

Fort Knox Family Readiness

Family readiness

Inside this Issue:

Helping Children
Succeed in School

pg 1

Break the Silence, Make
the Call

pg 2 - 5

Breast Cancer
Awareness

pg 5

Your Money Savers and
Your Health

pg 6

Contact Us

pg 7

Helping Children Succeed in School Grades-To Bribe or Not to Bribe

From <http://urbanext.illinois.edu/succeed/grades.cfm>

Every parent has the age-old question: "Should you bribe your child to do homework?" "Should you pay your child for good grades?" And the answer is yes-and no.

Everyone responds to some form of bribery in life. Bribery is the promise of something in return for doing something. But bribery has a negative implication, whereas reward is a positive influence. Rewards may be personal (feeling good about ourselves, social (being thanked or praised by others), or material (receiving a concrete reward).

Most children are not mature enough to accept personal rewards, so they may need material rewards. Material rewards can be effective to motivate a child to improve a behavior, grade card, or practice, but should not be used as the only means for improvement. The material rewards need to be phased out when no longer needed and replaced with personal or social rewards. Rewards for children need to be frequent, consistent and appropriate.

As well, consequences should be spelled out ahead of time. Parents who set consequences with children also need to be sure they can live with the consequences. By developing consequences, parents are actually giving children a choice. If the child chooses the consequence for not following through on the expectation, a suitable consequence should be given.

Appropriate consequences do not include buying expensive toys for completing homework or receiving acceptable grades; on the other hand, grounding your child for a month for failing to live up to an expectation is not appropriate either.

Goals need to be short term and rewards small for young children. As children mature, the goals can be more long-term and the rewards or consequences should be equivalent to their maturity.

But there are advantages to being elected President. The day after I was elected, I had my high school grades classified Top Secret. ~Ronald Reagan

Break the Silence, Make the Call

From <http://www.thehotline.org>

Domestic violence can happen to anyone of any race, age, religion or gender and can affect people of all socioeconomic backgrounds, education levels and military ranks. The National Domestic Violence Hotline (NDVH), in partnership with the Department of Defense (DoD), has launched a public awareness campaign to “Take A Stand Against Domestic Violence.”

What is Domestic Violence?

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

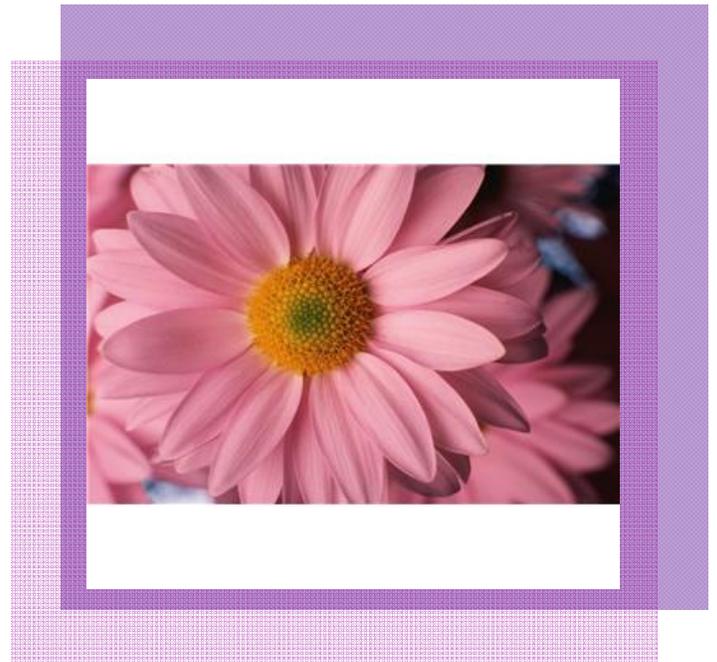
Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure or wound someone.

Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. It can happen to couples who are married, living together or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

If someone is hurting you it can be very scary and it may be hard to know how you can stop it. It is important to remember that no one has the right to be violent towards you and there are people out there who can help.

Below are some of the forms that domestic violence may take:

Physical – If someone is hurting you then you will probably have to take some action. Some forms of physical violence are: pushing, shaking, slapping, and forcing you to do sexual things against your will, throwing things at you, damaging your property, hurting or killing pets.



