

Family Resources

CGSUPRT

855-CG SUPRT (247-8778)

www.CGSUPRT.com

National Military Family Association

A non-profit organization established to assist military families.

www.militaryfamily.org

National Guard Family Program

Family readiness and support services for members and families from all services.

www.jointservicessupport.org/fp

Coast Guard Ombudsman Program

Family resources and advocacy.

www.uscg.mil/ombudsman

Coast Guard Family Readiness Program

Emergency preparedness resources for families.

www.uscg.mil/worklife/ready.asp

Coast Guard Relocation Assistance Program

Help members become familiar with their new community and with the resources available.

www.uscg.mil/worklife/relocation_assistance.asp

Deployment Health and Family Readiness Library

Provides Service members and their families, an easy way to find deployment health and family readiness information and resources.

<http://deploymenthealthlibrary.fhp.osd.mil/>

Office Name

FRS Name

Address Line 1

Address Line 2

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Family Resource Specialists (FRS) and Child Development Services Specialists (CDSS)

are available to assist CG members and their families with school-related issues.

For information and assistance, please contact the FRS and/or CDSS* at the nearest Health, Safety, & Work-Life Regional Practice.

Alameda	(510) 437-3881
Boston	(617) 223-3484 (617) 223-3477 (508) 968-6635*
Cape May	(609) 898-6885 (609)898-6384*
Cleveland	(216) 902-6353
Honolulu	(808) 842-2089
Juneau/Ketchikan	(907) 463-2125
Kodiak	(907) 487-5525 x274 (907) 487-5525 x270*
Miami	(305) 278-6667 (305) 278-6665
Puerto Rico	(787) 729-2339
New Orleans	(504) 253-4709 (504) 253-4708
Portsmouth	(757) 686-4025 (757) 686-4023
LA/Long Beach	(310) 521-6134
Seattle	(206) 217-6786 (503) 861-6240*
St. Louis	(314) 269-2435
Washington DC	(202) 372-4088 (202) 372-4083

U.S. COAST GUARD



School, Deployment and the Military Child



School Liaison Officers

DoD School Liaison Officers (SLO) work in partnership with local schools, advise DoD Service members and Coast Guard members of school-aged children on educational issues and needs, and assist in solving education-related problems. Their goal is to help children succeed in an academic environment by:

- Providing education support information, referral, and guidance.
- Assisting parents with locating points of contact in the schools and making referrals as appropriate.
- Maintaining resource materials.

Visit www.militaryk12partners.dodea.edu to learn more about school liaisons.

Department of Defense Schools

The Department of Defense (DOD) Schools are available to the following members of Team Coast Guard:

- Active Duty, Reserves, Retirees and their dependents stationed in OCONUS locations except Alaska and Hawaii.
- Civil Service employees in Puerto Rico and Guam.
- Exchange System and MWR employees in Puerto Rico and Guam.

DoDEA provides a comprehensive curriculum from Pre-Kindergarten through 12th grade that is competitive with that of school systems in the United States. Visit www.dodea.edu to learn more about DoDEA's schools.



School Resources

The following tips will help your child get started at a new school:

- Contact your State Department of Education at: www2.ed.gov/about/contacts/state
- Look for school districts, homeschooling, or special interest websites.
- Check school ratings at www.greatschools.org. This site allows you to view parent reviews as well as ratings based on test scores.
- Visit the school in advance. Most schools offer tours and provide an opportunity to meet with school staff and ask questions.
- Try to arrange for another student to show your child around the first day of school.
- Gather information about the school such as school programs, dress code, school schedule and calendar, and lunch and breakfast programs.
- Help your child get involved with after-school activities and/or religious, cultural, or social groups, and/or youth programs at your installation.



For children with special needs

- If your child needs medication or has any special needs make arrangements with the school in advance.
- Ask about special education curriculum, teachers, and policies.
- Contact the Family Resource Specialist for information and resources.

DoD Special Education Curriculum
www.dodea.edu/Curriculum/specialEduc

Deployment

Deployment occurs in 3 main stages (pre, during, post) and all can come with a variety of emotions. There are no set rules on how your child will react to their parent's deployment but some form of difference is expected.



For preschool and elementary school children

- Maintain a regular routine.
- Keep children connected to the deployed parent(s) with daily discussions, pictures, and cards or letters.
- Spend extra time with your child and respond to their need for increased attention, and reassurance.
- Seek encouragement from extended family, friends, and schools.

For middle school and teenaged children

- Encourage conversations about deployment and concerns.
- Maintain routines, do not change rules or consequences.
- Encourage teens to continue with their community and extracurricular activities.
- Help teens remain connected to the deployed parent(s).
- Balance needs for more time with peers and extra time with parents.
- Encourage health habits and watch for changes in sleeping or eating patterns.