



**Fort Meade's
Family
Advocacy
Program**



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**The
ADVOCATE
Family Advocacy
Program Newsletter**

**Family Advocacy
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**Keeping your Child active while
jumpstarting the New Year.**

As we jump into January, we are always looking for ways to keep our children active especially during the winter months. It is important to keep a positive mindset by motivating the children to engage in various activities. Research has shown that children that are active have better self esteem and reduced side effects of psychological distress, anxiety and depression. Incorporating these activities into your kids' daily routines will help them develop a healthy lifestyle that will stay with them for the rest of their lives.

Virtual Workshops

A-Z Come Play with Me
When: Every Monday and Friday
Time: 9AM-10AM

Single Parent Support:
When: Every 2nd and 4th Monday
Time: 2PM – 4PM

Power Burst Sessions
When: Every Tuesday
Time: 9AM- 9:30AM

**Parenting with A Purpose
(Six-weeks Parenting class)**
When: Wednesday
Time: 1PM-3PM

Women Empowerment Group
When: Wednesday
Time: 2PM- 3:30PM

5 Love Languages
When: 3rd Thursday
Time: 1PM-3PM

Parent Support Group
When: Every Thursday
Time: 10AM- 11AM

Baby Boot Camp
When: 4TH Friday of the Month
Time: 9AM-3PM



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The views and opinions expressed are not necessarily those of the Department of the Army. For additional information you may contact the Family Advocacy Program Office at (301) 677-4118.

Some ideas for indoor/outdoor play are:

- Including games such as hide and seek.
- Engage in story time.
- Arts and crafts.
- Register them for indoor classes where they can stay active and meet other children.
- Set up an obstacle course or jumping area with pillows.
- Use tape to make a hopscotch pattern on the floor.
- Do exercise routines.
- Limit screen time and taking nature walks.
- Family game night.

References:

<https://www.apa.org/topics/covid-19/children-exercise-strategies>

<https://www.familycorner.co.uk/keeping-your-child-active-during-winter>