

IN THIS ISSUE

Family Focus theme: Play and Leisure

Play and leisure are important for families. At the same time, families often need to work hard at play. They need to find spaces and times, make decisions about what to do, where to do it, whom to include, and what equipment should be allowed. This edition of Family Focus explores those issues.

In the News:

- Seeking NCFR Fellows, 2
- NCFR Keeps Active in Current Events, 3
- Looking Outward and Inward, 4
- The Importance of Meatballs, 5
- How to Write Letters to Congress, 7
- Member Group Updates, 9
- 2018 Election Results, 17
- 2018 NCFR Annual Conference Preview, 18

Register Now!

2018 NCFR Annual Conference Nov. 7–10, San Diego

Families and Cultural Intersections
in a Global Context: Innovations in
Research, Practice, and Policies

Full details at ncfr.org/ncfr-2018

NCFR Celebrates 10th Anniversary of *Journal of Family Theory & Review*

This year, NCFR celebrates the 10th anniversary of its *Journal of Family Theory & Review* (JFTR), the newest of the organization's three scholarly journals. JFTR publishes original contributions in all areas of family theory, including advancing theories through critical and metatheoretical projects, and comprehensive reviews of literature and media.

If you're a member who subscribes to NCFR's journals, earlier this year you received the special 10th-anniversary issue of JFTR, which is also available free online until early 2019 (visit bit.ly/JFTR10th). For this commemorative issue (Volume 10, Issue 1), authors were asked to contemplate family theories from the perspectives of past, present, and future. The articles review established theories from today's vantage point, explore current topics through particular theoretical lenses, and propose new theoretical approaches to existing research.

The introduction to the anniversary issue reflects on the tenures of JFTR's founding editor, Robert Milardo, Ph.D., and its current editor, Libby Balter Blume, Ph.D., CFLE, and provides a forecast of what to expect from Mark Fine, Ph.D., the journal's editor-elect.

JFTR: Past, Present, and Future

The third addition to NCFR's family of scholarly journals — following *Journal of Marriage and Family* (JMF) and *Family Relations* (FR), founded in 1939 and 1952, respectively — was announced in December 2007. JFTR's stated mission was to

complement its two sister journals and to "encourage integration and growth in the multidisciplinary and international domains of inquiry that define contemporary family studies through the publication of original articles on theory, integrative literature reviews, and book reviews" (Milardo, 2009, p. 1). NCFR member Stephen Marks observed at the time, "The thing that excites me the most is the 'R' in JFTR. Comprehensive, integrative review of literature on specific areas of research and theory is one of the most underappreciated creative endeavors in social science. It can provide a deeper understanding of where others have gone and alert us to the most fruitful next steps" (NCFR Report, 2007, p.1).

After several years of planning, the first issue appeared in March 2009 and included editorials by Dr. Milardo and Dr. Blume (book-review editor at the time), three feature articles, and four book reviews. Dr. Milardo expected literature reviews to be "the journal's bread and butter," but instead theory articles dominated, accounting for two-thirds of the articles published in the

JFTR continued on page 15



Robert Milardo, Ph.D., Libby Balter Blume, Ph.D., CFLE, and Mark Fine, Ph.D.,

Seeking NCFR Fellows!

David H. Demo, Ph.D., dhdemo@uncg.edu, and B. Jan McCulloch, Ph.D., jmccullo@umn.edu,
Co-Chairs, NCFR Fellows Committee

Mission Statement for NCFR Report

NCFR Report, the quarterly newsletter of the National Council on Family Relations, provides timely, useful information to help members succeed in their roles as researchers, educators, and practitioners. Articles address Family Science issues, programs, and trends, including association news.

