



FAMILY TRANSITIONS

Military Families Learning Network

October 2018

Volume 1 Issue 2

Engage with Us

militaryfamilieslearningnetwork.org/family-transitions

 Military Families Learning Network

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 [youtube.com/user/MilFamLN](https://www.youtube.com/user/MilFamLN)

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Participants are saying...

(in regards to the September MFLN Virtual Conference)

“Great format for meeting diversity training requirements”

“I liked that it was broken into sessions which I could join during the day. And that it was available streaming on Facebook, and that there were supplemental materials that I could use, too. I really liked the format and would participate again.”

Welcome to our Quarterly Newsletter!

Family Transitions provides education, resources and engagement opportunities for professionals working with military families to build resilience and navigate life cycle transitions. The Military Families Learning Network (MFLN) Family Transitions concentration invites military family service professionals to engage with MFLN and other professionals to share, discuss and collaborate on issues unique to the military family experience through:

- ◇ FREE online professional development webinars
- ◇ Social media
- ◇ Blogs
- ◇ Audio and podcasts
- ◇ Videos
- ◇ Newsletter - next issue coming in October

People are Talking About books they've recently read:

Character Strengths Interventions by Ryan M. Niemiec

The Fire Starter Sessions by Danielle LaPorte

Toxic Charity by Robert Lupton

Tribal Leadership by Dave Logan

Working Out Loud by John Stepper

Writing and Being by G. Lynn Nelson

Please share what books you have read lately so we can list them in a future newsletter.

Opportunities on the Horizon

October 23 @ 11:00 am - 12:30 pm EDT
Employment Resources for Military Families

militaryfamilieslearningnetwork.org/event/employment-resources-for-military-families/

October 25 @ 11:00 am - 12:30 pm EDT
Overindulgence in Parenting: How Much is too Much?

militaryfamilieslearningnetwork.org/event/22032

January 23, 2019 @ 11:00 am - 12:30 pm EDT
Military Reach: Research and Outreach watch for details here:

<https://militaryfamilieslearningnetwork.org/family-transitions/webinars/>

Sesame Street Webinar Series “Kids Serve Too”

Sesame Street is collaborating with MFLN Family Transitions, Family Development, Family Development Early Intervention, & Military Caregiving on five webinars tentatively scheduled for:

- December 2018 - Military Resources
- January 2019 - Trauma
- April 2019 - Relocation
- July 2019 - Caregiving
- November 2019 - Families with Special Needs

Watch for details here:

<https://militaryfamilieslearningnetwork.org/family-transitions/webinars/>

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FAMILY TRANSITIONS

Quick Facts

The 1.3 million active-duty service members have 1.7 million family members.

<https://www.militaryonesource.mil/active-duty-member-and-family-demographics>

In the Reserve Component, 44.7% of members are married, and 41.5% have children.

<https://www.militaryonesource.mil/reserve-component-member-and-family-demographics>

Webinars & wrap-arounds are available 24/7/365

We Remember

October 2018:

26 National Day of the Deployed

November 2018:

Military Family Month
10 Marine Corps Birthday
11 Veterans Day

December 2018:

7 Pearl Harbor Day
13 National Guard Birthday
15 National Wreaths Across America
28 Anniversary of the Army Chaplain Assistant



Storytelling for CULTURAL COMPETENCE

MilitaryFamiliesLearningNetwork.org/courses/storytelling/

We hope you'll continue your cultural competency journey by putting some tips and resources into action in your work, by sharing the conference with others, and by continuing to work through the conference journal and action advocacy plan.

In the Advocacy Action Plan guided experience, you'll learn new strategies, set personal goals for change and continue your cultural competence journey.

The recordings of all the conference sessions are now archived at <https://militaryfamilieslearningnetwork.org/2018virtualconference/> You can watch sessions a second time, share them with colleagues, and of course, CE certificates and certificates of completion will continue to be available through the recordings.

~Bob Bertsch, MFLN Web Technology Specialist and Family Transitions Team Member

Transition Tips

The DoD and LinkedIn have recently partnered to provide military spouses with a one year, no cost upgrade to LinkedIn Premium in conjunction with every PCS and when their Service member separates from the military.

Entrepreneurship provides military spouses with opportunities for: portable careers, leadership, networking, self-determination & flexibility growth.

Enter your zip code or click on the map to connect with your local SBA district office and other resources in your area.
<https://www.sba.gov/tools/local-assistance>

Research Highlights: Overindulgence in Parenting

Research by Jean Illsley Clarke, Connie Dawson, and David Bredehoff shows that overindulged children can be difficult adults to be around (How Much is Too Much? Raising likeable, responsible, respectful children in an age of overindulgence, 2014). While these adults showed wealth, fame and image to be their most important aspirations, their least important goals were meaningful relationships, personal growth and community contributions.

Learn more:

- webinar - **Overindulgence in Parenting: How Much is too Much?** on October 25 militaryfamilieslearningnetwork.org/event/22032
- research - overindulgence in parenting www.overindulgence.org

~Submitted by Ellie McCann

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militaryfamilieslearningnetwork.org/family-transitions/meet-our-team/