

Kids in the Midst

Time: 3 Hours

Number of Participants: A minimum of 20 children are necessary. Units may be combined for this workshop.

Location: The unit will decide on a location for the workshop. The San Luis Rey MCFTB Family Readiness Center may be used. A room may be available at MCFTB for child care.

Child Care: Regardless of the location, the unit is responsible for coordinating child care providers for children under the age of 4.

Focus of the Kids in the Midst Workshop: This is an interactive workshop for children that addresses stress management and relaxation, emotional awareness and communication, understanding nutrition, fitness, exercise, and an understanding of positive character traits. This themed workshop is designed to equip children with the skills and knowledge to succeed during the deployment. Children are divided into four age-groups: 4-5, 6-8, 9-12, 13-17. Through a series of fun games and craft projects, children will develop the aforementioned skills. Parents are not involved in the workshop, however they are welcome to observe.

Setting up the Kids in the Midst Workshop: The unit Family Readiness Officer will contact the Readiness and Deployment Support Training office to set up the workshop NLT 30 days prior to the date requested. This sustainment workshop is best offered 3 months into a 6-7 month deployment, and again 3 months after Rest and Relaxation for a 12-14 month deployment. The RDSTs will set up and facilitate all activities.



Bldg 1795

(760) 725-9052