President: Anisa Zvonkovic

Board Members: Kimberly Crossman, April L. Few-Demo, Karen Benjamin Guzzo, Tammy S. Harpel, Leigh A. Leslie, Bethany L. Letiecq, Brian G. Ogolsky, Andrea L. Roach, Stephan M. Wilson

Executive Director: Diane Cushman

News Editor: Trip Sullivan

Family Focus Editor:

Judith A. Myers-Walls, Ph.D., CFLE

How to contribute to the Family Focus section:

The Family Focus section of *NCFR Report* is member-written. Articles accepted for publication will be edited using standard editorial practice, and given priority based on 1) relevance to the Family Focus theme, 2) brevity due to space limitations, and 3) how articles form a complementary collection. For information and guidelines, contact the editor, Judith A. Myers-Walls, Ph.D., CFLE at reporteditor@ncfr.org. *The contents of articles represent the views of their author(s), which may not represent the position of the entire organization.*

How to advertise in NCFR Report

To advertise in *NCFR Report*, please see the specifications and price list at ncfr.org/about/advertise-ncfr/ncfr-report. NCFR reserves the right to decline any paid advertising at our sole discretion. Deadlines for each of the quarterly issues are: Spring issue—Jan. 1, Summer issue—April 1, Fall issue—July 1, Winter issue—Oct. 1

Send advertisements to Trip Sullivan at tripsullivan@ncfr.org. For all submissions, please supply an email address to allow readers to contact you.

NCFR Report is published quarterly by the National Council on Family Relations
661 LaSalle Street, Suite 200
St. Paul, MN 55114
Toll free: 888-781-9331 Fax: 763-781-9348
www.ncfr.org

Third class postage permit. Reprints of this publication are available by contacting NCFR headquarters at the address above.

Copyright © 2018 National Council on Family Relations. All rights reserved.

Family Focus is part of *NCFR Report*, a copyrighted publication of the National Council on Family Relations (NCFR). No part of *NCFR Report*, including *Family Focus* articles, may be reprinted, reproduced, disseminated, or distributed by any means, including for classroom use, without permission of NCFR. Permissions are available through the NCFR website at bit.ly/2LFmbc2. NCFR reserves the right to deny any permission at its sole discretion.

Greetings NCFR members! The Fellows Committee is seeking nominations for the 2018 Fellows Awards. Please help us by nominating members who have made significant contributions to the organization and the field. A description of Fellow status in NCFR, the Fellows award criteria for selection to fellow status, and the procedure for submitting nominations follow. The Fellows Committee greatly appreciates your assistance.

What Is Fellow Status in NCFR?

Fellow status in NCFR is an honor awarded to living members of NCFR on the basis of their outstanding contributions to Family Science. Nominations of all family scholars and professionals who have made contributions to the family discipline are encouraged. Among the recognized areas of contributions are scholarship, teaching, outreach, practice, and professional service, including service to NCFR. By definition, outstanding contributions are those that have broad impact on the discipline and are enduring over time.

What Are the Criteria for Fellow Status?

- A. Nominees must have made outstanding contributions to the field and to NCFR as an organization. Satisfying a combination of these criteria is required. Examples of outstanding contributions include the following:
 - Published, refereed scholarship that has shaped or reshaped the discipline of Family Science
 - A history of innovation in practice or outreach that has transformed the field, such as the development and implementation of novel or significant interventions or programs designed to promote healthy family relations
 - Recognition of teaching excellence through awards and mentoring
 - The development and implementation of innovative curricula for training professionals in the area of Family Science
 - The development and implementation of innovative social policy relevant to families
 - A history of innovation and publication on the methods and

measurement strategies used in related Family Science arenas

- Outstanding contributions to NCFR as an organization may include a history of organizing conference symposia, editing or guest editing NCFR journals, or development of nationally distributed products or curricula that bridge Family Science and practice
- B. Nominees must have at least 10 years of professional experience after the receipt of the appropriate graduate or professional degree.
 - C. Nominees must have held NCFR membership continuously for the previous five years at the time of nomination.

What Is the Procedure for Nominations?

- A. Nominees **must be nominated by another NCFR member.***
- B. Nominees **must have the endorsement of two additional individuals**, one of whom must be an NCFR member†, describing the outstanding nature of the nominee's contributions.
- C. In general, nominees should not be aware that they are being considered for Fellow status. For this reason, the NCFR office will not contact candidates for Fellow status at the time of their nominations.

