



VERMONT ARMY NATIONAL GUARD

2024 Youth Deployment Resource Guide

*Military youth can thrive
not just survive their
loved one's deployment.*

RESOURCE SUMMARY:

PAGE 2 - TOP DEPLOYMENT SPECIFIC RESOURCES

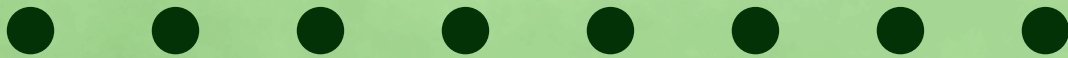
PAGE 10 - EMOTIONAL HEALTH RESOURCES

PAGE 27 - SCHOOL RESOURCES

PAGE 34 - STATE SPECIFIC RESOURCES



Top Deployment Resources



The best of the best resources for families with children who will experience or are experiencing a deployment.



Army National Guard Weekend Drill Childcare

Care You Can Count On

The National Guard Bureau has teamed up with Upwards to bring you the Weekend Drill Child Care (WDCC) Pilot Program. We're on a mission to tackle childcare challenges during drill weekends so you can stay mission-ready, ease financial stress, and balance military duties with parenting. It's all about making life a little easier and a lot more awesome!



Who is Eligible?

- Soldiers on T32 or M-Day status during drill weekends.
- Married soldiers with a working or in-school spouse. *
- Families with both parents serving in the Guard.
- Single soldiers.

Soldier must be assigned to a unit and seeking care within AR, CO, GA, IA, ID, IL, KS, LA, MA, MD, MN, MO, NH, NM, OH, OR, VA, VT, WA, or WI

What's Covered?

- Childcare Hours: 0600 – 1800 during drill periods.
- Days Covered: Saturday and Sunday (and Friday or Monday if part of a three-day drill).
- Childcare Provided: Up to 12 hours per child per day.
- Age Range: Dependent children aged six weeks to 12 years, registered in DEERS.

*Exceptions for extenuating circumstances related to a working/in-school spouse may be considered. To request an exception, please contact NGB J1-M at:

ng.ncr.ngb-arng.mbx.weekend-drill-childcare@army.mil

How to Sign Up

- Confirm your eligibility.
<https://upwards.com/benefits/military>
- Once approved, reserve care at least 48 hours before the drill weekend via the Upwards app or website.

What You Need to Know

- No-Cost Care: The program is fully funded, with payments made directly to the care provider.
- Cancellation Policy: Cancel up to 48 hours before to avoid charges. No-shows or late cancellations result in the soldier covering half the cost.

Why Choose Weekend Drill Childcare?

- Peace of Mind: Focus on your duties knowing your children are safe and cared for.
- Convenience: Licensed, background-checked providers available during drill weekends.
- Educational Benefits: Children engage in enriching activities and learning experiences.



✉ heroes@upwards.com

🌐 www.upwards.com/benefits/military



www.arngcys.com



MILITARY CHILD CARE IN YOUR NEIGHBORHOOD (MCCYN)

ARMY FEE ASSISTANCE PROGRAM

What is the MCCYN - Army Fee Assistance (AFA) Program?

The Military Child Care in Your Neighborhood (MCCYN) program supports eligible Families with childcare if they cannot access military-based care due to distance or wait list. The Army Fee Assistance (AFA) program under the MCCYN program provides fee assistance to eligible Army Families to offset the cost of community-based care

How do I apply for AFA Program?

Army families must have an account and a household profile on MilitaryChildCare.com to request fee assistance for their child(ren). More information is available at:
<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/mccyn>



MILITARY
 CHILDCARE dot com

MilitaryChildCare.com

Phone Number: 855.696.2934
 FamilySupport@MilitaryChildCare.com



Child Care Aware of America

Phone Number: 800.424.2246
 militaryinfo@childcareaware.org



www.arngcys.com

★★ OUR ★★ MILITARY KIDS



RECOGNIZING THE SACRIFICE OF MILITARY KIDS, ONE ACTIVITY AT A TIME.

Our Military Kids supports school-aged children of deployed National Guard and Reserve service members as well as those of Severely Injured Veterans from all service branches with grants that provide up to \$300 for a chosen activity. Participation in these activities helps military children cope with stress and build self-confidence while their parents are serving overseas or recovering.



TO MAKE A DONATION OR APPLY VISIT WWW.OURMILITARYKIDS.ORG

When a service member was asked what he needed in Iraq, he said, "Please don't send cookies, care packages, or socks."

Just help take care of our children."

GRANT ELIGIBILITY REQUIREMENTS



DEPLOYED PROGRAM

- ★ The service member is deployed overseas with the National Guard or Reserve.
- ★ The deployment is at least 120 days.
- ★ The service member must be deployed at the time of application.



SEVERELY INJURED PROGRAM

- ★ The service member/Veteran is undergoing treatment for combat-related injuries sustained while deployed in support of a post-9/11 combat mission.
- ★ The service member/Veteran is classified as severely injured in one of the six categories designated by the Department of Veterans Affairs: TBI, PTSD, Amputation, Burns, Spinal Cord Injury, and Mental Health.
- ★ The service member/Veteran's case manager certifies the above information in writing.

SURVEY RESULTS

1%

reported improvement in their academic performance.

90%

reported enhanced their service member's performance.

75%

reported a decrease in their child's stress.

94%

reported that the program enhanced overall family well-being.

