Nurturing America's Military Families: The Unique Aspects of Parenting in the Military

Guide for Getting Started

Dear Colleague:

Welcome to our Community Based Education program in Nurturing America's Military Families. All of us at Family Development Resources are pleased you have this program. We know you will enjoy having the opportunity to empower parents and families in your community in discussing some of the unique aspects of parenting and family life in the military.

The following information is presented to give you a quick overview of this CD. We recommend that you refer to the printed Guide that accompanies your CD for more detailed information. If you are missing your Guide call Family Development at 800.688.5822 or e-mail fdr@nurturingparenting.com.

In order to view the files on this CD, you will need to have Adobe Acrobat Reader, preferably version 7.0 on your computer. You can download Adobe Acrobat Reader 7.0 for free at www.adobe.com.

Using this CD is easy:

1. *When you click on the tab on the bottom of this page that says "Go to Parenting Lessons" you will see the titles of all 7 lessons. Click on the Lesson you want to teach.*
2. *When doing so, you will see a brief description of the Lesson. Underneath the description, three boxes are presented: Lesson, Transparencies File, Customized Files and Forms. Under the first two boxes you will see free downloads to Adobe Reader and Microsoft PowerPoint viewer. You will need to download these two free programs, if you don't have them on your computer already, in order to adequately use this CD.*
3. *The Lesson in Adobe Reader (first box) is a streaming file. By clicking on the box and using the arrows on the bottom of the page, you can stream through all 90+ pages and review the entire Lesson.*
   If you would like to print out the whole lesson at once, you can select the whole file to print without going to each worksheet individually. You can select one page to print by selecting the print icon and selecting the specific page you would like to print out.
4. *The Transparencies Power Point File (second box) contains all the transparencies and power point slides.*
5. *The Customized Files and Forms (third box) contains all the forms and handouts you can customize to market your presentation.*

Lesson in Adobe Reader File (first box)
The entire Lesson is presented in this file. Scroll to the Table of Contents. Click on any Heading, note there are six major Headings:
   • *Marketing Tools--advertise your Workshop*
   • *Workshop Tools-- name tags, certificates, etc.*
   • *Lesson Plans-- content of the lesson*
   • *Worksheets--handouts for parents*
   • *Evaluation and Feedback Forms--gather parents comments*
   • *Transparencies/Power Point Slides--instructional aides*

Transparencies and Power Point File (second box)
By clicking on this file, you can immediately go to the slides created for use as transparencies for an overhead projector, or power point presentation. You will need the appropriate equipment.

Customized Files and Forms (third box)
The materials contained in this file are forms, certificates, marketing and workshop tools you can customize

for your workshop. Type in your agency name, date and location of the workshop, and customize name tags, postcards, and certificates.

Go To Parenting and Family Lessons

© 2007 Family Development Resources, Inc. All Rights Reserved

TOLL FREE 1-800-688-5822

*For questions regarding our products
email fdr@nurturingparenting.com*

*For help with training and other questions
email info@nurturingparenting.com*