For complete information, NCFR Fellow status Policies and Procedures, nomination form and sample letter of endorsement, please go to bit.ly/ncfrfellows.

Please send your nomination materials to NCFR at jeannestrand@ncfr.org. Deadline for nominations is Sept. 15, 2018. We are building this special recognition to further the legacy of outstanding members of NCFR. Let us hear from you, and thank you very much for your consideration. ✨

*Nominations from NCFR members involved in the nominee's academic preparation (e.g., major advisor, administrative head of the program from which the nominee graduated) or who have possible conflicts of interest (e.g., partner, family member) will not be accepted.

†Endorsements from NCFR members with a potential conflict of interest may be included with the nomination packet but cannot be used to satisfy the requirement for endorsement by an NCFR member.



NCFR Keeps Active in Current Events

Anisa M. Zvonkovic, Ph.D., NCFR President, anisaz@vt.edu

By the time you read this column, the NCFR Board of Directors will have just had its in-person summer meeting. I thought I'd take some space here to write about the ways your board and NCFR staff have been working together to ensure that NCFR remains responsive to issues in the world that affect families. We are the premier member association for family scholars and professionals, and we want to be in the limelight whenever events occur that affect families. We take great pride in the quality of research in our journals and in having an empirical basis for the work that we do. Keeping the research base and the family focus in mind is something we always do when adverse events occur in the United States and throughout the world.

Recently the board surveyed its members on how NCFR should be involved in policy activities. We published two columns in *NCFR Report* detailing the results of both surveys and the new guidelines for advocacy that were developed by the 1999 NCFR Board of Directors (NCFR Board of Directors, 2016, 2017). We intend to operate from the feedback we got from members and from the advocacy guidelines. There are many ways NCFR can be involved in issues of the day beyond advocating for policy. These include providing resources to family scholars and professionals, generating original research about the issues of the day, disseminating the research that has been produced about families that is relevant to the issues of the day, and providing trainings and resources to members so they can advocate at various levels.

In the past year, NCFR joined the Consortium of Social Science Associations (COSSA), which provided us with access to a network of similar organizations. We connected with COSSA in the past year on a number of issues, including the topic of encouraging research on the effects of gun violence. COSSA enables us to be aware

of what other associations are doing in a timely manner—especially important when considering responses to events in the news.

As another policy-related initiative, the board established the Inclusion and Diversity Committee (IDC) in 2011 to advise on issues of diversity within NCFR. In the past year, the board examined the policies and procedures we use with the IDC to ensure clarity about our roles. We rely on the expertise of our members, in the IDC, and in sections.

I have observed among members an increased interest in advocating for social issues that affect families.

I have observed among members an increased interest in advocating for social issues that affect families. Maybe I'm noticing this because I am now in a leadership role at NCFR, or perhaps because social and environmental crises seem to be increasingly demanding our attention. As a member organization, NCFR's Annual Conference includes many activities organized by members that relate to how family professionals might involve themselves in practice and policy when events occur. The more that members consider these issues, the more opportunities they can have to present, develop trainings, and share with other members the information they have gleaned from their experiences. For example, I had the pleasure of attending the Affiliate Council Workshop at the 2017 NCFR Annual Conference (affiliates are local state, regional, or student chapters). At this workshop, Texas affiliate members presented their activities at the state legislature on informing and educating Texas legislators about the value of Family Life Education and the CFLE certification.

Last year's conference sessions also included "Social Justice Strategies to Address the Elephant in the Classroom or the Family Room: Race and Racism in America, the Conversation Continues," which was a follow-up from the 2016 NCFR Annual Conference special session sponsored by the IDC. The 2018 NCFR Annual Conference will include an IDC-sponsored panel session tentatively titled "Conversations on Social Justice: How our Social Locations Shape Our Work as Family Professionals." While I am focusing on events at the national conference, affiliate councils also have conferences. Affiliate councils provide many opportunities to be involved in what affects their regions: a variety of trainings, dissemination opportunities, and other vehicles. I encourage all members who are interested in having an impact to keep track of the activities of affiliate councils.