CELEBRATING 16 YEARS

70K+
GRANTS GIVEN

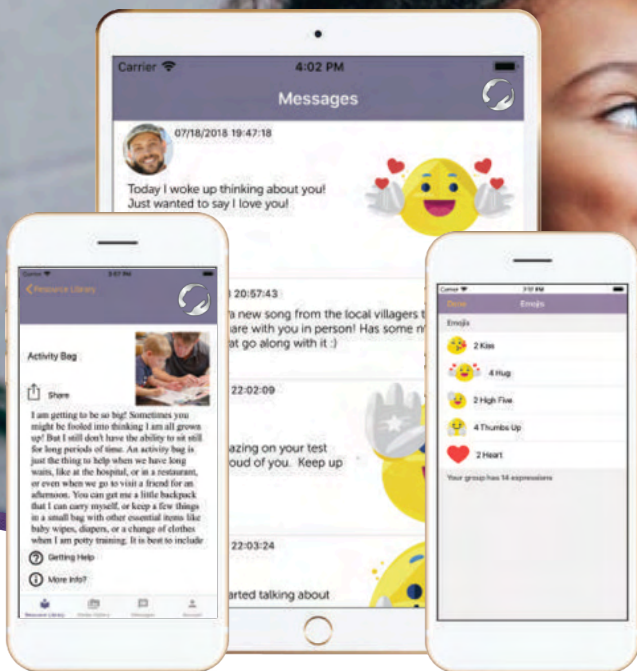
\$28M+
GRANT FUNDING





BABIES
— ON THE —
HOMEFRONT

Learn more
babiesonthehomefront.org



Available Now! New and Improved Features

Stay Connected!



Download on the
App Store



ANDROID APP ON
Google play

ZERO TO THREE gratefully acknowledges USAA for their support,
and the Robert R. McCormick Foundation for funding the original app.



Dear Military Families!

Find fun and engaging ways to share those everyday moments with your baby or toddler whether home or deployed. You can tailor the information to your young child's age and you or your spouse's current status: at home, leaving soon, deployed, returning home, veteran, or at a hospital.

Share your photo gallery with other family members through a personal photo gallery cloud account. Use the countdown counter or the emoji counter during family separations or countdown to special occasions.

Download for FREE from app stores in English and Spanish for both smart phones and tablets.

In this app, you will find:

BEHAVIOR TIPS

Find ideas for handling those tougher parenting moments like tantrums, or those unique challenges like missing a deployed parent

PT (PLAY TIME)

Ideas for fun activities and soothing activities that will keep your connection to your baby strong no matter where you are

AT EASE (SELF-CARE)

Ideas to help you remember to take care of yourself so you can take care of your baby

HELP ME GROW (YOUR CHILD'S DEVELOPMENT)

Information on your child's development with tips for you to support your child as they grow

NEW!

Privately message your co-parent, sharing your family's experiences. Send fun emojis to your child(ren) including kisses, hugs, and high fives. Store photos and videos to share with your child, or send video



ZERO TO THREE
Early connections last a lifetime

babiesonthehomefront.org



for Military Families™



or visit

<https://sesamestreetformilitaryfamilies.org>



MCEC[®]

MILITARY CHILD EDUCATION COALITION
(MCEC)

MCEC supports all military-connected children by educating, advocating, and collaborating to resolve education challenges associated with the military lifestyle.

MCEC delivers programs, services, and professional development to meet the needs of military-connected students, parents, and professionals.

**SCAN
ME!**





Share Story Time... *No Matter the Distance*



Introducing the new United Through Reading App

For 30 years, United Through Reading has provided the opportunity for service members to be video recorded reading a storybook aloud to a child they love. We encourage military members to video-record stories at more than 200 physical UTR Story Stations around the world. Now, service members and veterans can download the United Through Reading App, which is both FREE and SECURE, on the Google Play and Apple Stores.

Download the United Through Reading App Today!



Download on the
App Store



GET IT ON
Google Play

Record Story on App

Record offline and upload when wifi is available

Kids Read Along Online

Or download the video to PC, Mac, or Android

Secure & No Cost

Verifies military affiliation with TroopID

Free Book

Provided by Dollar General Literacy Foundation



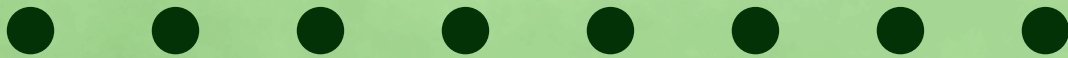
Follow These Steps to Use the UTR App

- 1 LOGIN**
Register with www.ID.me "Troop ID" to log in.
- 2 SELECT A BOOK**
Go to your bookshelf, a library, a UTR Story Station, or request a free book from our website.
- 3 READ**
Select Add (+) to begin, press record, and read your story aloud.
- 4 SAVE**
Finish recording then save your file.
- 5 SHARE, SEND, AND PREP**
Select the checkmark (✓) to add or confirm the email addresses where the video is to be sent and select "yes" to move the video to the upload section.
- 6 UPLOAD**
Navigate to the Upload tab and select Upload All to send your video recordings.
- 7 REQUEST A BOOK**
Visit utr.org/app to request a free copy of the book for the child.
- 8 VIEW**
An email is sent to your friend or family member telling them how to log in, view, and download your video at utrapp.org

Visit UTR.org/app for more information. For help, email appsupport@utr.org.

[unitedthroughreading](https://www.facebook.com/unitedthroughreading)
[utr4military](https://twitter.com/utr4military)
[utr4military](https://www.instagram.com/utr4military)
unitedthroughreading.org

Emotional Health Resources



Helping support any age youth with the journey that is a deployment.