Emotional – This form of violence is often unrecognized and can be very hurtful. Some forms of emotional violence are making threats, speaking in a way that is frightening, putting you down, and emotional blackmail.

Economic – Having money and being able to make decisions about it, is one means of being independent. If someone is controlling your money, keeping you financially dependent, or making you ask for money unreasonably, then this is a form of violence.

Social – This form of violence may happen in conjunction with other forms. If someone is insulting you or teasing you in front of other people, keeping you isolated from family and friends, controlling what you do and where you go, then they are being violent and you may need to take some action.

Spiritual – This violence is about not allowing you to have your own opinions about religion, cultural beliefs, and values.

How can I keep myself safe?

At times we underestimate the amount of danger we are in, either because we don't realize or don't want to accept how dangerous a situation is. Being safe is important and there are things you can do to ensure your safety.



- ✓ Is there immediate danger? How likely it is that someone would hurt you? If necessary, you may have to move to somewhere safe.
 - ✓ Do you have support? Making a decision to leave a situation where you feel unsafe may be hard and scary. If possible, talk to someone you trust, like a friend, a counselor or youth worker.
 - ✓ Talk to the police: If you feel unsafe the police are good people to talk to. If you or someone you know has been hurt, the police will be able to help.
- ✓ Believe in yourself: If someone is hurting you or threatening to, it can be hard to maintain your self-confidence. Remember it is *NEVER OK* for someone to hurt or threaten to hurt you.
 - ✓ Know your rights: It may be a good idea to check out your legal rights. Laws vary from state to state.

How can I help a friend or Family Member who is being abused?

Don't be afraid to let him or her know that you are concerned for their safety. Help your friend or family member recognize the abuse. Tell him or her you see what is going on and that you want to help. Help them recognize that what is happening is not "normal" and that they deserve a healthy, non-violent relationship.

Acknowledge that he or she is in a very difficult and scary situation. Let your friend or family member know that the abuse is not their fault. Reassure him or her that they are not alone and that there is help and support out there.

Be supportive. Listen to your friend or family member. Remember that it may be difficult for him or her to talk about the abuse. Let him or her know that you are available to help whenever they need most is someone who will believe and listen to them.

Be non-judgmental. Listen to your friend or family member's reasons why victims stay in abusive relationships. He or she may leave and return to the relationship many times. Do not criticize his or her decisions or try to guilt them. He or she will need your support even more during those times.



friend or family member. Remember him or her to talk about the abuse. Let him or her know that you are available to help whenever they need most is someone who will believe and listen to them.

Respect your friend or family member's decisions. There are many reasons why victims stay in abusive relationships. He or she may leave and return to the relationship many times. Do not criticize his or her decisions or try to guilt them. He or she will need your support even more during those times.

Encourage him or her to participate in activities outside of the relationship with friends and family.

If he or she ends the relationship, continue to be supportive of them. Even though the relationship was abusive, your friend or family member may still feel sad and lonely once it is over. He or she will need time to mourn the loss of the relationship and will especially need your support at that time.

Help him or her to develop a safety plan.

Encourage him or her to talk to people who can provide help and guidance. Find a local domestic violence agency that provides counseling or support groups. Offer to go with him or her to talk to family and friends. If he or she has to go to the police, court or a lawyer, offer to go along for moral support.

Remember that you cannot “rescue” him or her. Although it is difficult to see someone you care about get hurt, ultimately the person getting hurt has to be the one to decide that they want to do something about it. It’s important for you to support him or her and help them find a way to safety and peace.

Breast Cancer Awareness

What is Breast Cancer?

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. It is considered a heterogeneous disease—differing by individual, age group, and even the kinds of cells within the tumors themselves.

Obviously no woman wants to receive this diagnosis, but hearing the words “breast cancer” doesn’t always mean an end. It can be the beginning of learning how to fight, getting the facts, and finding hope.

Women in the United States get breast cancer more than any other type of cancer except for skin cancer. It is second only to lung cancer as a cause of cancer death in women.

