

Commander's Call Topics



April 24, 2014

"I cannot think of any need in childhood as strong as the need for a father's protection."

Sigmund Freud
Psychologist (1856-1939)

Got Drugs?
Saturday, April 26th is
National Prescription Disposal Day.

[Locate a collection site near you!](#)

Child Abuse Prevention: It Only Takes a Minute

Child safety and well-being is everyone's responsibility, but many times passers-by, friends, community members and even parents are reluctant to speak up. Talking to people about parenting or reporting potential child abuse or neglect can feel uncomfortable. We think it's none of our business or that if something is truly wrong someone else will step in. It takes courage to speak up, but it only takes a minute to make a difference. Child safety is your business.

It only takes a minute to reach out to a parent under stress

If you see a parent under stress, offer your help or guidance. Sometimes a frustrated parent just needs a short break or someone to discuss their parenting woes with. Here are some ways you can help a parent under stress:

- **Volunteer your time** - Offer to watch the child for some time while the parent steps away to cool off.
- **Listen** - Have a conversation about what's bothering the parent. Actively listen, reinforce that everyone gets frustrated from time to time and that it's OK to ask for help.
- **Point them to the right resources** - If the child is under the age of 3, the New Parent Support Program can offer support. Your installation Family Advocacy Program or family support center can advise on local and online resources, family-friendly activities and services for families with special needs. Parents with children of all ages can call Military OneSource at 800-342-9647 for no-cost, confidential non-medical counseling.

It only takes a minute keep your own children safe

Supervision is key to the safety for children and youth of all ages. Here are some precautions you can take to keep your child safe:

- **Avoid leaving your child unsupervised.** Contact your family support center or Family Advocacy Program to learn about local guidelines for the safety and supervision of children and youth.
- **Make sure your young child is in a safe place** like a playpen or crib if you absolutely need to step away for a moment.
- **Reach out to a responsible friend, neighbor or babysitter when you need time to yourself.** Everyone has moments when they need a break. Make sure your child is cared for during those moments.
- **Reduce or eliminate electronic distractions when providing care and supervision.** It only takes a minute for an unintended tragedy to occur.
- **Reach out to any of the resources listed in the section above** if you need parenting advice.

It only takes a minute to report abuse or neglect

If you see an unsupervised child, take immediate action. Find the child's caregiver or call local law enforcement for help. If you suspect child abuse or neglect, there are resources you can turn to for help:

- **Call 911 or the military police** if you are on an installation, if you witness violence or know someone is in immediate danger.
- **Call the installation Family Advocacy Program or the local civilian Child Protective Services** if you suspect child abuse or neglect.
- **Call your state's child abuse reporting hotline or contact Childhelp at 800-4-A-CHILD (422-4453).**

When child abuse occurs, the Family Advocacy Program supports the child victims and provides services to parents. The program helps families develop healthy relationship skills and address common relationship and parenting challenges during every stage of life. You can learn more about the program and child abuse prevention on Military OneSource.

by Pamela Wamhoff, Family Advocacy Program
460th Medical Operations Squadron, Buckley AFB, Colo.



► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veteran Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment Opportunities](#)

[NAF Employment Opportunities](#)

[Air Force Bands/Outreach](#)

► THIS WEEK IN AIR FORCE HISTORY

April 24, 1943 - First class of women pilots graduated from US AAF flight training.

April 25, 1944 - Flying a Sikorsky YR-4 helicopter, Lt Carter Harman, 1st Air Commando Group, rescued four men from the jungle in Burma, the first combat rescue by helicopter in the US AAF.

April 26, 1952 - In air-to-air operations, Maj. William H. Wescott, 51st Fighter-Interceptor Group, destroyed his fifth MiG in four weeks, becoming the Korean War's twelfth ace.

April 27, 1963 - A Titan II, launched from an underground silo at Vandenberg AFB, made the first successful flight of intercontinental range.

April 28, 1993 - SECDEF Les Aspin announced that women would be allowed to serve in combat roles. This policy change allowed female pilots to fly USAF combat aircraft.

April 29, 1918 - Lt Edward V. Rickenbacker, the leading American ace of World War I, downed his first aircraft.

April 30, 1999 - The NASA Dryden Flight Research Center at Edwards AFB unveiled the X-34, a technology demonstrator for a reusable space launch vehicle..

► CURRENT ISSUES

[Trial by fire, SecAF marks first 100 days in office](#)

A highly successful 30-year career in the government and the defense industry could not have prepared the Secretary for the events of her first three months in office.

[Every Airman has a role in preventing sexual assault](#)

Dignity, respect and an intolerance of sexual assault are the culture-changers that form the basis for the Air Force's changing attitudes on sexual assault.

► FAMILY, HEALTH AND SAFETY

[AF Families Forever: Serving families when and where help is needed](#)

Long-term support for surviving family members of Airmen killed on active duty provides resources and information to help families adapt to life without their loved one.

► PERSONNEL ISSUES

[Chief nurse statements of intent due April 25](#)

About 13 to 15 slots will open up this summer for chief nurse candidate who meet the eligibility requirements.

► ENVIRONMENT, SPACE AND TECHNOLOGY

[Space Command leader calls for innovation amid budget cuts](#)

Budget cuts will prove no match for innovation in keeping the Air Force warfighting ready.

[Earth Day: "Conserve Today—Secure Tomorrow"](#)

Sustainability programs are just one of the ways that the Air Force takes action to defend the planet.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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