

# ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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

## NEWS LETTER

### MONTH OF THE MILITARY CHILD

COMING  
SOON

#### IN THIS ISSUE:

- REGION 3 UPDATE
- HAPPENINGS
- TRAINING OPS

**Month of the Military Child (MOMC)** is just around the corner, and the Army National Guard (ARNG) Child & Youth Services (CYS) Program hopes you will join us throughout the month of **APRIL** as we recognize and honor our military and military-connected youth. ARNG CYS programs throughout the country will be hosting different events and virtual engagement opportunities throughout the month of April. **This year's MOMC theme is "National Guard Kids: Rising to the Challenge."** The **National Guard will be celebrating Purple Up Day on April 14, 2023.** Show your military pride by wearing purple on that day and sharing your pictures on social media!

Be sure to connect with your local ARNG CYS Team to receive the latest updates and information on programming planned for your area. You can locate your Team's contact information by visiting the My Local CYS Program page of the ARNG CYS Website (<https://arngcys.com/my-local-cys-program>). We hope to see everyone as we take time next month to celebrate our junior heroes!!



NY Child and Youth - YRRP

### NATIONAL CRAFT MONTH

**Did you know March is National Craft Month?** Whether you enjoy sewing, woodworking or quilling (yes, that is a real thing!), crafting can be a great way to express yourself, positively manage stress and connect with others. In a world surrounded by technology, exploring new hobbies and interests has never been easier. With the simple click of the mouse, you can browse numerous pages of projects people have completed. Websites like Pinterest can be a great jumping-off point for sparking crafting ideas.

As we make the slow transition from the cooler, winter months to the sunny days of Spring, now is the perfect time to get crafty and let your creativity flow. Reach out to your local ARNG CYS Team and request one of the many virtual activity packets available through the ARNG CYS Program. These packets contain a variety of different craft projects – and material lists – for projects you might enjoy creating! The best thing about crafting is there are no right or wrong ways to do things – it is all about having fun while being creative.

So, roll up your sleeves and get crafting! Be sure to share your craft creations with your local ARNG CYS Team on their social media pages.