Red Flags for Any Youth

Concerning Behaviors:

Being aware of the warning signs can make a significant difference in preventing suicide. Some indicators that a child or adolescent may be in distress include:

- **Changes in Behavior:** Sudden withdrawal from friends or activities, noticeable changes in eating or sleeping patterns, or a decline in academic performance.
- **Emotional Signs:** Expressions of hopelessness, worthlessness, or severe anxiety and irritability.
- **Physical Indicators:** Frequent complaints of physical ailments such as headaches or stomachaches without a clear cause.
- **Verbal Cues:** Talking about feeling trapped, being a burden to others, or expressing a desire to die.

Parental Ideas:

If you notice any of these signs, it's essential to approach the situation with sensitivity and care:

- **Listen and Observe:** Pay close attention to your child's behavior and take note of any concerning changes.
- **Communicate Concerns:** Reach out in a non-judgmental way. Share your observations and express your concerns calmly and clearly.
- **Encourage Professional Help:** Seek guidance from mental health professionals. If you need assistance finding support services, reach out to your Child and Youth Coordinator.
- **Provide Support:** Let your child know you are there to support them in any way you can, whether it's providing a safe space to talk or simply being a consistent and caring presence.

Red Flags for Any Youth



Hotlines and Messaging Services:

- 911: In an emergency, or if someone appears to be at risk of self-harm and says that they intend to die, call 911. Do not leave the person alone.
- 988 Suicide & Crisis Lifeline: Call or text 988 for 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress, including:
 - Thoughts of suicide.
 - Mental health or substance use crisis.
 - Any other kind of emotional distress.
- Veterans Crisis Line: Veterans and their loved ones can text 838-255 OR dial 988 then press 1 for to get 24/7 confidential crisis support. Responders are real people, many of them veterans, who are specially trained to support veterans. You don't have to be enrolled in VA benefits or health care to use the Veterans Crisis Line.

Websites

- The Suicide Prevention Resource Center (SPRC) is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and houses a database of resources, including fact sheets, presentations and self-help worksheets like the Stanley-Brown Safety Plan.
- The Jason Foundation is dedicated to preventing youth suicide through educational and awareness programs.
 - The website offers information for students, parents and educators/youth workers.
- The U.S. Department of Veterans Affairs has a guide for talking to a child about a suicide attempt in their family.
 - The guide provides specific recommendations for holding these discussions with preschoolers, school-age children and teenagers.

Staying Connected



Keeping your loved ones close

Having a loved one far away, for a day, a week, a month, a year or longer is never easy.

Here are some great tools to help you count down the days until you see them, talk to them, and hug them again. These tools will make your separation from them as easy as it can be.



Things to Do

- Make a time Capsule.
- Make a photo book
- Create a countdown wall
- Make a paper chain

Tools

- Hunt the Good Stuff
- Identify Trusted Adults in your life
- Countdowns
- Journals
- Conversation Bag/Box

Reminders

You are stronger than you know. Make sure you take care of your self and your family.



Time Capsule

What is a Time Capsule?



A time capsule is a container that can store a selection of objects or notes from present time. It can be buried or stored away to look at in the future. Using a time capsule while a loved one is away is a great way to measure how you have changed from the time they left to the time they came home. Changes can be anything from your height to what you want to be when you grow up. In this activity you get some ideas of what you can put in your capsule along with some activity sheets that you can use to put in there.

What can go in a Time Capsule

- Special objects or photos
- Traced handprint/footprint
- How you write your name
- Activity sheets that are all about you
 - What you want to be when you grow up
 - Your favorite color, food, movie etc.
 - Who are your friends
 - How tall you are
- Favorite fashion trends
- Newspaper
- School Papers

How to make a Time Capsule

- Container
 - Cylinder chip containers
 - Shoe box
 - Large envelope
- Items to decorate the container
 - Markers/crayons
 - Stickers
 - Glue
 - Feathers/pipe cleaners
 - Paint
- Fill up your capsule with your items!
- Hide the capsule to open months, days or years later!





