

# SJAFB Parent Advisory Board Newsletter

February/March 2010  
Volume 1, Issue 9

Julie Harrison, President  
Amanda Erdmann, Vice President  
Misty Plott, Secretary/Treasurer

## **THANK YOU PARENTS & VOLUNTEERS:**

“Be Mine Valentine Pancake Breakfast” at the YC was a huge success, as well as the crafts made by the children. It would not have been possible without all of your help. Special thanks to Ms. Walther for organizing the event and getting everyone to help out!

## **Dental Pointers for Children and Adults:**

- Babies **should** have their gums wiped off after every meal
- Babies **should not** have bottles propped up, this can cause choking since their gag reflex is not developed completely
- Babies **should not** go to bed with a bottle of formula/juice due to possible decay it causes for developing teeth, water only if bottle is necessary. **No sugar on pacifier.**
- **Do not** use adult toothpaste for your children (fluoride levels too high)
- Floss teeth as soon as your child gets them, best time to floss for any age is prior to bedtime
- **Do not** rinse mouth after brushing teeth, it washes away the benefit of brushing
- Brush teeth in circular motion, **not** up and down and side to side
- Children can be seen by a dentist starting as early as 6 months, most dentist in the Goldsboro area say 3 years of age, depends on where you take your child



## **EXERCISE, EXERCISE, EXERCISE**

Phase 1 Exercise starts Monday, 22 Feb 10. CDC will be open 0600-1900 from 22-24 Feb.

## **Airman & Family Readiness Center:**

**Yellow Ribbon Events (deployed/remote family members).**

Don't feel like cooking & want to meet other families? Join the yellow ribbon event on 2<sup>nd</sup>/4<sup>th</sup> Thursday of each month at Southern Eagles Dining Facility between 5-7pm for dinner. RSVP at 722-1123.



**1-2-3 Magic Parenting Class:** Wed, Apr 21 (0930-1400) @ Family Place, 703 Chandler

**Free Child Care and Free Lunch,** Sign up by calling 722-1123 or 722-1878

- \* Learn the 2 biggest parenting mistakes
- \* Strengthen your relationship with your child
- \* Control obnoxious behaviors
- \* Encourage good behaviors



## **Highlighted Events**

- PAB Meeting (Wednesday, 17 Mar @ 1130) Community Center O'Lounge
- March 20: “Who Cares? Ask Me Workshop” for parents/providers, see attached flyer for details
- April is Month of the Military Child: Parade will be on Thurs, 1 Apr; after parade there will be a guest speaker and *possible* car seat seminar and “Ident-a-Kid” opportunity
- \* Spaghetti Dinner/Art Auction on Fri, 16 Apr      \* Family Game Night on Fri, 23 Apr
- \* Operation BUG OUT (deployment line for kids) Fri, 30 Apr

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Year of the Air Force Family, for more details, please go to:  
<http://www.sjffs.com/AFRC/pdf/deployment%20guide.pdf>

Free child care, youth sports, classes, trips, bowling, golf opportunities plus many more. Please see if you are eligible and sign up at the AFRC, bring deployment orders with you.

Another great resource for information: [MyAirForceFamily.com](http://MyAirForceFamily.com)

Travel Expo 24 Feb 1100-1400 @ Community Center, vendors with great information will be there along with base program information.



**NO HAT AREA** is for CDC parking lots ONLY, NOT the Youth Center or any other areas. Please do not bring attention to yourself and go anywhere other than the front/side parking lot of the CDC. This has become a problem recently.

## Parents Night Out for next 3 months

5 March (6-11pm)

9 April (6-11pm)

14 May (6-11pm)

### Child Development Center News (722-1198):

- ❖ H1N1 Immunization must be documented and turned in by Mon, 22 Feb

### Youth Center News (722-0502):

- ❖ H1N1 Immunization must be documented and turned in by Mon, 22 Feb for School Age Program
- ❖ Spring Soccer, T-Ball, & Fast Pitch Softball registration 16-26 Feb. \$50/member \$60/nonmember
- ❖ Youth sports website: [www.wcyouthsports.teamlobby.com](http://www.wcyouthsports.teamlobby.com)

### Family Child Care News (722-7169):

- ❖ H1N1 Immunization must be documented and turned in by Mon, 22 Feb for School Age Program
- ❖ 16 providers available for various shifts, see monthly listing from your first sergeant
- ❖ Extended Family Care program has 40 hours per month to give to families
- ❖ Returning Reunion Care program has 16 hours per child

Parent resources/literacy kits available at the CDC. Examples: "A Kit for While You Are Away" and "99 Tips for School Readiness". If interested in checking them out, contact Lynn Lepley or Jan Green 722-0397.

If you are unable to attend a meeting & have questions/concerns please send email to [4FW.PAB@seymourjohnson.af.mil](mailto:4FW.PAB@seymourjohnson.af.mil). Thank you; see you at the next meeting!

## Classroom / Home / Program Parent Liaison

*Home Room Group for SAP / Pre-Teen / Teen / FCC Homes / CDC Classrooms*

- Main responsibility: voice of parents of respective program/ classroom/home
- Attend monthly PAB meetings (3<sup>rd</sup> Wed of every month @ 1130)
- Pass information, concerns and/or suggestions to PAB from parents
- Share information to the parents, relay what was discussed at the PAB meeting, get the word out for future events for the program

If time is preventing your involvement, team up with another parent to help out  
Parent Liaisons will earn one FREE Parent's Night Out voucher after 4 months of service

If interested: Please contact your child's program manager.  
FCC: Ms. McNeill / CDC: Ms. Baker-Waters / YC: Mr. McQuaig