NAVAL SUBMARINE BASE KINGS BAY FLEET AND FAMILY SUPPORT CENTER

HOURS OF OPERATION

MON, TUES, WED & FRI
8:00AM-4:30PM

THURS
9:00AM-4:30PM

CONNECT WITH US
912-573-4512/4513

EXCLUSIVE: BABY SLEEP SAFETY

AUGUST 2022

1st Day of School - August 1
Coast Guard Birthday - August 4
Purple Heart Day - August 7
Women's Equality Day - August 26
Marine Corps Reserve 106th Birthday - August 29

KNOW US, BEFORE YOU NEED US!
Before you say goodnight to your little one, here are some best practices for safe sleeping, as recommended by the American Academy of Pediatrics.

Safe sleep is as easy as A, B, C: Alone, Back, and Crib.

- Baby should always sleep alone.
- Don’t sleep in the same bed as baby.
- The safest place for baby to sleep is the same room as their caregiver.
- You can place crib next to the bed.
- Keep the room smoke and pollutant-free.
- Keep the room cool to prevent overheating.

Baby should sleep on their back.
- Place baby on their back to sleep and tummy to play.
- Help to prevent flat spots on the head by changing sleep direction daily.

Baby should always sleep in a crib.
- Use a crib or bassinet that meets current safety standards.
- Provide your baby with a firm sleep surface.
- Keep crib empty.
- Remove loose bedding, bumpers, and toys as they can put safety at risk.
- Avoid using sleep positioning devices.

There is no evidence these are effective and in some cases, they pose a danger to baby if they roll out of the device.

Because baby sleeps on their back, Tummy Time is essential!
- Tummy Time should begin as soon as baby comes home.

These guidelines have been created by the American Academy of Pediatrics.

For more information, call our New Parent Support Specialist at 912-573-4893.
• Establish a study routine. Creating a routine—such as studying for an hour after dinner, or for a half hour each morning—will encourage consistency. When getting started, create a study schedule and set reminders on your phone to help build the habit.

• Create a dedicated study area. Choose an area that is free of distractions where you can set up your study materials and leave them between sessions. When it's time to study, you won't spend time searching for something you need. Just sit down, and you're ready to go.

• Focus on the quality of studying, not the quantity. It's more effective to space out many short study sessions, rather than having one marathon session. Try studying in half-hour to hour-long blocks, with breaks in between. This way, you can stay alert and focused the whole time.

• Make studying a priority. When it's time to study, take it as seriously as you would take a job. Don't skip study sessions, start on time, and give the task 100% of your attention.

• Set specific study goals. Goals give direction to a study session and provide a sense of accomplishment when completed. Create goals that can realistically be completed in a single study session, such as: Learn the terms in chapter 1, pass the chapter 2 practice quiz, take notes on chapter 4, or review class notes for 30 minutes.

• Don't stop at reading—write down what you learn. By typing or hand-writing information, you will engage in active learning, which can improve retention and understanding. Try making flashcards, writing chapter summaries, or creating an outline of the material. As a bonus, you can refer back to what you've written to quickly review the material.

• Quiz yourself to make information “stick”. Look for practice tests or discussion questions after each chapter you read. Another way to “quiz” yourself is to teach something you've studied to a friend, a pet, or even an inanimate object, without looking at the material.

• A change of scenery can improve information retention. If you're feeling unfocused, unmotivated, or just plain bored, try studying somewhere new. Libraries, parks and coffee shops are great alternatives for breaking out of your routine.

• Take care of your mind and body. Healthy sleep habits, exercise, and a balanced diet will boost memory and brain function. Studying is most effective when it’s balanced with good habits.
CHILL OUT AND KNOW THE SIGNS OF HEAT STRESS!

HEAT STRESS INJURIES

HEAT RASH
- Red raised rash
- Impairs sweating and decreases effectiveness of sweating

HEAT CRAMPS
- Muscle cramps, pain or spasms in the abdomen, arms or legs

HEAT EXHAUSTION
- Moist, clammy skin
- Dilated pupils
- Normal or subnormal temperature
- Dizziness, confusion and/or nausea
- Weak pulse
- Rapid breathing

HEAT STROKE
- Dry, red, hot skin
- Pupils constricted
- Very high body temperature
- Dizziness, confusion and/or nausea
- Pulse rapid
- Unconsciousness
- Coma
- Death

HOW TO PREVENT
- Hydrate. Drink 8 to 16 cups of water a day.
- Keep a lookout for shipmates and watch for symptoms.
- Eat a well-balanced diet. Salt food to taste.
- Limit how much coffee and sodas you drink.
- Get plenty of rest. At least 6 hours every 24 hour period.
YOUR Virtual FFSC WEBINAR SCHEDULE

We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving. Spouses are encouraged to attend all of these trainings. Be sure to pass this flyer on.