About Me

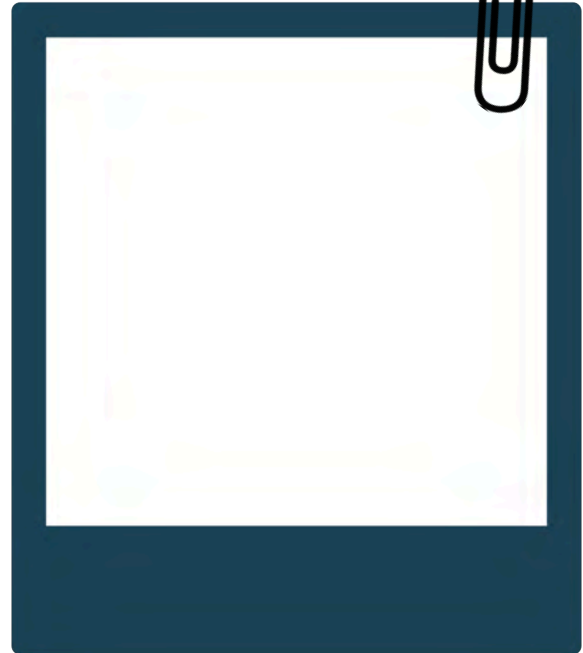
My name is _____

I am from _____

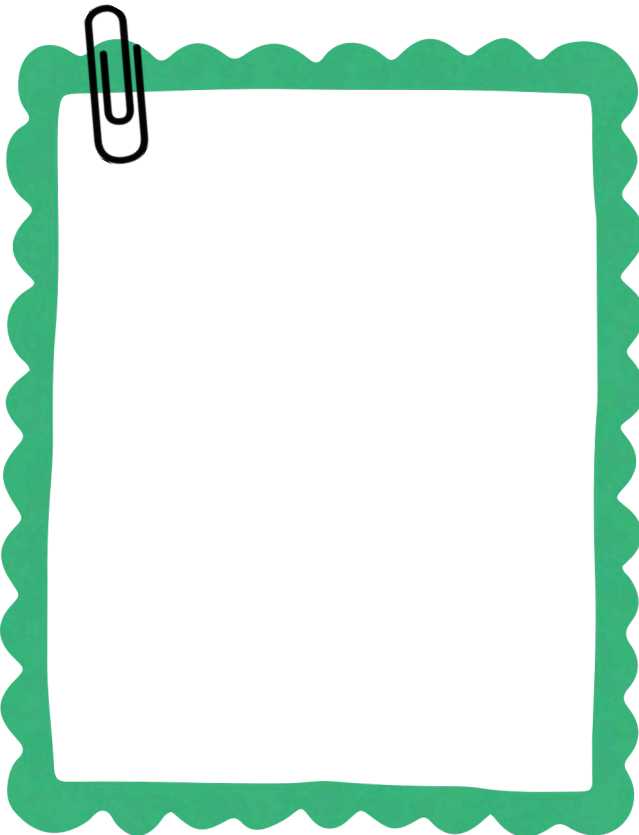
My Best Friend is

I am _____ years old.

This is a picture of me!



I live in _____



This is a picture of my family

My favorite color is

My favorite animal is

My favorite subject is

My favorite food is

My favorite sport is



Interview Your Parents

Instructions: Ask your parents the following questions. Record their answers.

Basic Details:

Name:

Birthday:

Home town:

Eye color:

Hair color:

New Family Activities

What over the past year
have become your
favorite family activities ?

Favorites:

Food:

.....

Animal:

.....

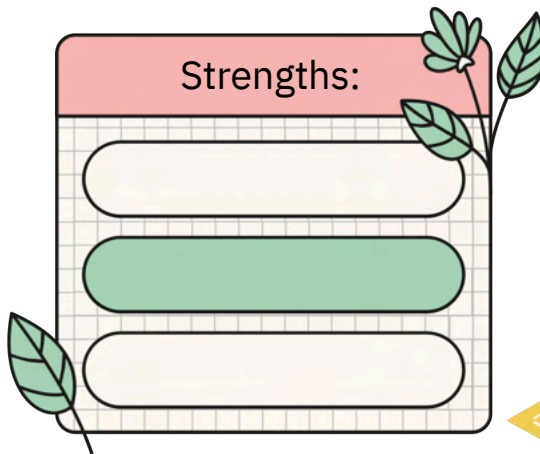
Friend:

.....

Activities/Hobbies:

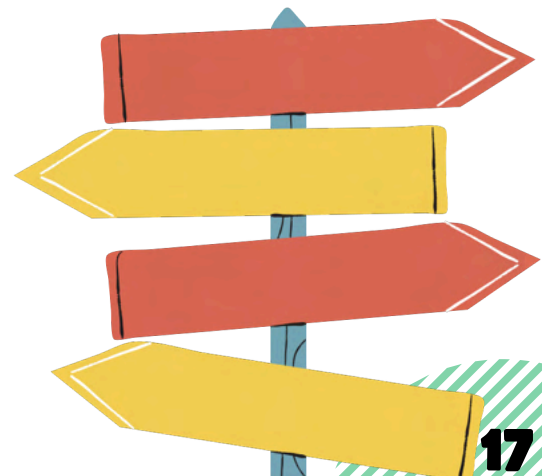


Strengths:



Thankful

What are you most
thankful for?



Fun Fact:



Stay Connected While Apart

What are some ways to connect when you can't be together in-person?

Start by planning some special time together before (if possible), or after your time apart. If you had 2 hours to spend with your Service Member (or other person you may be apart from), what's something special you would like to do together?

Before You are Apart

- Pick a star together, so you can look up and tell each other good night while apart.
- Buy two of the same book to read at the same time. When you have a chance to talk, you can have a book club chat.
- Record a story! There are a few great sites where your adult can record themselves, or both of you together, reading a book that you can go back and listen to any time.

astorybeforebed.com/military
unitedthroughreading.org

- Write notes for your adult to take with them, and have them leave notes for family at home. Pull notes from the jar whenever you are missing each other.
- Decide to learn something new together! For example, try to learn a new language and practice together on calls.
- Have your adult leave voicemail messages, or voice memos, that you can listen to any time you want.
- Create a stuffed animal with a recording inside, or a pillow case with pictures on it to feel close to each other.

While You are Apart

- Create a family newsletter to share big and little events and stories. Get creative with pictures and colors. Even the family pet could have its own column!
- Conversation box: gather things to remind you of what's happened since the last time you talked in a box. Use your items to remember everything you want to share when you get the chance to talk again.
- Create a photo book or scrapbook to look through together when your adult returns. It makes for great story-telling!
- Send a journal back and forth, or write a story together digitally. Each take a turn writing a chapter or entry, send it to the other person so they can have a turn, and so on.
- As a family, create a "Good Stuff" jar. Regularly write down good things that have happened and collect them in the jar to share when you are together again. Your adult who is away can do the same!

Hunt the Good Stuff



- ✓ Happier
- ✓ Healthier
- ✓ Stronger relationships
- ✓ Perform better
- ✓ More successful



Negativity
Bias

What is the Negativity Bias?