NCFR staff are responsible for developing resources to aid family professionals such as webinars, research and policy briefs, the online Resource Library, and the articles in the Family Focus section of *NCFR Report*. With these responsibilities, they have responded to natural disasters and violent events so that the NCFR resources remain fresh and relevant. Given that these products include articles and contributions that are open-called, commissioned, and cite peer-reviewed research, they are of high quality and always involve the expertise of NCFR members. NCFR staff and members who are responsible for these various products are always open to your suggestions about topics and about these products.

Notable events this year in the U.S. have included the #MeToo movement, gun violence in schools, and the repeal of the Deferred Action for Childhood Arrivals (DACA) program. It's hard to predict what might happen between when I am writing

President's Report continued on page 4



Looking Outward and Inward

Diane Cushman, NCFR Executive Director, dianecushman@ncfr.org

Happy summer! NCFR staff spent the first half of 2018 looking outward at how events around the world impact families and also looking inward at how to continue to serve our members in the family field.

NCFR Lends Its Voice

In 2017, the NCFR Board of Directors amended the NCFR governance policies to provide guidance for organizational actions related to raising the visibility of family research, theory, and practice to policy makers and the general public. The criteria for organizational advocacy are as follows:

1. The issue is important for families and/or NCFR members.
2. The issue is informed by research and member expertise.
3. There is a high level of member consensus regarding the research on the issue.
4. There is the potential for NCFR to make a timely contribution to the issue as a result of the proposed activity.
5. There are resources currently available within NCFR to support the proposed activity.
6. The proposed activity must not jeopardize our 501(c)(3) status, or nonprofit classification.

While this information has been shared with NCFR members previously, it may be helpful to see it again in relation to NCFR's involvement in a recent request made to the U.S. Congress regarding funding for research into gun violence.

Through affiliation with the Consortium of Social Science Association (COSSA) and the American Association for the Advancement of Science (AAAS), NCFR has been able to connect with other U.S.-based social science associations and leverage our collective resources to advocate for the development and advance of the profession (Global Ends 3). One method of advocating for the profession is to ensure that there are federal resources

available to engage in family research. A recent example of NCFR advocating for the profession was when NCFR signed a letter to members of U.S. Congress calling for federal funding for research into gun violence because of the impact such violence has on families. NCFR was one of many organizations that signed this letter. The full letter can be read at marchforscience.com/gunviolence.

In an effort to have more research and resources on the topic of gun violence readily available for family practitioners and Family Life Educators, the fall issue *CFLE Network* the winter issue of *Family Focus* in *NCFR Report* will highlight articles

A recent example of NCFR advocating for the profession was when NCFR signed a letter to members of U.S. Congress calling for federal funding for research into gun violence because of the impact such violence has on families.

on this theme. The purpose of these issues is to create new, original resources for family scholars and professionals to use when tragic events occur, such as school shootings. Issues of our publications have previously addressed similar timely matters relevant to our members. See the call for authors on the back page.

Leadership Initiatives

We wish to thank Stephen M. Gavazzi, Ph.D., for his leadership over the past three years as chair of the NCFR Academic Administration and Leadership Focus Group. Dr. Gavazzi has recently turned the chair position over to David H. Demo, Ph.D., on an interim basis, with assistance from Anne F. Farrell, Ph.D. This team is moving in earnest to develop the 2018 leadership

workshop. According to Dr. Farrell, the workshop will be "open to current and emerging leaders in Family Science and is designed to enhance leadership skills." The workshop will benefit returning participants from last year's session and new and emerging leaders who are attending for the first time. Thank you to Drs. Demo and Farrell for stepping in, and to Dr. Gavazzi for his outstanding efforts to get the focus group off and running.

California, Here We Come!

