder and overeating, and provides solutions.

How to Manage Your Emotions and Finances during the Holidays

Check out the post for some problems and possible solutions to think about during this holiday season in an effort to navigate your way through managing both your emotions and your finances.

Savor the Flavor This Holiday Season While Remaining Mindful about Nutrition

Are you trying to lose or maintain weight this holiday season? You may feel like you have to miss out on all of your favorite foods of holiday parties and family gatherings, but that’s not the case! Check out these tips for keeping the calories at a minimum without missing out.

Planning for Your Child with Special Needs: Holidays with Extended Family

Do you worry about your child’s disabilities and “melting down” reasons why might be your first time to care for your child with special needs differently? We have some suggestions on how you might make the communication journey warmer for all concerned this holiday season.

Moving Toward Inclusive Practice
Podcast Episode: Practicing Humility

In this episode we hear what humility looks like in the realms of cultural competency. Through stories and conversation, Dr. Phibbs addresses how to manage humility and power in a way that moves on according to a system that works best for your needs.

Ep. 3: Manifestations of Grief

The definition of grief is the third episode in our PCS Grief Counseling podcast where we discuss a variety of family caregiver issues and how helping professionals can better serve family caregivers. We discuss their role as counselor, friend, or coach, and one’s role as a caregiver.

Any kind of loss can make us feel grief. We often only think about grief as a response to death, but grief and losses happen throughout our lives, in a variety of different situations, and the losses often trigger some form of grief.

Turns as guest speaker, Andrew Croydon, talks about the physical and emotional manifestations of grief.

Listen to this episode.

Sutter Health
Sutter Care at Home Hospice

The Inevitable Impact of Trauma Work, Building a Safe Resilient Workforce

Friday, January 10, 2020
1:00 pm - 5:30 pm
Yuba College
2088 N. Beale Rd., Marysville, CA 95901

RSVP is required to attend. Please RSVP by Friday, December 20, 2019
Adel Teymo 530-748-3129 OR marysvilledh.org

Gabrielle Grant is the director of the University of San Francisco’s Center for Excellence for Trauma Informed Care. She is a licensed clinical social worker and an expert in trauma services and research. Grant has over 25 years of experience working with trauma survivors and individuals with mental illness and trauma-related disorders. She co-chaired the Senate’s task force on trauma-informed care standards.

SCHEDULE OF EVENTS

12:30 pm - 1:00 pm: Check-in
1:00 pm - 1:20 pm: Welcome/Introduction
1:20 pm - 2:30 pm: Gabriela Grant
2:30 pm - 3:20 pm: Break/Light Refreshments
3:20 pm - 4:50 pm: Gabriela Grant
4:50 pm - 5:30 pm: Lou Binninger Trauma Program Presentation/Questions and Answers

Website: www.lighthouseofc.org

Light House Counseling & Family Resource Center

Love and Logic Parenting Classes

Love and Logic is easy to use, raises responsible kids and changes lives.

Love allows children to grow through their mistakes.

Logic allows children to live with the consequences of their choices.

The Love and Logic method reduces emotional reactivity and encourages parents to enrich children in solving more of their own problems.

Starts February 5, 2020 through March 11, 2020

Wednesdays, 5:00 pm - 7:00 pm
This class runs once a week (Wednesday) for 5 weeks.

Classes are no cost for parents of children 5 years and under. If you have older children, please call for availability.

Facilitators of the Becoming a Love and Logic Parent curriculum are independent and not employees of the Love and Logic Institute.

Funding has been provided, in part, by Fifth Place.

First Place