The negativity bias is our tendency to focus on the bad things that happen to us. This is a basic survival instinct that humans have always relied on in order to learn from and avoid negative experiences in order to survive. But, humans no longer need this response in order to survive. In order to have a more positive, healthy outlook, we can fight this response!

How can we fight the Negativity Bias?

We can fight the negativity bias by intentionally focusing on the Good Stuff throughout our day.



HUNT THE GOOD STUFF

Several times a week, reflect on your day:

- What are three **good things** that happened?
- Why did these **good things** happen?
- What do these **good things** mean to you?
- How do these **good things** make you feel?

MAKE IT A HABIT:

Write or draw in a journal, talk about good stuff with friends during school lunch or with family during meal time, create a Good Stuff box or bulletin board where you can add all of your good stuff



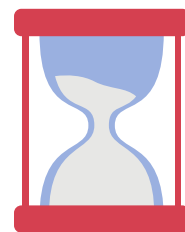
Connect with Family, Near and Far!

Whether you are together or separate, you can find ways to connect with one another by sharing your positive experiences with your loved ones and learning about their positive experiences.

- Hunt the Good Stuff together as a family
- Choose a few good things from your Good Stuff box or bulletin board to share with your loved ones
- Choose a few pages from your journal to share with your loved ones



Counting Down



Countdown Wall

- Clocks for your time zone and theirs
- Chair or beanbag
- Favorite books or books about separations
- Stuffed animals
- Recording device to "send" messages



Countdown Board

To help count down the months, create a board with the total number of months (leave room to add if needed). From there, you can decorate it with drawings or pictures as the months go by. Or, put in pictures of past family events during those months for happy reminders.

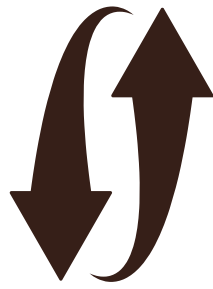


Countdown Routines

Instead of counting days, try counting weeks. It's smaller! You can count the number of times the garbage has to go out until the separation is over, or you could use expiration dates as a fun way to know when you are getting really close.



BOTH



WAYS


These are special ideas because you can use them to count down or count up to the end of the separation.



Paper Chains

Add a piece to the chain every day after writing a positive thought on it.

You can use the completed chain as a decoration on the big day!



You can create the chain for the number of days you'll be separated. Take one off each day to help show time passing, just be ready to add a few if plans change.

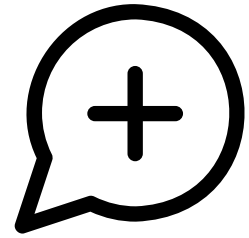
You can add a photo each month you are apart. This way you can share the months in review with them when they return. Everyone loves a good picture story!

Photo Albums



Pull a picture from a photo album each month, bringing a positive memory with it. Place it in a special spot such as a photo frame. The changing pictures will give a sense of time passing in a pleasant way.

Counting Up



Bucket List

Create a list of activities or places to visit prior to or during the separation. Include local places to go, and remember to take pictures along the way! You can also create a bucket list for when the separation is over. Be sure to write why each item is on the list! This helps connect to positive memories and really encourages kids to be the tour guide for your adventures together!



Hunt The Good Stuff Jar

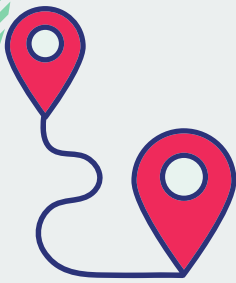
Each day you are apart, write one good thing that either happened to you or happened because of what you did for someone else. This means you are Hunting the Good Stuff. It will help you see the positives while avoiding all of the negative thoughts you may have in a day.

Have a phone call coming up with the person you miss? Pull a few of these out of the jar to get away from the standard "I'm good." answer.

Journal/Diary Writing

Great idea for that person who loves to write! You can keep a journal or diary and write an entry for every day you are separated. Writing out your thoughts will help you understand why you feel the way you do, and you can share it with your special person when they get back. They can keep a journal too!





Conversation Boxes/Bags

Helping you remember all the Good Stuff



Have you ever gotten on the phone with a loved one far away and forgot about all the great things you wanted to tell them? All to remember it soon after you hang up.

Using a conversation box or bag will help you remember all the things you want to tell them and make sure your next phone call is full of chatter.

You can add any item that helps you remember something you want to talk about with your loved one. A bag you can take with you or a box you can leave in one spot.

What can go in a Conversation Box or Bag

- Notes
- Photos
- Special Toys
- Artwork
- School Papers
- Items from a recent adventure
- Interesting items you want to talk about
- Things you have questions about
- Anything to help you spark a conversation with your loved one



How to make a Conversation Box or Bag

- Box/Bag to Decorate
 - Stickers
 - Coloring Utensils
 - Anything to decorate and make your own
- Inside
 - Keep a pad and pencil to write notes
- Decide
 - Do you want a box to keep in area easy to remember
 - Do you want a bag to take and fill as your day goes on?
 - Or maybe both?

Five Points of Trust

Identify Five Trusted Adults You Can Talk To

Trusted adults are people whose words and actions make you feel safe. Trusted adults act this way both online and offline. A trusted adult can be any grownup whose actions and words make you feel safe; a teacher, a mentor, a parent, a coach—anyone who loves you and respects you.

Do you need someone to talk to? A safe adult is someone who is thoughtful, caring, helpful, respectful, trustworthy, and doesn't ask you to keep secrets from others. Speaking to a safe adult can help you feel listened to and help you decide on your next step.

