



EFMP

Exceptional
Family Member
Program



FORT BRAGG ACS EFMP OCTOBER



Points of Contact:

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Enrollment

(910) 907-3367

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Find us on
the web!



Fort Bragg EFMP (ACS)



@fortbraggacs_efmp



<https://bragg.armymwr.com/programs/efmp>

Down Syndrome Awareness Month

We are here to celebrate and bring awareness to the world about Down Syndrome. Here are some of the traits of those with the disability:

- Full or partial copy of chromosome 21
- Short attention span
- Intellectual disability
- Delayed language and speech development
- Can go to school, drive, and work
- Have a career
- Have a productive, happy life

Parenting Tips from Parents of Children with Down Syndrome:

1. Educate yourself about Down Syndrome to better understand your child.
2. Support independence — the more independent your child is the happier they will be.
3. Love your child—your child is who they are, and you need to be able to love them for who they are.
4. Support your child in school—go to IEP meetings, help them with homework, support life skill goals, and support their teacher.
5. Take care of yourself so that you don't get caregiving fatigue.

Breast Cancer Awareness Month



What can
YOU do to be aware of
breast cancer?

- Check your breasts regularly for lumps
- Learn about secondary breast cancer
- Encourage loved ones to do the same
- Support others who have cancer

Highlighted Resources from Our Library:

*Down Syndrome Parenting 101
Must-Have Advice for Making Your
Life Easier*
Natalie Hale

Down Syndrome Parenting 101 is required reading for parents, grandparents, or anyone who has a relationship with a person with Down Syndrome. Natalie Hale offers advice on everything from celebrating a child's unique personality and seeing them for who they are to insisting they finish chores and ensuring they have the space to be their own person as an adult.



OCTOBER 2021

EFMP Conversations - Autism Support Group

- Where: Soldier Support Center, Wing D Conference Room
- When: October 20, 12:00-12:45 p.m.
- Come together to discuss anything and everything going on with your loved one with **autism**. This is an opportunity for you to share what you are doing that is working well, vent about your frustrations, and celebrate the wins with other Families who can relate to you.
- Register at FortBraggACSEFMP.TimeTap.com

Trunk or Treat with EFMP and New Parent Support



Register at FortBraggACSEFMP.TimeTap.com

Transitioning from High School to Young Adulthood

Do you have a child with Down Syndrome or other intellectual or developmental disability?

You need to start planning NOW for adulthood!

Where will they live? Work? Go to school?

What will they do for fun?

October 6

10:00 a.m.



Register at FortBraggACSEFMP.TimeTap.com

Picky Eater? Problem Eater?

Can't tell the difference?

WE CAN HELP!

Come and Learn How to Get Your Child to Eat New Foods! Taught by:

Pediatric OT

Johanna Siemon, MS, MPH, OTR/L and Lisa Lindman, OTR/L

Register at FortBraggACSEFMP.TimeTap.com

October 26 10:00 am



- Be sure to find us on Facebook and Instagram for **Special Education** help with *Maneuvering the Madness Videos*.
- Do you need help with your child's **IEP, 504, or IFSP**? We're here to help!
- Has someone in your Family been recently diagnosed? We have a huge **Resource Library** we'd love to share with you!
- Could you use some help finding **Military or Civilian Resources** for your Family? We've got your back!
- Make a one-on-one appointment for assistance today at...
FortBraggACSEFMP.TimeTap.com

School Information:

Mask Required:

Harnett	No (student's choice)
Cumberland	Yes (considered monthly)
Moore	Yes (considered monthly)
Lee	Yes
Hoke	Yes
Fort Bragg	Yes

****REMINDER—School lunch is free for all students for the 2021-2022 school year.**