

Here is today's edition of the daily update:

In today's daily update, on the Military OneSource Facebook page ([www.facebook.com/military.1source](http://www.facebook.com/military.1source)) presented by Ryan Walker, 2018/2019 Military Youth of the Year and Bella Mollison 2019/2020 Overseas Military Youth of the Year, talk about how important communication is especially, during the COVID-19 pandemic.

In today's live video, we highlighted the information below:

#### **Ideas for Celebrating Month of the Military Child (MOMC):**

- Bake something purple
- Put on something purple and have a race
- Plant a purple plant
- Military OneSource is doing something special for MOMC, you can order a free Military Youth Appreciation Kit, check out what this kit contains: <https://www.militaryonesource.mil/stand-with-milkids>



- Drawstring backpack
- Photo frame
- Chill drill
- Bookmark
- Popsocket

#### **Staying connected is important and here are some ideas shared by Ryan and Bella:**

- Putting together CARE packages for their friends
- Try something new
- Learn something new
- Send a handwritten letter
- Send a drawing
- Pull out your Memory Box
- Game Nights
- Look at the bright side in that you 'get' to be together
- Do something that excites you
- Checking in with family and friends

Remember to tune in live Monday-Friday at 12:00p.m. EST. If you can, all you have to do is follow the Military OneSource page on Facebook. If you don't have time to watch the live event, it will be posted for your review immediately following the event. We want to hear from you, so **post** a comment on the video thread. Secondly, we are asking that you **share** the link to today's video with any military service members or family members you are friends with on Facebook so that they might benefit from the information. Here is a link to today's video:

<https://www.facebook.com/military.1source/videos/835401423647272/?vh=e&d=n>

Military OneSource has a dedicated page to help keep you up to date on this rapidly-evolving situation, [www.militaryonesource.mil/coronavirus](http://www.militaryonesource.mil/coronavirus).

You can call Military OneSource anytime at 800-342-9647 or you can chat live with a consultant by logging on to [www.militaryonesource.mil](http://www.militaryonesource.mil).