



# FORT BELVOIR CYS CONNECT



UNITED STATES ARMY  
CHILD & YOUTH SERVICES

CHILD & YOUTH SERVICES (CYS) | VOL 1, ISSUE 2 | WINTER 2024



## SAVE THE DATE

**November 13**  
**Lunch & Learn Parent Discussion:** Power of connection: parent focused presentation. Promotes healthy parent-child relationships.  
[Click here to join!](#)

**November 28 - 29**  
CYS Programs and Offices closed for Thanksgiving.

**December 25**  
CYS Programs and Offices closed for Christmas.

**January 1**  
CYS Programs and Offices closed for New Years.

**January 20**  
CYS Programs and Offices closed for MLK Day.

**February 17**  
CYS Programs and Offices closed for Presidents' Day.

**2025 Training Dates**  
CYS Programs and Offices will be closed on the following dates:

- February 14
- June 20
- September 12
- November 10

Virginia is known for having mild winters that feel like an extended fall season. Take advantage of the brisk cool air and falling leaves, and take a family walk around Fort Belvoir or your local park. Don't forget the dog!

## School Support Services

The CYS School Liaison Officers (SLOs) are your best support in education and military transitions! SLOs are knowledgeable in current news and policies impacting education. They act as the conduit between the school community – including local public-school districts, private schools and home school families – and the installation.

Contact your SLO by [email](#) or call (520) 673-6952/6999.

**Child and Youth Services**  
9800 Belvoir Rd., Bldg. 200  
Fort Belvoir, VA 22060  
(703) 805-5555/5556

 **BELVOIR MWR**  
[BELVOIR.ARMYMWR.COM](http://BELVOIR.ARMYMWR.COM)



# What's the CYScoop!

- **Fort Belvoir North Area 2** Child Development Center re-opened on October 1.
- There are no changes to the **SY24-25 Fee Policy** going into effect on November 15.
- The proposed **Parent Advisory Board (PAB) meeting dates** for FY25 are below:
  - November 14 | 1 - 2 p.m.
  - February 20 | 5 - 6 p.m.
  - May 15 | 1 - 2 p.m.
  - August 21 | 5 - 6 p.m.

***Dates are subject to change based on Command availability.***

- **CYS Youth Sports Winter Program Enrollment Deadlines:**
  - House Basketball - December 2
  - Cheerleading (Basketball) - December 2
  - Start Smart Sport Development - January 3
  - Start Smart Basketball - January 3

**For more information, call CYS Youth Sports and Fitness at (520) 674-3221/2836**

**To learn more about all CYS services, visit our [webpage](#) or follow us on [Facebook!](#)**

**“Children are not things to be molded but are people to be unfolded.”**

**- Jess Lair**



## Parenting Tips: Bond with kids even in routine tasks

*K-State Research and Extension news service*

Released: September 9, 2024

MANHATTAN, Kan. – For some parents, bathing the kids, doing the laundry, making dinner and packing school lunches may seem like check marks on a daily to-do list.

Bradford Wiles sees it much differently.

"If we approach those tasks as opportunities to interact and bond with our kids," said Wiles, a child development specialist at Kansas State University, "it frames it in a much different way."

He said being intentional in what may seem to be mundane, day-to-day interactions is how parents can help their children grow into confident adults.

"The responsiveness really matters to forming a bonded and secure relationship with children," Wiles said. "It's really about parents taking advantage of those everyday situations that can build and maintain that relationship."

Wiles said children form bonds with adults based on trust and responsiveness: "It's when young children to feel confident that if they need something, they more than likely are going to receive that from their parents or primary caregiver," he said.

"That bond is really around forming trust between each other (and) having an emotional connection. That feeling of security that is a foundation. Children know that their primary caregiver is a secure base from which they can explore their world. They can always turn back to that secure base."

Wiles used an example of a child on a playground. They may wander from parents, explore something in the playground, then return to the caregiver for a short time. Then, they go explore more and come back again.

"As children get older, adults need to be more intentional in nurturing that bond because the child's peers become more important," Wiles said. "When that starts to happen, leveraging everyday activities is important for continuing the bonding and sharing (between adult and child)."

One strategy to help adults bond with their children – aside from simply spending time with them – is to ask simple questions about what the child is doing. Wiles notes an example of watching a child drawing pictures at home.

"I love hearing about what is going on in their drawings, even when their drawings are completely undecipherable," he said.

"Mindfulness is really about being open to possibilities. When parents form those relationships, it becomes more about being open to what your children want to teach you about themselves."

More information on child development is available [online](#) from K-State Research and Extension.

