



ACS CONNECTION



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ACS Main Location: 2601 Indiana Avenue
Telephone (270) 798-9322



Tips for Father's Day

By Cris Isom, BSN, RN
ACS, Family Advocacy
Program Specialist

As a New Parent Support Program home visitor, I provide fathers new ways to connect with their children.



For this Father's Day, give yourself a pat on the back and know that you are doing great! It is not uncommon to be lost when it comes to bonding with your children. After all, they do not come with a field manual or Standard Operating Procedure!

The most important thing to remember is that your children need you. Being involved with your children is better than any toy a child could receive. As an infant, activities like talking, holding, and skin to skin contact are great ways to bond.

School age children need involvement. This can be by helping with homework, chaperoning school field trips, and going to the school to have lunch with them. They want attention and to know that you are there for them and they are important.

What about those tweens'?!? This is a time of self-exploration of who they are and who they want to become. They are experiencing physical and emotional changes that can be scary and exciting at the same time.

Patience and understanding are important during this stage. Providing learning opportunities for 5th through the 8th grade is important as they are preparing to take on more responsibility and learn how to manage more on their own. But remember...they still desperately need their parents!!

First, make sure they understand what is expected of them by leading and guiding. Then allowing them to grow from mistakes. Finally, praise their successes. Teenagers really need you to listen.

I was always taught, "Look at me when I am talking to you." But one of the greatest lessons I have learned is this can shut down a teenager. I have had the most in depth and open conversations with my children while doing the dishes or other activities without them looking directly at me.

This can be a time to learn about their friends without making them feel like they are being interrogated. Indirect conversations can be just as valuable as direct, but make the conversations meaningful and do not lecture. Teenagers want more responsibility, independence, and freedom. They want wisdom and guidance.

During pregnancy and infancy you are setting the stage for a positive relationship. Are you worried things are all messed up because you were gone or deployed? It is okay! Begin where you are and remember "quality versus quantity." Ask yourself, "What is the quality of time I am spending with my child? Do I know what he likes? Who is her best friend? What is his favorite meal? What causes her to lose sleep or go

to sleep? Understand, these answers are not the same answers as infants as they are with school age children, and certainly not the same as teenagers as we learned from our Family Advocacy Program article last month. Continuous communication will enable you to provide positive direction, have difficult conversations, and give reassurance to the growing child.



All these actions will increase security and confidence, and for school-age children, support success in school.

For more information on connecting with your children, stepchildren, or spouse or tips for staying connected during a deployment, contact Army Community Service Family Advocacy Program at 270-412-5500.

FINANCIAL READINESS

By Terrence O. Jones, Financial Readiness Program Manager

ACS Financial Readiness is your service agency that offers practical financial management, tools and approaches for your financial success. Financial Readiness plays a key and decisive role in being able to achieve your financial goals.

Think of our service as your financial wellness navigator that covers the communication and financial knowledge to handle money wisely and manage it more effectively during the various transitions in your life, career and Family.

Financial Readiness is a priority of the Army. It has a direct effect on mission readiness and Soldier and

Family satisfaction with the Army's mobile lifestyle.

Our purpose is to provide services that support commanders in maintaining unit financial readiness to sustain deployments and to counsel and educate Service members and their Families on financial self-sufficiency.

Remember, every decision you make affects your finances to include those you do not make. Visit our office at any time between 0730 – 1630, to learn more and build a relationship with our caring staff. We're located at 2601 Indiana Avenue. Our telephone number is 270-798-5518. Our aim is to provide real life solutions.



**Not everyone has a money tree,
thats why you have us...**

The Financial Readiness Program was created to enhance and maintain mission readiness and quality of life by providing Soldiers and their Family Members a program tailored to their needs!

Main Army Community Service at 2601 Indiana Avenue:

Information & Referral 270-798-WEBB
(270-798-9322)

Exceptional Family Member Program
(EFMP) 270-798-2727

Family Advocacy Program (FAP)
270-412-5500

Financial Readiness Program (FRP)
270-798-5518

Military Family Life Counselors (MFLC)
270-205-1917

Outreach Program 270-798-2062

Relocation Readiness Program
270-798-6313

Resilience Training (RT)
270-798-6613

Family Resource Center (FRC) at 1501 William C. Lee Road:

Information & Referral
270-956-2935

Mobilization/Deployment (Mob/Dep)
270-798-3849

ACS Volunteer Program
270-798-2063

Army Family Action Plan (AFAP)
270-956-2934

Army Family Team Building (AFTB)
270-798-4800

Army Volunteer Corps (AVC)
270-798-3843

2433 Indiana Avenue:

Soldier & Family Assistance Center (SFAC)
270-412-6000

5001 Screaming Eagle Drive:

Survivor Outreach Services (SOS)
270-798-0272/0277