

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!

NEWS LETTER

IN THIS ISSUE:

- Happenings
- Training Ops
- Writing Challenge

"Overcoming the Summertime Boredom Slump"



"I'm so bored." How many times have you heard that phrase? When school is out, and the days of summer grow long, it is not uncommon for youth to experience moments of boredom. Shifting from the regimented schedule of the school year to the more laid-back schedule of summer can leave youth scrambling to find ways of occupying their time. A decade-long report from Washington State University found that, on average, the rate at which youth report being bored increases by nearly two percent each year, with girls reporting a slightly higher rate of boredom than boys.

Boredom is not just reserved for youth, though. A 2019 survey conducted by OnePoll found that the average American adult experiences 131 days of boredom each year, or approximately 36% of the whole year. In fact, boredom has become such a large part of everyday life that the month of July has been deemed National Anti-Boredom Month, a month dedicated to reducing and over-coming boredom!

But how do we do that? There are many ways to reduce experiencing boredom. Researchers and experts in the field recommend the following:

- **Reduce Screen Time:** Television, social media, and gaming can fill-up time, but the long-term positive impact is minimal. Reducing the amount of time spent staring at a screen can break up the day and less-than-effective routines.
- **Pick-up a Hobby:** Whether it be a return to a past hobby, or exploring new interests, engaging in creative outlets not only reduces boredom, but also increases feelings of excitement, hopefulness, and positivity.
- **Return to Childhood:** The same poll by OnePoll found that 73% of adults report missing various aspects of childhood such as bowling, having birthday parties, and playing board games. Remembering and engaging in some of those things that brought joy and excitement as a child can help reduce stress and better enjoy living in the moment. As parents/guardians, be sure to share these moments with the youth!
- **Get Involved:** Another great way to beat summer boredom is to connect with your local **ARNG CYS Program** and get involved in upcoming events. These events not only help minimize moments of boredom but also provide opportunities for youth to make new friends, learn new skills and pursue various interests. Connect with your local **CYS Team**: <https://arngcys.com/my-local-cys-program>

Find more ideas for overcoming summer boredom by visiting these websites...

Kidsactivitiesblog.com: <https://kidsactivitiesblog.com/72221/cool-activity-ideas-summer/>

Health Alliance: <https://blog.healthalliance.org/national-anti-boredom-month-activities/>

Care.com: www.care.com/c/stories/3780/things-to-do-when-kids-say-im-bored/



Alabama Child & Youth
Kelli H. L-CYPC, Avery, &
Kate H. CYPC
Challenger Sports Soccer Camp

Connect with your local CYS team to learn how you can VOLUNTEER!

<https://arngcys.com/my-local-cys-program>

Do you want to stay up-to-date with the latest info? Be sure to [Subscribe HERE](#) on our website



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Download the "ARNG CYS" APP



HAPPENINGS



ALASKA Child & Youth Camp

Submitted by: Jordan Weber L-CYPC



POLAR PLUNGE

Youth volunteered to jump into Kenai Lake which is all glacier water (it's FREEZING!!) We call that a Polar Plunge, a few of the youth did it multiple times. Right next to the lake is a sauna where they can hop in and get warm right away!



Jordan Weber & Camille

Camille is one of our long term youth in the program. She is very sweet and willing to always help however she can.



BINGO HIKE

Will Garrod (AK CYPC) is very knowledgeable in nature. With Camp K being pretty remote, there are several accessible hiking trails. Along the way, the youth had a bingo card where they could identify different things in nature to try and get a BINGO



#NGYOUTH
#SUMMERCAMP

TIE DYE

We all gathered in the cool art pavilion at the Camp K to tie dye shirts! They all turned out super awesome.



ALABAMA Child & Youth Challenger Sports Soccer Camp

Submitted by: Kelli Hill-Dodd L-CYPC & Kate Hatfield CYPC

We're thrilled to have coaches, William and Cassidy, from Spain and England with us this year for camp. They make each day an exciting and fun filled one! The week at Soccer Camp couldn't have been any better! We had beautiful weather, fantastic kids, and outstanding coaches. We're truly grateful for each kid that attended the camp. Our favorite part was getting to see each kid and watching them as they developed friendships over the course of the week. This camp provides not only a way for each kid to learn more about soccer and improve their skills but it also provides them the opportunity to meet new friends.



TRAINING OPS

Parent Webinars - HealthyChildren.org parent webinars are designed to help parents wherever they are on the parenting journey by offering research-supported child health and safety information and immediately useable tips and suggestions.



<https://www.healthychildren.org/English/tips-tools/webinars/Pages/default.aspx>



MCEC Parent workshops are available via webinar to support parents who are remote or not located near a major military installation. Webinars presented live on Tue's & Wed's at Noon EST.

** Participants must register in advance for the live webinar **

www.militarychild.org/webinars

Free parent & caregiver Webinars created by family therapy experts. The webinars are designed to help parents & caregivers support their child's mental health across a diverse range of subjects.

www.ackerman.org/training/



JULY Webinar:

Adoptive Families: Exploring Identity, Loss, and Connection

Presented by: Kacy Ames, LCSW

Tuesday, July 27, 7:00-8:00 pm (ET)

www.ackerman.org/events/adoptive-families-exploring-identity-loss-and-connection-webinar/



English & Spanish Webinars - Be Strong Families offers FREE virtual opportunities since March 23, 2020. Topics related to Staying Strong and Positive for Parents and Children.

- TUE, July 6, 2021, at 12:00pm CT (30 min.)
"Intro to Family Vitality" By Katthe Wolf
- WED, July 7, 2021, at 12:00pm CT (1 hour)
"Keep Calm and Carry On" By Tunga Otis
- Jueves, 8 de julio, 2021, a la 1:30 pm CT
"En Busca de la Inteligencia Personal" con Héctor Salazar"

Recordings and PowerPoints of past webinars are available [here](#)

www.bestrongfamilies.org/covid-19-support

Operation Parent offers live and archived training material addressing topics for parents and caregivers in helping preteens and teens make better choices.



Upcoming Webinars: <https://operationparent.org/calendar/>

Archived Webinars and FREE Resources: <https://operationparent.org/resource-manager/>

This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.

Have you recently participated in an Army National Guard (ARNG) Child & Youth Services (CYS) event or activity?

If so, we invite you to complete our **Soldier-Parent Satisfaction Survey**. This survey was developed as a mechanism for those working within ARNG CYS to receive direct feedback from youth and families, as it relates to program satisfaction, areas of strength and opportunities for improvements. To access this survey, please click on the following link: www.surveymonkey.com/r/Soldier-Parent21

Thank you for helping us continue providing the very best programs and services to our military population!

WRITING CHALLENGE

If you have a youth interested in participating in the **ARNG CYS Youth Writing Challenge**, be sure to check out the ARNG CYS Website for the latest topics and information on submitting their composition.

"IF YOU COULD INTERVIEW ANYONE LIVING NOW OR FROM ANOTHER TIME OR PLACE, WHO WOULD IT BE AND WHAT QUESTIONS WOULD YOU WANT TO ASK?"

All writing compositions for this month must be submitted by **SUN, July 25, 2021**, for consideration and review.

For details and how to submit your child's creative piece go to:

<https://arngcys.com/youth-writing-challenge>



Would you like to share how the CYS program has made an impact on you and your family?

Let us know at:

www.surveymonkey.com/r/ShareYourCYSstory