With another record number of conference submissions, and more improvements to the peer review process, we expect an outstanding program at the 2018 NCFR Annual Conference in San Diego, Nov. 7–10. Because the U.S. national election will take place on Tuesday, Nov. 6, we encourage attendees to vote early by absentee ballot to allow for more flexibility in making travel arrangements. We also wouldn't want you to miss special preconference events on Tuesday!

Executive Review continued on page 5

President's Report continued from page 3

this column and when it comes out in June. Regardless of which new event occurs, the issue of how NCFR involves itself and is a visible resource to family-focused professionals remains of interest to you as members. ✨

References

- NCFR Board of Directors. (2016). Results of NCFR member survey addressing research and policy. *NCFR Report*, 61.3, 1, 10. Retrieved from <https://www.ncfr.org/ncfr-report/past-issues/fall-2016/ncfr-board-update-results-ncfr-member-survey-addressing-research-and-polic>
- NCFR Board of Directors. (2017). Findings of NCFR member public policy survey 2: Moving forward. *NCFR Report*, 62.3, 1, 18–19. Retrieved from <https://www.ncfr.org/ncfr-report/fall-2017/policy-survey-2>



The Importance of Meatballs: Recognizing the Role of Food in Family Life

Dawn Cassidy, M.Ed., CFLE, Director of Family Life Education, dawncassidy@ncfr.org

Longtime NCFR member and past president William Doherty, Ph.D., wrote one of my favorite books, *The Intentional Family: How to Build Families Ties in Our Modern World* (Doherty, 1997). Doherty recognizes the role and importance of the family and the need for intentionality to maximize the full potential of all that the family can provide to individuals and to society. In a chapter on family meals, Doherty addresses both the biological and social function of eating meals together. When families eat separately, or in front of the TV, they miss important opportunities for connection and bonding, for communication, and even for learning skills in conflict resolution.

Family professionals who become Certified Family Life Educators (CFLEs) receive the magazine *CFLE Network*, of which I serve as editor, as a benefit of their certification. For our spring issue we decided to follow Doherty's lead and focus specifically on families and food. The articles highlighted programs that promoted the role of food and meals in strengthening families and provided great examples of how some CFLEs have incorporated food and nutrition into their work as Family Life Educators. It was fascinating to read how the authors' CFLE backgrounds proved helpful in recognizing the importance of individual,

family, and cultural context in carrying out their work. Here are a few highlights.

"Food is an integral part of family life affecting parenting practices," wrote Lori Eccles, CFLE, in her article. "How we feel and relate to others, family and cultural traditions, and more—all find expression through the family meal" (Eccles, 2018). Eccles detailed her responsibilities working with the Mothers-in-Motion (MIM) initiative offered through Michigan State University Extension. MIM involved both face-to-face classes and the use of technology through teleconferencing and texting to share information about food awareness, food

Directions continued on page 6

Executive Review continued from page 4

A big thank-you to this year's conference host, the University of Nebraska–Lincoln's Department of Child, Youth, and Family Studies, for its generous support of the conference. Organizations and individuals interested in being a conference sponsor can view a complete and updated list online at ncfr.org/conference-marketing. Questions may be addressed to contact Judy Schutz at judyschutz@ncfr.org.

If you've already registered for this year's NCFR conference, you may have noticed a number of improvements to the online registration process, including a feature that shows a sample of how your name and school or affiliation will display on your name badge. Thank you to Jay McGraw, NCFR's database and web services manager, for leading the effort to improve our online customer experience.

The host city for this year's conference is beautiful San Diego, California. West Coast venues improve our accessibility to members from Southeast Asia as well as all those folks who live in the western half of the U.S. As I've shared in past

Report columns, sleeping room and other hotel costs in top-tier conference cities like San Francisco and San Diego are prohibitively expensive for many NCFR members. Being off the coast, inland, and at a quality resort with rooms at less than \$200 per night allows NCFR to consider such cities as conference locations. Town and Country San Diego (towncountry.com) is a landmark hotel in the midst of a renovation. Delays have extended the timeline into early November, and hotel staff will be working extra hard to ensure our stay is enjoyable. While we have been assured that construction will not interfere with our conference experience, you can expect to see parts of the historic facility in transition. To acknowledge any inconvenience, the hotel is offering a complimentary continental breakfast buffet on Wednesday, Thursday, and Friday mornings. Additional information and concessions will be available and updated at ncfr.org/ncfr-2018/hotel-and-city.

