





## 2023 Month of Military Child Activities & Resources for Families

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Upcoming Trainings</b></p> <p><a href="#">Available Training Topics - Exceptional Children's Assistance Center (ECAC) (ecac-parentcenter.org)</a></p>	<p><b>Follow us on Social Media!</b></p> 	<p>Military kids are like dandelions:</p>  <p>they bloom where they are planted.</p>	<p><b>Connect with our Military Parent Educator</b></p> <p><a href="#">ecac_MilitaryFlyer2022_Final.pdf (ecac-parentcenter.org)</a></p>		<p style="text-align: right;"><b>1</b></p> <p>Check out your local library website to find <a href="#">resources and activities</a> for students and families. If you have a reading app you can access the <a href="#">NC Kids Digital Library</a>.</p>
<p style="text-align: right;"><b>2</b></p> <p>The Military and Family Life Counseling Program</p> <p><a href="#">Military &amp; Family Life Counseling Program (MFLC) • Military OneSource</a></p>	<p style="text-align: right;"><b>3</b></p> <p>Check your EFMP's website/Facebook group for updates and information about upcoming events. Pick an event to participate in.</p>	<p style="text-align: right;"><b>4</b></p> <p>SchoolQuest free, easy-to-use website that support you when changing schools due to a PCS move.</p> <p><a href="https://schoolquest.militarychild.org/">https://schoolquest.militarychild.org/</a></p>	<p style="text-align: right;"><b>5</b></p> <p>Go to the <a href="#">ECAC website</a> and see all the free resources available to parents.</p>	<p style="text-align: right;"><b>6</b></p> <p>Designed for military teens, helps MilKids face stressors, worries and constant changes, which can affect their physical and emotional health.</p> <p><a href="https://militarykidsconnect.health.mil/">https://militarykidsconnect.health.mil/</a></p>	<p style="text-align: right;"><b>7</b></p> <p>Share with your child what your school days were like (Share a picture). Make a list of the 3 things each of you like best about school. Are there any in common?</p>	<p style="text-align: right;"><b>8</b></p> <p><b>A Parent's Guide to Special Education in NC</b></p> <p><a href="#">Parents_guide.pdf (ecac-parentcenter.org)</a></p>
<p style="text-align: right;"><b>9</b></p> <p><b>Military Interstate Children's Compact Commission</b></p> <p><a href="#">Publications - MIC3</a></p>	<p style="text-align: right;"><b>10</b></p> <p>Military OneSource, military families have access to a nationally recognized caregiver database to search for hourly, flexible and on-demand childcare.</p> <p><a href="https://www.militaryonesource.mil/parenting/child-care/military-child-care-services/">https://www.militaryonesource.mil/parenting/child-care/military-child-care-services/</a></p>	<p style="text-align: right;"><b>11</b></p> <p>A Parent's Guide: Communicating With Your Child's School Through Letter Writing</p> <p><a href="#">PA9-Lisa2 (ecac-parentcenter.org)</a></p>	<p style="text-align: right;"><b>12</b></p> <p>Tools for preschool-aged military children and their parents to help them cope with the challenges of military life.</p> <p><a href="https://sesamestreetformilitaryfamilies.org/topic/wellness/?ytid=ziI_GJhPsAA#family-wellness">https://sesamestreetformilitaryfamilies.org/topic/wellness/?ytid=ziI_GJhPsAA#family-wellness</a></p>	<p style="text-align: right;"><b>13</b></p> <p>Adaptations, accommodations, and modifications</p> <p><a href="#">Adaptations, Accommodations, and Modifications (ecac-parentcenter.org)</a></p>	<p style="text-align: right;"><b>14</b></p> <p>A fillable tool for organizing a child's health care information.</p> <p><a href="#">Care Notebook (ecac-parentcenter.org)</a></p>	<p style="text-align: right;"><b>15</b></p> <p>Stay connected with information and tools</p> <p><a href="#">Stay Connected - Exceptional Children's Assistance Center (ECAC) (ecac-parentcenter.org)</a></p>
<p style="text-align: right;"><b>16</b></p> <p>Try making a <a href="#">kid-friendly recipe</a> with your child to <a href="#">practice math</a> and literacy skills. Measure out the ingredients together.</p>	<p style="text-align: right;"><b>17</b></p> <p>Learn about a FREE tutoring resource for Military Families:</p> <p>Tutor.com</p> <p><a href="https://military.tutor.com/home">https://military.tutor.com/home</a></p>	<p style="text-align: right;"><b>18</b></p> <p>Look at family pictures together. <a href="#">Make it fun!</a> Reflect about all the places you have visited and or lived!</p>	<p style="text-align: right;"><b>19</b></p> <p>Make a list of what your family is most excited to do in North Carolina!</p>	<p style="text-align: right;"><b>20</b></p> <p>Discover your circle of support</p> <p><a href="#">Circle-of-Support-Action-Step-1.pdf (ecac-parentcenter.org)</a></p>	<p style="text-align: right;"><b>21</b></p> <p>Play outside or enjoy some board games <a href="#">with no electronics</a> allowed.</p>	<p style="text-align: right;"><b>22</b></p> <p style="text-align: center;"><b>Earth Day</b></p> <p><a href="#">Earth Day: The Official Site   EARTHDAY.ORG</a></p>
<p style="text-align: right;"><b>23</b></p> <p>Ask your child what job they would like to do when they grow up. <a href="#">Research online</a> jobs your child is interested in doing.</p>	<p style="text-align: right;"><b>24</b></p> <p>Ask if your child if they were a teacher "what would they want to teach students?"</p>	<p style="text-align: right;"><b>25</b></p> <p><b>4-H Military Partnership</b> Positive youth development for youth, families, and communities.</p> <p><a href="#">4-H Military Partnership (4-hmilitarypartnerships.org)</a></p>	<p style="text-align: right;"><b>26</b></p> <p>Serving North Carolina Military Families with Children with Disabilities and Special Healthcare Needs</p> <p><a href="#">ecac_MilitaryFlyer2022_Final.pdf (ecac-parentcenter.org)</a></p>	<p style="text-align: right;"><b>27</b></p> <p>Communicating With Your Child's School Through Letter Writing</p> <p><a href="#">PA9-Lisa2 (ecac-parentcenter.org)</a></p>	<p style="text-align: right;"><b>28</b></p> <p><b>Follow us on Social Media!</b></p> 	<p style="text-align: right;"><b>29</b></p> 