<https://www.angiegensler.com/national-craft-month/>

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GA Child and Youth



## WWW.ARNGCYS.COM

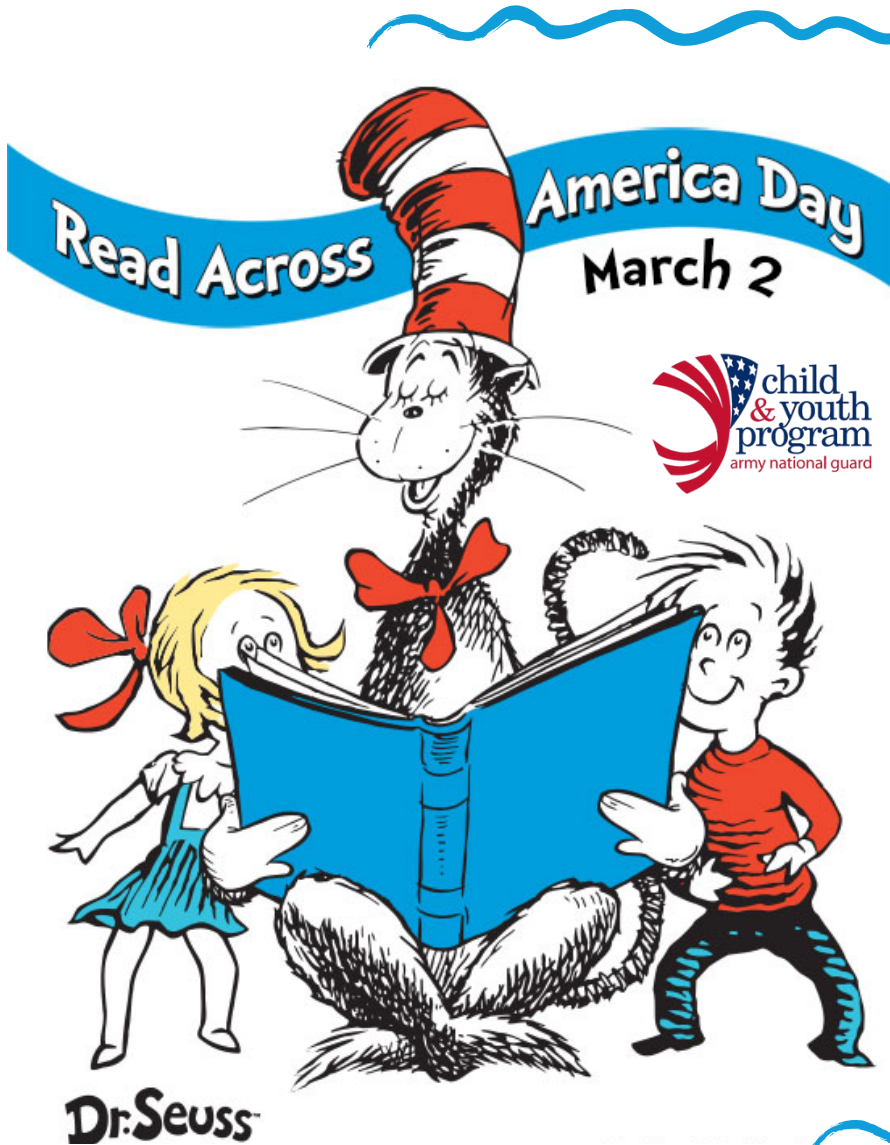
#GUARDFAMILIES #ARNGCYS



# Army National Guard Child & Youth Program

## Reading with Region 3 Challenge

Delaware, DC, Pennsylvania, Maryland, Virginia & West Virginia



**Seuss's** Birthday is a nationwide reading celebration that takes place annually on March 2 — **Dr. Seuss's** birthday. Across the country, thousands of schools, libraries, and community centers participate by bringing together kids, teens, and books, and you can too!

Region Three challenges each region to read a book or three to any child you can find, no hide, just seek and don't be bleak. Have some fun so the idea will run! Then happy reading we will be together with Region Three.....

**"You can find magic wherever you look, sit back and relax,  
All you need is a BOOK".....Dr. Seuss**



## HAPPENINGS

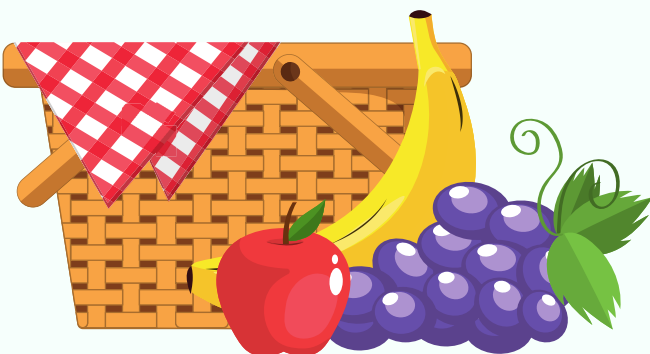
### National Nutrition Month



National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Additional information and resources on starting a healthy diet can also be found by visiting the following websites:

- **U.S. Department of Agriculture:**  
<https://www.nutrition.gov/topics/nutrition-age/teens/parents-caregivers-and-teachers> or  
<https://www.myplate.gov/life-stages/families>
- **Kids Health:**  
<https://kidshealth.org/en/parents/habits.html>
- **Eat Right:** <https://www.eatright.org/national-nutrition-month-2023> and the **social press toolkit:** <https://socialpresskit.com/nnm2023>



IL Child and Youth



WI Child and Youth



ME Child and Youth - Camp



MT Child and Youth  
Fort Harrison Day

## TRAINING OPS

### Positive Parenting Programs

Families can access the FREE toolkit including tips for 12 months; due in part to Ohio Children's Trust Fund and the Ohio Department of Job and Family Services.

### Toolkits for families of children under 12:

<https://www.triplep-parenting.com/oh-en/free-parenting-courses/triple-p-online/>

### Toolkits for families of Teens:

<https://www.triplep-parenting.com/oh-en/free-parenting-courses/teen-triple-p-online/>



DC Child and Youth - Community Service

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