How to register:

Step #1: Make a free account at MyNavyFamily.com (NMCI use https://learning.zeiders.refineddata.com) at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone!!

Step #2: Click on “Live Webinars” at the top of the page to view the full list of offerings.

Step #3: Click on the title of a session to view the information and description.

Step #4: Click on “register now” to register for the course.

You will get reminder emails with your personalized link.

If you have any trouble, please write to learning@zeiders.com

The CNIC LMS has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse eLibrary.
## Deployment
- **Thursday, August 4th**
  1:00 PM EST  Navigating Your New Normal During Deployment
- **Wednesday, August 10th**
  2:00 PM EST  Maintaining Relationships During Deployment
- **Thursday, August 11th**
  1:00 PM EST  Reach Out and Touch: Creative Ways to Stay in Touch While on Deployment
  1:00 PM EST  Couples and Deployment

## Employment
- **Wednesday, August 3rd**
  1:00 PM EST  Effective Resume Writing
- **Tuesday, August 9th**
  1:00 PM EST  Winning Interview Techniques
- **Wednesday, August 10th**
  12:00 PM EST  Interviewing Skills
- **Tuesday, August 16th**
  12:00 PM EST  Resume Writing
- **Tuesday, August 23rd**
  1:00 PM EST  Navigating Federal Employment
- **Wednesday, August 24th**
  10:00 AM EST  Interview Techniques
  1:00 PM EST  Job Search Strategies
- **Thursday, August 25th**
  1:00 PM EST  Job Search Strategies

## Finances
- **Tuesday, August 9th**
  12:00 PM EST  Credit...What's the Big Deal?
- **Friday, August 12th**
  10:00 AM EST  Financial Responsibilities in the Military
- **Tuesday, August 23rd**
  2:00 PM EST  College Degrees are More than Tuition and Fees
- **Friday, August 26th**
  12:00 PM EST  They're Off to College...So Now What?

## Life Skills
- **Monday, August 1st**
  10:00 AM EST  FAP Facts: Understanding the Family Advocacy Program
- **Wednesday, August 3rd**
  10:00 AM EST  Youth Suicide Prevention
  11:00 AM EST  Mind Body Mental Fitness Part 5: Problem Solving
- **Thursday, August 4th**
  1:30 PM EST  Got Game?
- **Wednesday, August 10th**
  11:00 AM EST  Mind Body Mental Fitness Part & Connection
  2:00 PM EST  FAP Facts: Understanding the Family Advocacy Program
- **Thursday, August 11th**
  10:00 AM EST  Taking the Grin Out of Anger

## Friday, August 12th
- 10:00 AM EST  Stress Management
- **Monday, August 15th**
  2:00 PM EST  Cultivating Resiliency
- **Tuesday, August 16th**
  9:00 AM EST  FAP Facts: Understanding the Family Advocacy Program
  10:00 AM EST  Stress Management
- **Wednesday, August 17th**
  5:00 PM EST  Mind Body Mental Fitness Part 1: Stress Resilience

## Monday, August 22nd
- 2:00 PM EST  Diversity and Cultural Competency in the Workplace
- **Wednesday, August 24th**
  10:00 AM EST  Anger Management
  11:00 AM EST  Sponsor Training
  4:00 PM EST  Say What You Mean: Assertive Communication Skills
  5:00 PM EST  Mind Body Mental Fitness Part 2: Mindfulness and Meditation

## Thursday, August 25th
- 11:00 AM EST  FAP Facts: Understanding the Family Advocacy Program
- 4:00 PM EST  Adventures in Journaling
- **Wednesday, August 31st**
  5:00 PM EST  Mind Body Mental Fitness Part 3: Living Core Values

