MILITARY FAMILIES LEARNING NETWORK / JANUARY 2020

NETWORK NEWS

UPCOMING EVENTS:

JAN. 14 Family Systems Trends and Transitions: What They Mean for Families
11:00 am - 12:30 pm ET

JAN. 15 Preoperative Nutrition Managemen of Bariatric Surgery Patients
11:00 am - 12:00 pm ET

JAN. 21 Tax Updates: New Year, New Forms, New Thresholds
11:00 am - 12:30 pm ET

JAN. 28 Co-Parenting: Strengthening Diverse Military Family Systems
11:00 am - 12:30 pm ET

FEB. 11 Understanding Long-term Care: Basics and VA Aid & Assistance
11:00 am - 12:30 pm ET

FEB. 12 Exploring the Research on Fad Diets
11:00 am - 12:00 pm ET

Does Being a Military Familly Invite Overindulgence?

"My partner is deployed, and it is so hard on the kids. I want to make their life easier. I just want them to be carefree kids, so I don't expect them to help around the house."

"When my child's other parent is deployed, I don't want them to feel sad or lonely, so I keep them involved in a lot of activities. I barely have time for myself."

These are statements that good-hearted military parents have shared about their attempt to protect their children from the downsides of military life such as multiple moves, parental deployment, or even a parent struggling with PTSD. It is easy to slip to buy too much, do too much, or fail to set boundaries or expect children to do chores. In other words, we might unintentionally invite overindulgence.

Parents want the best for their children. They want them to be safe, happy, and successful. They want to protect their children from difficult situations. This is parenting with a good heart. However, to grow confident, capable, resilient adults, children need both good and strong heart parenting. Children need to be allowed to make mistakes, struggle through problems, and feel sad. A loving caring adult's job is to support the child as they learn new developmental tasks or experience difficult situations. Children need help not rescuing.

When adults only parent from a good heart, parents may accidentally give some risky gifts. They're risky because parents give them without intending to. According to Clarke, Bredehoft, and Dawson, in How Much is Too Much? Raising Likeable, Responsible, Resilient Children in the Age of Overindulgence, parents can slide into overindulgence in three different ways, which all have unintended outcomes.

- **Too Much** - Anything that costs money, food, toys, clothes, activities, screen time, entertainment, etc. It can lead to not knowing what is enough, or confusing wants and needs.
- **Over Nurture** - Doing things for children that they should be doing for themselves. While it may look like protecting and helping our kids, it could create learned helplessness.
- **Soft Structure** - Lax rules and no chores can lead to poor self-control. Children may develop the belief that they are the center of the universe, and they may lack skills they need to be confident, capable adults.

Learn how to identify if parents have slipped from helping and into overindulgence in this blog post!

Written by:
Lisa Krause, M.A.

Webinar Spotlight!

Stepping Out: Family Outings with Young Children with Autism

This webinar presents ways professionals can help families develop strategies to prevent and address concerns during their outings with children with autism and related disorders.

- *"Excellent, practical ideas for working with young children with autism."*
- *"Great webinar! Information was helpful and easy to understand. Thankful for the powerpoint slides."*
- *"This was a great presentation with great content for the providers."*

View Webinar Recording!

[NEWSBITES]

Financial Advice for New Recruits: "What We Wish We'd Known"

Have you ever wished that you could go back in time? Recently a conversation on an online military discussion board caught the eye of Grant Specialist, Carol Church. It was a discussion among newly enlisted service members asking for financial advice. While not all advice seemed completely sound there were some good words of wisdom.

The Uncertainty of Cancer

As a mother of a cancer victim, uncertainty is with Mary Brintnall-Peterson, Ph.D., every day. Here are some words of wisdom she's picked up that might be helpful to you as a caregiver or someone who works with cancer caregivers.

There's an App for That! The Scoop on Diabetes Self-Management Apps

Mobile applications are a growing method for managing chronic diseases, such as Type 2 Diabetes. There are several applications available to assist patients in managing their diabetes, learn about them in this blog post!

Inclusion of Young Children with Disabilities in Childcare

Dr. Jenna Weglarz-Ward, assistant professor at the University of Nevada, Las Vegas, sat down with our Early Intervention team to discuss the inclusion of young children with disabilities in childcare settings. Listen here!

Moving Toward Inclusive Practice

Podcast Episode: Asking Questions

How do we as helping professionals ask questions when we don't always get information back from people that may be relevant to helping others in a cultural context? In this episode we hear how if we don't ask everyone the question, we may be missing someone and may be missing how we can serve them. Anne Phibbs gives the listener examples of when a well-placed question can go a long way, and in the questioning we can create inclusion.

Listen to this episode!

New Episode Available

Anchored. Episode 19

Supporting Military Spouses with Employment and Higher Education Transitions

Military spouses face countless transitions and life-changes that can impact career, higher education goals and finances. This podcast episode explores Christine "C.C." Gallagher's experience as a military spouse and mother who has gone through several Permanent Change of Stations (PCSs) and how they've impacted her employment journey. C.C. shares helpful resources connected to military spouse employment and higher education. Molly Herndon offers details about two MFLN Personal Finance webinars focusing on military spouse employment as well as the Forever GI Bill and higher education

Listen to this episode!

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