



Awareness to Action KANSAS



OVERVIEW

Chances are, you see military kids and families every day, at work, at school, and around your neighborhood. And you've probably wondered exactly how to show them your support and appreciation, especially in times of heavy deployment. That's where Awareness to Action in Kansas comes in.



The Program

Sponsored by Kansas Operation: Military Kids (OMK), the program empowers you to educate yourself and others about supporting local military families. You'll learn about:

- Strengths of military families
- Unique challenges they face
- Ways to lend a hand during deployments

Using these resources, you'll be able to give support and honor the sacrifices and contributions of military families throughout your community.

What You Can Do

Use your kit throughout the month of November, which is Military Family Month. If you're part of a service organization, church, or other group, consider:

- Providing transportation to doctor's appointments and sports practices
- Sponsoring a military support network in a business or neighborhood
- Organizing a work day to get things done around a military family's home

Families and individuals should consider simple things that make a tangible difference:

- Offer to mow a family's yard
- Volunteer to do the grocery shopping — or babysit
- Listen when a military family member needs to talk

Getting Others Involved

Once you've become active, take it one step further by spreading the word. Inspire teachers, businesspeople and other civic leaders to take action.

For example, a teacher can allow class time for military kids to communicate with deployed loved ones. A business owner, on the other hand, can fund scholarships for military kids to participate in sports teams and other activities. Leading action in your community is a resounding way to thank military families for enriching our Kansas communities.





AWARENESS TO ACTION

Why it Matters

Whatever you do, do something. Community support is critical for families dealing with deployment. As Kansans, we are lucky to live in tight-knit communities that step up in our times of need. Now it's time to return the favor. Let's show our military families how important they are to our communities.



Program Overview

Module 1: Deployment and Reunion

You'll learn about the emotional cycle military families experience during a deployment. This knowledge can help community members understand what military families are going through, making you better prepared to offer support.

Module 2: Positive Youth Development

This module details how military kids often behave when a loved one is deployed — and suggests how caregivers, teachers and neighbors can help.

Module 3: Family Resilience

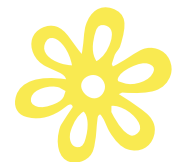
Learn the best ways to foster resilience for each military family member, from children to teens to adults. Providing support through community does a great deal to strengthen the bond within the family.

Module 4: Community Action

This module suggests specific ways you and other community members can celebrate military families. Whether you're part of a group, or acting as a family or individual, you'll learn ways both big and small that you can pitch in.

Partners

- Operation: Military Kids — www.OperationMilitaryKids.org
- Army Child & Youth Services — www.ArmyMWR.com
- Army Reserve Family Programs — www.ARFP.org
- National Guard Child and Youth Program — www.GuardFamily.org/Youth
- Military OneSource — www.MilitaryOneSource.com
- Military Child Education Coalition — www.MilitaryChild.org
- National Association of Child Care Resource & Referral Agencies — www.NACCRRRA.org
- Zero to Three — www.ZEROTOTHREE.org



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