## Parenting
- **Tuesday, August 2nd**
  2:00 PM EST  Financial Planning: Preparing for Divorce
- **Thursday, August 18th**
  1:00 PM EST  What About the Kids?
- **Tuesday, August 23rd**
  10:00 AM EST  Financial Planning: Preparing for Divorce
- **Thursday, August 25th**
  2:00 PM EST  Baby Boot Camp
- **Monday, August 29th**
  2:00 PM EST  Skills and Strategies for Co-Parenting
- **Wednesday, August 31st**
  9:30 AM EST  Financial Planning: Preparing for Divorce
  12:00 PM EST  The Basics of Special Education and IEPs

## Relocation
- **Tuesday, August 9th**
  1:00 PM EST  Lemons to Lemonade
- **Wednesday, August 31st**
  11:00 AM EST  Smooth Move Workshop

## Transition
- **Tuesday, August 23rd**
  1:00 PM EST  Navy Retirement...Is It Enough?
FFSC Workshops have gone virtual. Save the date! Attend from anywhere.

Your Navy Region Southeast Team has got you covered

August 4, 2022, 1:30 p.m. EST: Got Game?
Facilitator: Camille Farrie, FFSC NSA Mid-South

August 10, 2022, 12:00 noon EST: 2-Hour Interviewing Skills
Facilitator: Diane Brown, FFSC NSA Mid-South

August 10, 2022, 2:00 p.m. EST: Maintaining Relationships During Deployment
Facilitator: Jade Renee, FFSC JRB New Orleans

August 12, 2022, 10:00 a.m. EST: Stress Management
Facilitator: Ora Millard, FFSC JRB Ft Worth

August 15, 2022, 2:00 p.m. EST: Cultivating Resiliency
Facilitator: Jamie Brunson, FFSC JRB New Orleans

August 16, 2022, 10:00 a.m. EST: Stress Management
Facilitator: Edie Limardo, FFSC NAS Mayport

August 16, 2022, 12:00 noon EST: 3-Hour Resume Writing & Cover Letters
Facilitator: Diane Brown, FFSC NSA Mid-South

August 18, 2022, 1:00 p.m. EST: What About the Kids?
Facilitator: Edie Limardo, FFSC NS Mayport

Space is limited. Register early on the CNIC Learning Management System (LMS):
MyNavyFamily.com or
Learning.Zeiders.Refineda.com
FFSC Workshops have gone virtual.
Save the date! Attend from anywhere.

Your Navy Region Southeast Team has got you covered.

August 22, 2022, 2:00 p.m. EST: Diversity & Cultural Competency in the Workplace
Facilitator: Jamie Brunson, FFSC JRB New Orleans

August 24, 2022, 10:00 a.m. EST: Anger Management
Facilitator: Ora Millard, FFSC JRB Ft Worth

August 24, 2022, 11:00 a.m. EST: Sponsor Training
Facilitator: Deon Grissett, FFSC JRB New Orleans

August 25, 2022, 2:00 p.m. EST: Baby Boot Camp
Facilitator: Creola James, FFSC NCB Gulfport

August 26, 2022, 2:00 p.m. EST: They’re Off to College, Now What?
Facilitator: Julie Shourds, FFSC NSA Mid-South

August 26, 2022, 2:00 p.m. EST: Skills & Strategies for Co-Parenting
Facilitator: Jamie Brunson, FFSC JRB New Orleans

August 31, 2022, 11:00 a.m. EST: Smooth Move
Facilitator: Deon Grissett, FFSC JRB New Orleans

August 31, 2022, 12:00 noon. EST: The Basics of Special Education & IEPs
Facilitator: Ginger Manley, FFSC NAS Pensacola

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MyNavyFamily.com
or
Learning.Zeiders.Refineddata.com
The Transition Assistance Program (TAP) provides information and training to ensure Service members transitioning from active-duty are prepared for their next step in life. It is designed to provide Service members with the resources, tools, services and skill-building training needed to meet Career Readiness Standards (CRS). Virtual Tap (VTAP) provides the live training components from the Fleet and Family Support Center, Department of Labor and the Small Business Administration.

To receive a Certificate of Completion for each session, members must be logged into live classroom under their own LMS account and attend for the full length of the training. Some briefings are broken into multiple components and you must attend all components of training to fulfill Career Readiness Standards. Please see the descriptions on the LMS when you register.

**LOGIN INSTRUCTIONS**

Signing up is easy as 1.2.3.4:

2. Click on “Live Webinars” at the top of the page to view the full list of offerings.
3. Click on the title of a session to view the information and description.
4. Click on “register now” to register for the course.

You will get reminder emails with your personalized link.