There are many ways to identify a safe adult in your life.

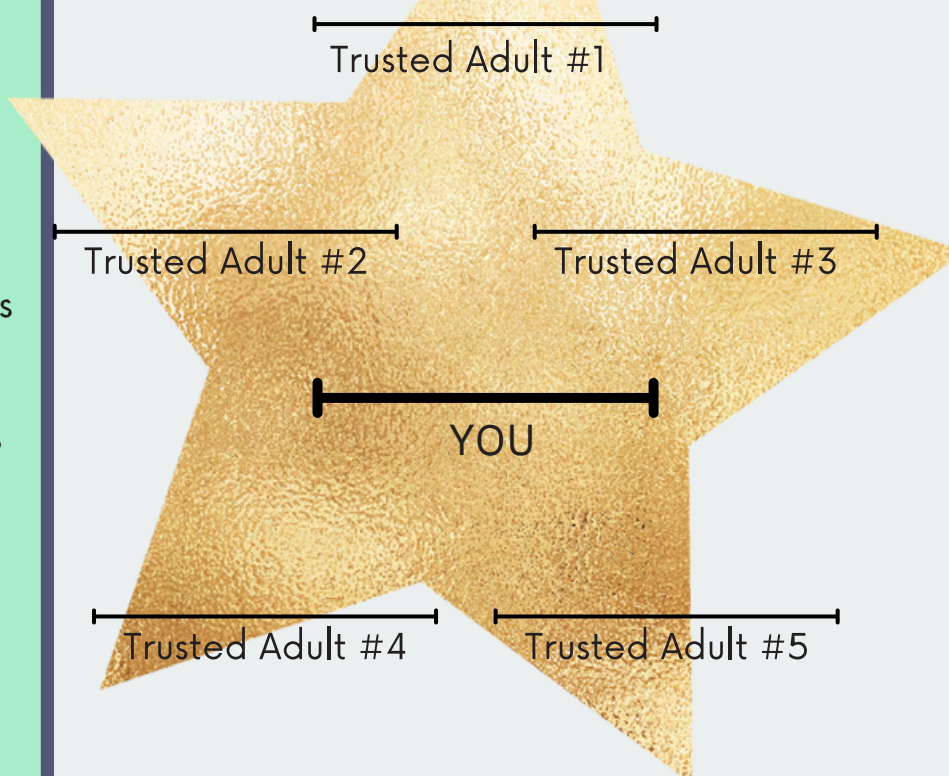
TRUST



A Safe Adult is:

- Thoughtful: actively listens to you and believes you
- Trustworthy: dependable, someone you feel comfortable talking to
- Respectful: mindful and considerate of your feelings — and your boundaries
- Helpful: provides guidance and helps you find solutions to problems
- Caring: does what's best for you, puts you first and cares about your mental and emotional well-being and physical safety

1. Write your name in the middle of the Star.
2. At each point of the star write the name of a trusted adult in your life.





Checklist

The unknowns of a deployment can be scary. Naming what you know about where your loved one will be can help ease the fear of the unknown, and create a sense of closeness and empowerment as you make the new place familiar and part of your family's story.

The name of my person who is away:

What are some customs in the place where my loved one will be?

What time is it there when it is noon where I am? What time is it when it's my bed time?

What language is spoken there?

How do you say hello?

Goodbye

Please

Thank you

Checklist Page 2

What is something that children there might do for fun?

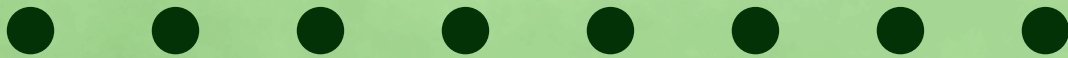
What foods do people eat there?

Where are they on a map? Where am I?



How am I going to stay in touch while they are away?

School Resources



*Ways to help create two-way communication between
you and your child's school.*





School Connection Letter



A supportive and understanding school environment is crucial for children & youth during deployments. Use the following letter template to communicate the upcoming deployment with your child's key support networks.

Be sure to direct any educational professional to your local Child & Youth Program Coordinator for further support and training materials.



(Date)

Dear **(Teacher Name)**,
(Service Member Name), the **(Parent, Guardian, etc...)** of **(Child's Name)**, is
(currently / preparing to, etc...) deploy**(ed)** with the National Guard.
I am writing to make you aware of these changes because you are a
valuable resource to our child. Over the course of the deployment and
into the months after **(Service Member Name)** returns home, we will
experience a great deal of change. Therefore, we would appreciate open
communication regarding any insights you notice during this time. Please
keep me informed and communicate any concerns with **(Child Name)**
during this school year. I will also work to communicate anything I notice.
Thank you for your support and understanding. If you would like to learn
more about resources or trainings for educators who support military
youth, please contact the Vermont National Guard Child & Youth Program.
Their contact information is listed below.

Sincerely,
(Parent, Guardian, etc...)

Contact Information:

Lisa Larson
Lead Child & Youth Program Coordinator
Contractor, Chenega
Address: 789 National Guard Road
Colchester, VT 05446
Office Number: 802-338-3369
Email Address: lisa.larson.lcypc@gmail.com



Top 10 Facts for Parents about Tutor.com™ for U.S. Military Families



1

Safe and Anonymous

All tutors must pass a rigorous application process including an extensive background check. No personal information is shared between student and tutor. All work is completed in our recorded classroom.

2

FREE for Eligible Students

There is NO cost to eligible students to use Tutor.com for U.S. Military Families and you will not be asked to purchase anything.