Each year it is estimated that nearly 200,000 women will be diagnosed with breast cancer and more than 40,000 will die. Approximately 1,700 men will also be diagnosed with breast

cancer and 450 will die each year. The evaluation of men with breast masses is similar to that in women, including mammography.



October is Breast Cancer Awareness Month



“When you do nothing, you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better”. ~*Maya Angelou*



your **moneysavers**

Paying extra for better service. Several firms are offering benefits such as shorter wait times, easier returns, faster airline boarding or the promise of contact with real people instead of a machine.

Costs vary widely: Time Warner Cable offers priority service with a premium package starting at \$180/month...American Airlines charges \$9 to \$19 per flight segment for faster boarding...Best Buy extends its 30-day return period to 45 days for customers who spend at least \$2,5000 per year.

What to do: Balance costs and benefits. Many companies use the same service centers for all callers but simply pick up more quickly for those who pay.

~SmartMoney.com



your **health**

To protect teeth from cavities, don't eat one piece of candy or sweets now, then another piece an hour later and so on.

Reason: After eating just one piece of candy, your mouth becomes acidic and it can take up to an hour for the mouth's pH balance to return to normal. The longer the teeth are exposed to acid, the greater the chance of cavities. *If you choose to eat sweets:* Limit treats to one after-meal serving-the increased production of saliva during and after a meal helps to wash away acidity. Also, try to brush your teeth or at least rinse your mouth with water after eating sweets.

~Mark Helpin, DMD, acting chair, pediatric dentistry, Temple University's Maurice H. Kornberg School of Dentistry, Philadelphia.



If You Need Help...or know someone that needs help**Military OneSource**

www.militaryonesource.com 1-800-342-9647

Spanish speaking callers:

1-888-732-9020/1-877-888-0727/1-877-255-7524



Hearing Impaired callers: 1-800-346-9188

Alcohol and Substance Abuse Helpline and

Treatment: Information, crisis intervention, and referrals to local rehab centers for all types of drug dependency. 24/7.

1-800-234-0420

Department of Defense Safe helpline: Sexual Assault

Support for the DoD Community provides live, confidential support, 24/7. <https://www.safehelpline.org/> or 1-877-955-5247.

Army Suicide Prevention

Suicide Prevention Lifeline at 1-800-273-TALK (8255).

<http://www.armyg1.army.mil/hr/suicide/>

Veterans Crisis Hotline

at 1-800-273-8255, press 1

<http://www.veteranscrisisline.net/>

The National Domestic Violence Hotline is in partnership with the Department of Defense (DoD) to launch public awareness, support, emergency services and shelters 24/7.

<http://www.thehotline.org/military/index.html>

1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)

En Espanol <http://www.thehotline.org/espanol/help/index.html>

Child Welfare Information

State toll-free numbers for specific agencies designated to receive and investigate reports of suspected child abuse and neglect.

<http://www.childwelfare.gov/>

National Hotline for Missing and Exploited Children:

Operates a hotline for reporting missing children and sightings of missing children. 1-800-843-8678

**ADDITIONAL RESOURCES**

With regard to **Army Reserve military benefits and resources:**
www.arfp.org

Army One Source site:

www.myarmyonesource.com/default.aspx

Army Family Team Building:

www.aftb.org

DEERS: 800-538-9552 or

www.tricare.osd.mil/DEERSAddress

American Red Cross:

www.redcross.org or 877-272-7337

MWR (Morale, Welfare, and

Recreation): www.armymwr.com

My Pay website:

<https://mypay.dfas.mil/mypay.aspx>

TRICARE:

TRICARE Standard information:

<http://www.tricare.osd.mil/standard.html>
<https://www.tricare.osd.mil/tricareextra.html>, and **TRICARE Extra**

information:

TRICARE Prime information:

<http://www.tricare.osd.mil/tricareprime.html>

TRICARE Prime Remote:

<http://www.tricare.osd.mil/tpr/>

TRICARE Pharmacy Program Info:

866-363-8779 or

www.tricare.osd.mil/pharmacy

Strong Bonds (retreats for single and married service members):

<http://www.strongbonds.org>

The official Army benefits website:

<http://myarmybenefits.us.army.mil>