If you have any trouble, please write to learning@zeiders.com.

Classes fill quickly. Register early!

Go to mynavyfamily.com to create a LMS account.

Once logged in, access LIVE webinars to register for a session.

<table>
<thead>
<tr>
<th>Date</th>
<th>Day of Week</th>
<th>Start Time</th>
<th>Duration</th>
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<tr>
<td>Aug 4th</td>
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<td>11:00 AM EST</td>
<td>6 hrs</td>
<td>Managing Your Education Track [My Education]</td>
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<td>Friday</td>
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<td>Aug 8th</td>
<td>Monday</td>
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<td>Pre-Separation Counseling</td>
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<td>Financial Planning for Transition</td>
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<td>Military Occupational Crosswalk [MOC Crosswalk]</td>
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<td>SBA Entrepreneurship Track [Boots to Business]</td>
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The Fleet and Family Support Center (FFSC) offers an array of classes each month that are FREE to active duty, retirees and their family members. Pre-registration is required due to limited seating. Please make arrangements as childcare is not provided.

1063 USS Tennessee Ave,
BLDG 1051
Kings Bay, GA 31547

Hours of Operation:
Mon, Tues, Wed & Fri:
8:00am - 4:30pm
Thursday
9:00am - 4:30pm

Connect with us!

Join these in-person classes where Fleet and Family Support Center subject matter experts provide you with the tools to BE A BETTER YOU. To register for these classes, please call FFSC at 912-573-4512/4513 or register online with the QR code.

KBU is a base-wide initiative that offers various classes in Life, Health and Leisure Skills bringing you one step closer to developing a "Better You". Different classes are offered each month. When you attend a class or event with this logo, you are entered to WIN BIG PRIZES.
Hop aboard the Kings Bay Express and be a better you in 2022!

Wednesday, August 10
10:00am-12:00pm
Call 912-573-4513 for more information.

TRANSITION/EMPLOYMENT

INNOVATUS One-on-One Employer Event
2 August 10:00am-3:00pm

TAP Class *
1-5 August 7:00am-4:30pm
22-26 August 7:00am-4:30pm
29-August-2 September 7:00am-4:30pm

DoD Vocational
4-5 August 9:00am-4:30pm
25-26 August 9:00am-4:30pm

Boots To Business
1-2 September 9:00am-4:30pm

Capstone
19 August 8:30am-10:30am

Federal Resume Writing
24 August 12:30-5:30pm

Georgia Troops to Teacher
24 August 1:00pm-4:00pm

BAE Systems Hiring Event
31 August 10:00am-2:00pm

NEW PARENT SUPPORT PROGRAM

Expectant Family Workshop
18 August 1:00pm-4:30pm

EXCEPTIONAL FAMILY MEMBER

EFMP PDC Training
10 August 1:00pm-2:30pm

EFMP PDC Forum
10 August 2:30pm-5:00pm

RELOCATION

PCS with DPS *
Every Tuesday at 9:30am
Every Thursday at 3:00pm

Cultural Adaptation
10 August 12:30pm-2:00pm

OCONUS Smooth Move
3 August 1:00pm-3:00pm

CONUS Smooth Move
20 August 10:00am-12:00pm

PERSONAL FINANCE

Debt Destroyer
2 August 3:00pm-5:00pm

Command Financial Specialist Forum
3 August 1:00pm-2:00pm

Command Financial Specialist Training
15-19 August 8:00am-4:00pm

Understanding Your Leave and Earning Statement (LES)
8 August 10:00am-12:00pm

Be Financially Prepared For Disasters
23 August 3:00pm-7:00pm

Free Money?
Continuation Pay is a click away
30 August 10:00am-12:00pm

LIFE SKILLS

Balancing Act: The Pros And Cons Of The Digital Age And Relationships
10 August 9:30am-11:00am

Stress Management
17 August 10:30am-12:00pm

Mind Body and Mental Fitness
2:00pm-4:00pm

Flexibility
1 August

Problem Solving
8 August

Connection
15 August

DEPLOYMENT

Navigating Your New Normal During Deployment
9 August 1:00pm-2:30pm

Single Sailors At Sea
23 August 1:00pm-2:30pm

COUNSELING & ADVOCACY

Anger Management *
Every Monday at 1:00pm

STOP *
Every Wednesday at 1:00pm

*To register for one of these classes, please call 912-573-4512/4513.