3

Personalized Learning Sessions

Every Tutor.com session is personalized to meet the needs of your student, from remedial to advanced levels. It focuses on conceptual learning and critical thinking—not just quick answers.

4

Covers 60+ Subjects

Students can get help in math, science, English, writing, social studies, Spanish, computer literacy, AP® courses, and more. We also provide job search assistance.

5

More than Just Homework Help

Tutors assist students with specific homework problems but can also help with concept review, writing assignments, test prep, and more.

6

Extends the Learning Day

With over 3,000 tutors on board and 24/7 access, Tutor.com can help students at their moment of need, no matter when that may be.

7

Supports Student Achievement

95% of students who use Tutor.com say it helps them complete their homework and improve their grades.* Students come to class better prepared and ready to learn.

8

Builds Confident Learners

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10

Endorsed by Parents

"This service has been excellent and wonderful. My 7-year-old son is actually motivated to do his HW because of it. Thank you so much!"

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Visit www.tutor.com/military/eligibility for full funding and program eligibility details. The appearance of the U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.

*Based on 2018 post-session Tutor.com student surveys.



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U.S. MILITARY FAMILIES**
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MIC3

MILITARY INTERSTATE CHILDREN'S COMPACT COMMISSION



WHAT IS THE COMPACT?

The Compact deals with specific educational challenges of military children due to their frequent relocations. It allows for uniform treatment as military children transfer between school districts in member states.

Note: The Compact applies to public schools, and through a Memorandum of Agreement, to U.S. Department of Defense Education Activity (DODEA) schools located within states and foreign countries.

To learn more about the Compact visit the Interstate Commission's website at www.mic3.net.



STUDENTS COVERED UNDER THE COMPACT

Children of the following:

- Active-duty members of the uniformed services, including members of the National Guard and Reserve on active-duty orders (Title 10)

- Members or veterans who are medically discharged or retired for one year
- Members who perish while on active duty, for a period of one year after death.
- Uniformed members of the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA), and United States Public Health Services (USPHS)

STUDENTS NOT COVERED UNDER THE COMPACT

Children of the following:

- Inactive members of the National Guard and Reserves (Not Title 10)
- Members now retired or veterans other than those covered above
- Other Department of Defense personnel, federal agency civilians and contract employees not defined as active duty
- Members other than the uniformed personnel of NOAA and USPHS

OUR MISSION

Through the Interstate Compact, MIC3 addresses key educational transition issues encountered by children of military families.

What are some of the specific educational issues that the Compact addresses?

Enrollment

- Educational Records
- Immunizations
- Kindergarten & First Grade Entrance Age

Placement & Attendance

- Course & Educational Program Placement
- Special Education Services
- Placement Flexibility
- Absence Related to Deployment Activities

Eligibility

- Eligibility for Student Enrollment
- Eligibility for Extracurricular Participation

Graduation

- Waiving courses required for graduation if similar course work has been completed
- Flexibility in accepting state exit or end-of-course exams, national achievement tests, or alternative testing in lieu of testing requirements for graduation in the receiving state
- Allowing a student to receive a diploma from the sending school instead of the receiving school

Who do I contact in my state or school district to learn more about what is and is not covered in the Compact?

For a listing of State Commissioners visit mic3.net/interactive-map or scan the QR code.



Is there a person at the military installation who can help me understand the Compact issues and requirements for local school districts?

For a listing of School Liaisons visit www.mic3.net/school-liaisons/ or scan the QR code.



MILITARY INTERSTATE CHILDREN'S COMPACT COMMISSION

1776 Avenue of the States
Lexington, KY 40511
859.244.8000
www.mic3.net | mic3info@csg.org



SUPPORTING YOUR CHILD'S EDUCATION DURING A DEPLOYMENT

The key to successfully navigating the challenges of deployment is communication. If the child's educators, parents/guardians and the deploying Service Member are proactive and vigilant, many common issues can, and will, be addressed before escalating into larger problems.



PreDeployment:

- Let your child know where their parent/guardian is going and provide age appropriate details. The use of maps and globes can be a great way to create a visual and start conversations.
- Communicate with your child's school:
 - Let your student's teachers/administrator/counselor know of the upcoming deployment. It is a great idea for the educators and deploying parent/guardian to exchange email addresses to ensure consistent communication. If it is possible to view grades online, ensure the deploying Service Member has all the required access information.
 - Schedule a meeting with the student, educators, parents/guardians to discuss academic expectations for the year...encourage them to aim high as the challenge can help the student keep their mind off the separation.
- For younger children, video tape the Service Member reading favorite books and new books for the student to view later.
- For older children, pick books both enjoy. Set a time table for reading them so that you can discuss the books via email or on the phone...your own book club.
- Using a calendar, fill in important dates, family events, school events, grade reporting dates, etc. so the Service Member can access this information overseas.
- Set up a Communication Command Center so all family members can put up notes and other reminders about things they want to share with their Service Member when he/she returns.
- Have the Service Member complete notes for each child regarding important accomplishments. These can be left with the remaining caregiver to give the child in case communication with the deployed Service Member is interrupted due to conditions overseas.

