

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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

NEWS LETTER

National Family Fun Month August 2021

For many families across the country, the month of August ushers at the end of summer and the start of a new school year. This is a month when families often find themselves balancing increasingly busier extracurricular schedules, purchasing back-to-school supplies, attending new school year orientations, and a host of other necessary tasks. With all those things happening, what better time of the year to intentionally press the pause button and simply enjoy spending time together with friends and family? Research has shown that youth who have positive familial relationships are better able to build meaningful connections with others later in life. Meaningful connections play a vital role in helping youth increase their resiliency, while simultaneously reducing the likelihood of youth engaging in risk-taking behaviors.

So, how do families build these meaningful connections?

Each year, the month of August is designated as National Family Fun Month – a month set aside encouraging families to engage in fun activities together. The best part... these activities do not have to involve spending money or making big plans. Activities like playing catch, going for a walk, or even just sharing a meal together can go a long way in helping build positive connections. Other activities families can do together include:

- **Limiting Screen Time:** Find a time each day where everyone puts down their phone, disengages from social media, and simply focuses on talking and sharing with each other.
- **Getting Outdoors:** Before the cold, short days of winter arrive, take time to explore the world outdoors – walking, hiking, having a picnic, or simply taking in the sights and sounds can be greatly beneficial for everyone – physically and mentally.
- **Getting Artsy:** Whether it be sketching, using sidewalk chalk, or painting, let your inner artist out and see what great masterpieces you can create together.
- **Discovering Culinary Delights:** Let each person pick their favorite restaurant to visit, try a new restaurant, or explore new cuisines. Take a trip around the world through food.

For more ideas on celebrating National Family Fun Month, visit these great websites...

- **Jump Start:** <https://www.jumpstart.com/jumpstartmoms/articles/august-is-family-fun-month>
- **Parenting Journey:** <https://parentingjourney.org/2017/08/01/family-fun-month/>
- **Parents.com:** <https://www.parents.com/fun/activities/outdoor/weekend-family-activities/>

Get Involved: Reach out to your local ARNG CYS Team to see what events are coming up for both youth and families. Also, be sure to request the latest ARNG CYS Virtual Programming Packet. Use this link to find contact information for your local CYS Team: <https://arngcys.com/my-local-cys-program>

Whether the activity is great or small, the focus should be on simply enjoying the moment and connecting with each other. Memories made today can have a lasting, positive impact on our tomorrows!



IA: Military Family Quarantine Quest – July 2020

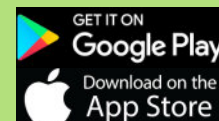
IN THIS ISSUE:

- Happenings
- Training Ops
- Writing Challenge

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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HAPPENINGS



WISCONSIN Child & Youth Camp



Louisiana Child & Youth Camp



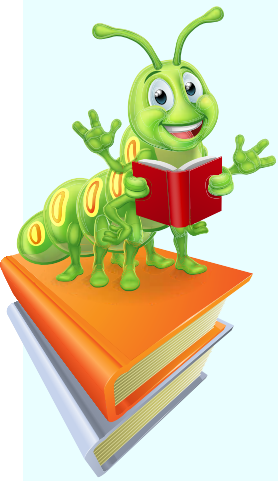
Kentucky Child & Youth Camp



Idaho Child & Youth Camp



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.

"What will be your legacy?"



We are celebrating, "What Will Be Your Legacy Month" the whole month of August.

- Consider the legacy that you have been left. Are they ones you want to pass along to those around you?
- Consider the legacy that you are leaving. What values are you passing forward?
- Unsure? – Check out a character traits list and evaluate what words would best describe you. Let those who are important in your life know about the impact they have on you.

All writing compositions for this month must be submitted by **SUN, Aug 22, 2021**, for consideration and review.

For details and how to submit your child's creative piece go to: <https://arngcys.com/youth-writing-challenge>

Iowa Child & Youth Team
Fun times at Camp



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>

The Youth Mental Health Project

"Virtually Speaking": Straight talk from parents, professionals, and kids about the mental health issues that matter most to you and your family.

Check out their FREE upcoming & past webinars:

<https://ymhproject.org/webinar-series-2/>

<https://ymhproject.org/past-webinars/>



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/

August Webinar:

They're Out, Now What? Supporting Your LGBTQ Child

Presented by: **Alexis Diaz, LMSW (she/they)**

Tuesday, August 24th, 12:00-1:00 pm (ET)

*Zoom link will be provided in advance of the webinar.

<https://www.ackerman.org/events/theyre-out-now-what-supporting-your-lgbtq-child/>



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