

# ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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

## NEWS LETTER



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## EXPERIENCE THE MAGIC OF SUMMER CAMPS

Throughout the summer, the Army National Guard Child and Youth Program presents a remarkable selection of residential and day camps, expertly managed by our skilled Child and Youth Program Coordinators. These camps offer a unique blend of fun, learning, and camaraderie, tailored to support the children of our service members.

Our camps cater to a wide range of interests and age groups, ensuring that every child finds something they love. From adventurous outdoor activities and team-building exercises to creative arts and educational workshops, the variety of experiences offered ensures opportunities for growth and enjoyment.

Though the summer is coming to an end, we still have camps occurring in August. To learn more about the specific events available, please visit the Army National Guard Child and Youth Program's website or contact your [local coordinator](#).



## BACK TO SCHOOL BOOKS

Although it feels like summer has just begun, teachers and librarians are already preparing for the upcoming academic year. To help ease kids back into the classroom, Publisher's Weekly put together a list of some great back-to-school stories.

- [First Day, Hooray!](#) - June Sobel
- [Ruby's Tools for Making Friends](#) - Apryl Stott. S&S/Wiseman
- [Itty Bitty Betty Blob](#) - Constance Lombardo
- [Goodnight School](#) - Catherine Bailey

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# REGION 8 UPDATES



Region 8 had a busy and eventful summer with several highlights:

- Utah: Hosted a one-day Teen Resiliency Day Camp on July 12th, with sixteen teens participating. The camp featured a four-hour class led by a trainer who focused on recognizing MRT character strengths in themselves and others. The day also included a BBQ and swimming at the base pool, making it a well-rounded and enjoyable experience.
- South Dakota: Concluded its 23rd summer Youth Camp with 110 campers and junior counselors. The camp emphasized resilience, military values, leadership, team building, problem-solving, and connection among participants. The theme "There's More Beyond the Reef" inspired campers to embrace challenges, making the camp both educational and motivational.
- North Dakota: Had an outstanding season with campers from across the state attending the annual Military Fish Camp in June. In July, youth participated in the Adventure Camp, which was a fun time filled with many highlights, providing memorable experiences for all involved.



- Wyoming and Colorado: Co-hosted the inaugural Border War Teen Summer Camp! Teens from both states came together to compete in various games, trivia challenges, scavenger hunts, baking contests, and much more. The camp included activities like hunting the good stuff, learning about putting things in perspective, and practicing survival techniques in the woods. Participants also had ample time to network and build friendships. Wyoming ultimately took home the Border War Boot, and we eagerly anticipate more competition and fun next summer!

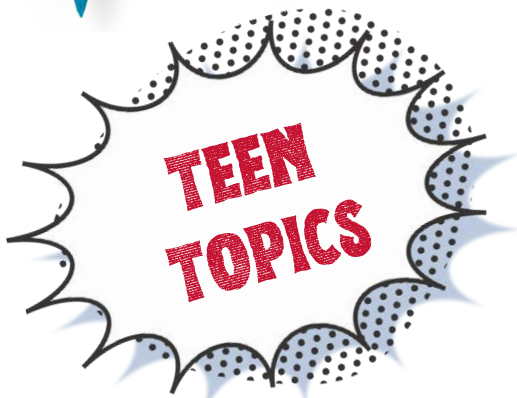


# TIPS FOR BACK TO SCHOOL

**Establish a Back to School Routine:** A key part of preparing for the upcoming school year is re-establishing a consistent routine. Over the summer, sleep schedules can become relaxed, so it's important to gradually adjust bedtime and waking times to match the school schedule. This helps avoid sudden changes that could result in tired and cranky mornings.

**Encourage Reading:** Reading is essential for cognitive development and nurturing a love for learning. Encourage your child to read regularly, including books that interest them, not just academic material. Visiting the library or having family reading time can make reading a shared, enjoyable experience.

**Involve Kids in Back to School Shopping:** Back-to-school shopping can be fun and exciting. Involve your children by making a shopping list together and letting them choose some of their supplies, backpack, and clothing within a budget. This engagement helps teach valuable decision-making skills.



## TIPS FOR COMMUNICATING WITH YOUR TEEN

The teenage years are similar to the terrible twos, as kids push boundaries and assert their independence, making parenting complicated. Teens begin making significant decisions about school, friends, driving, substance use, and sex but struggle with emotional regulation, leading to risk-taking and impulsivity.

A healthy, trusting parent-child relationship is crucial during this time, though teens often reject perceived parental interference while being open with friends via social media. Parents must adapt to their evolving role, stay close, and navigate this challenging phase with patience and understanding. Here are some tips from the Child Mind Institute to help you through this journey.

**Listen** - If you're curious about your teen's life, listening rather than asking direct questions can be more effective. Teens are more likely to share if they don't feel pressured. Even casual comments about their day are ways of reaching out, so stay open and interested without prying to encourage more communication.

**Show Trust** - Instead of trying to solve your kids' problems or downplaying their disappointments, show empathy by reflecting their feelings. Acknowledge their difficulties with statements like, "Wow, that does sound difficult," to show understanding and support.

**Give Praise** - Parents often praise younger children more, but teenagers need self-esteem boosts just as much. Despite seeming indifferent, teens still seek parental approval. Finding opportunities to be positive and encouraging strengthens the parent-teen relationship, especially when it feels strained.

READ MORE



## CYS CONNECT



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

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Would you like to share how the CYS program has  
made an impact on you and your family? Tells us more  
at: [www.surveymonkey.com/r/ShareYourCYSstory](http://www.surveymonkey.com/r/ShareYourCYSstory).

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Lets us know how we are doing. Provide feedback on  
your experience with your local program over the last  
year at: <https://www.surveymonkey.com/r/Soldier-Parent24>



## RESOURCE SPOTLIGHT

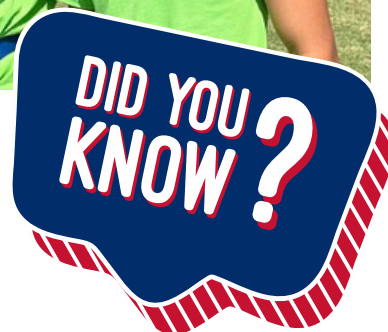
Operation Homefront is an organization that helps military families overcome challenges by connecting them with valued and life-changing programs and family events. These programs address the specific needs of military families, such as short-term and critical financial assistance, long-term stability, and recurring support. By providing this support, Operation Homefront aims to create stronger, more stable, and more secure military families.

**For More Information:**  
<https://operationhomefront.org/>



## THE MONTH OF AUGUST

- National Family Fun Month
- National Peach Month
- International Pirate Month
- National Catfish Month



## WEEKLY CELEBRATIONS



- August 1-7: International Clown Week
- August 1-7: Simplify Your Life Week
- August 25-31: Be Kind to Humankind Week

## SPECIAL DAYS

- August 3: National Watermelon Day
- August 4: Chocolate Chip Cookie Day
- August 13: International Left Handers Day
- August 26: Women's Equality Day