SUPPORTING YOUR CHILD'S EDUCATION DURING A DEPLOYMENT

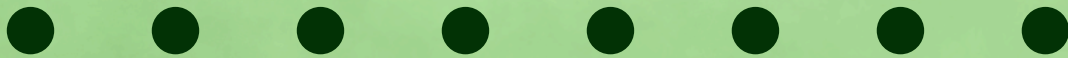
Deployment:

- Keep plans made during the PreDeployment phase to ensure as much stability as possible in the lives of youth.
- Keep the Service Member in daily conversations (example: "Your mom would be so proud of you for...").
- The caregiver can utilize emails and phone conversations with the deployed Service Member to prompt him/her on topics of discussion with youth (example: "Jack is feeling stressed about an upcoming exam in science...").
- Read children story books that help them understand about deployments.
- The Service Member should check the school's website and grade updates. Then use that as conversation starters (example: "I saw you got an 'A' on your math test...").
- Keep the Service Member involved in decision making. This allows the deployed Service Member to keep up on events taking place with the family back home.
- Develop a set way of marking time for younger children. It is suggested to mark days past rather than remaining deployment days due to unforeseen circumstances or extensions. Ideas include: paper chains, candies in a jar, ribbons on a tree, etc.
- Allow the child to communicate in the way most comfortable to him/her.
- Set a clock for the time where the Service Member is deployed to.
- Have children choose papers to send to the Service Member...include them in care packages.
- If the Service Member has access to a computer, work to set up a way for him/her to review homework/papers and assist the student

Reunion:

- Set up a conference with each child's teacher. Use this time to inquire about concerns, progress and plans for the future.
- Have the Service Member meet with the class and give a presentation on the culture where he/she was deployed. For younger children show examples of money, toys and pictures.
- Involve the Service Member in school work and activities.
- Encourage activities which will allow the Service Member to meet the child's new friends (allow time for this, as reunion/reintegration can be a chaotic time for everyone).

State Specific Resources



*Local resources to connect you to support services that
are near you.*



CHILD & YOUTH PROGRAM

Vermont National Guard

MISSION

The mission of the Army National Guard Child & Youth Services program is to positively impact Soldier and Family readiness, resilience and retention by providing secure, timely, flexible and high-quality youth development opportunities and resources which promote the overall well-being of ARNG children & youth.

GOALS

Provide life-skills and peer-to-peer connections to increase overall Soldier & Family readiness.

Build community capacity by developing partnerships with education and community resources that support geographically dispersed military youth & families.

Expand access to and awareness of Federal, State and Community benefits that support military.

Utilize leadership and service learning opportunities in ARNG children & youth.

Utilize research based curriculum as a means of increasing the resilience skills in ARNG youth to promote Soldier and Family readiness & retention.

CONTACT

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Lead Child & Youth Program Coordinator-Contractor, Chenega
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Military OneSource: Parenting Resources

Find how to help your children cope with a deployment. Explore new strategies to get your baby to sleep. Search for quality, affordable child care options.

Military OneSource can help with these and much more! Military OneSource has a wide range of resources designed to assist parents with children of any age, including articles, resources and tools to help answer all of your parenting questions and make sure your family is safe, happy and healthy.

Highlights

- A [Parenting & Children](#) content category with helpful articles, booklets and guides on a wide range of parenting issues including family relocation, discipline, adoption and blended families
- [Parenting Infants and Toddlers](#) and [Parenting Youth and Teens](#) pages filled with age-specific articles, popular links and helpful information on everything from changing schools to managing money
- Access to tools and products such as [Sesame Street for Military Families](#) and the Talk, Listen, Connect resources designed to help military families and their young children cope with deployment, changes and grief
- Quick links to child-friendly websites such as [Military Kids Connect](#)
- Access to [Thrive](#), the free, comprehensive, on-demand parenting education program to assist you in handling parenting challenges at any age
- Information regarding the [New Parent Support Program](#) and the [Family Advocacy Program](#) designed to help parents build strong family bonds, manage the demands of parenting and learn valuable parenting skills
- Articles and resources to help you identify the child care option that will best meet your needs, while ensuring your child is safe and nurtured, including the [expanded hourly child care options](#)

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and Resilience**

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Discover more of what Military OneSource has to offer by visiting www.militaryonesource.mil/family-relationships/parenting-and-children.

Military OneSource is your 24/7 connection to information, parenting tips and support for every member of your military family – one source for your best MilLife.

www.MilitaryOneSource.mil | 800-342-9647





Safe Kids Vermont is a coalition of individuals and organizations across the state of Vermont dedicated to keeping children and teens healthy and safe by preventing injury. Safe Kids Vermont was founded in 1990, and the University of Vermont Children's Hospital is proud to be the lead organization for the coalition.

Here are some available resources:

- Preparing for Baby
- Safe Sleep Demonstration Kits
- Safety Resources



Vermont 4-H

Vermont 4-H is full of exciting opportunities that allow kids to explore their interests, build their curiosity and develop skills in a safe and nurturing environment! best known as a program that develops life and job skills, 4-H members feel a sense of belonging, build independence and generosity, while mastering projects of their choosing.



Just like the 4-H pledge, programs focus on healthy living education, science and civic engagement.



...

Vermont National Guard FAMILY PROGRAMS

Providing education, support, and resources through community, state, and federal programs.



CONTACT US

888-607-8773 

www.ngfamily.vt.gov 

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BRING BACK THE

TEEN COUNCIL

Qualify:

To qualify teen must be a dependent of a currently serving Vermont National Guard Member in 8th-12th grade.

Commitment:

Selected council members are committed to serve a one year term. This will include 4 in person meetings, Teen Symposium, and Regional Symposium (if nominated).

Opportunities:

Teens will accomplish tasks in planning state level and regional symposium. Members will have the opportunity to attend Region 1 Symposium.



**MORE
INFORMATION TO
COME**

TEACHING

Leadership

Readiness

Resilience

Networking Skills

Interested?

<https://www.surveymonkey.com/r/FQCSFD3>





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