Staffing Notes: Full Steam Ahead!

NCFR is fully staffed and taking on some ambitious projects in 2018:

- NCFR welcomed David Schmidt to the team as director of finance in February. David is on a fast track to complete the 2017 audit and learn as much as possible about NCFR prior to the 2018 conference.
- Bethany Cox, member relations manager, has been traveling the U.S. this spring to attend NCFR Affiliate Conferences to meet members and learn as much as she can about the work of affiliates.
- We've partnered with a consultant, Sheri Jacobs of Avenue M, to gain a better understanding of member needs in terms of professional development, resources, and communication. With her assistance, we are reaching out to current members, past members, journal authors, Certified Family Life Educators, and other NCFR customers. Initial interviews will be followed by an all-member survey and follow-up interviews. The project is scheduled for completion by mid-September, and we hope to use the findings to guide future programming decisions. Thank you in advance for your participation. ✨

Directions continued from page 5

food preparation, and an understanding of the benefits of cooking and shared family meals. In her work, Eccles experiences firsthand how her skills as a Family Life Educator can improve the physical health and wellness of the families she serves. One mother in the MIM program explained to Eccles how eating a family meal together “represents safety and security and connectedness.” During this exchange, Eccles realized that her skills can also benefit families socioemotionally.

In her role as a county family and consumer sciences agent, Karim Martinez, M.S., CFLE, often hears stories of how family dynamics can impact eating habits. One common theme is when a sudden change to a family member’s dietary needs—such as being diagnosed with diabetes—affects the whole family and causes feelings of conflict, resentment, or isolation. In her article, Martinez describes a New Mexico State University Cooperative Extension service program called Kitchen Creations. The program is a cooking school for people with type 2 diabetes that encourages participants to bring a family member to class. “This recognizes that people with diabetes are part of a family unit and the family needs to negotiate healthy meal options together as a unit. The curriculum promotes the idea that healthy eating for diabetes is healthy eating for everyone” (Martinez, 2018).

Several authors shared current research or experiences on how communication

at mealtime provides opportunities for socialization and increases children’s abilities to develop regulation skills, which are important for their social and emotional growth. Heather McCullom, Ph.D., CFLE, designed a curriculum for a three-week summer camp called Youth4Health that incorporated nutrition, gardening, communication, and exercise. One learning event involved the introduction of mealtime question cards. Rather than focusing on dinnertime conversation on daily logistics

Food provides opportunities for families to learn about responsibility and chores, and about working and sharing time together. Simply put, food does much more than simply nourish our bodies.

such as homework and chores, the question cards steered the conversation to topics such as “How was my name chosen?” and “If you could plan a vacation with your family, where would you want to go and why?” (McCullom, 2018). Both campers and their parents reported a renewed interest and appreciation for family mealtime with the introduction of these conversation starters.

Food provides a multitude of opportunities for learning within the family. Through food we learn about cooking and nutrition,

and about meal planning, money management, and smart shopping. Food provides opportunities for families to learn about responsibility and chores, and about working and sharing time together. Simply put, food does much more than simply nourish our bodies.

As part of the *Network* issue, I invited CFLEs to respond to this question: “What food or food ritual has significance in your family, and why?” Several recurring themes emerged from the many thoughtful responses. It is clear food plays a role in celebration, tradition and routine, faith, culture, and connection. I’ll close by sharing the response from Phyllis Carella Penhallow, M.S., CFLE, to my question, as it sums up many of these themes perfectly:

As I think about my mother’s meatballs and sauce, my mouth waters and I can smell it. Growing up in an Italian Catholic home, my mother’s ritual was to make “sauce” and meatballs Sunday morning before church. My seven siblings and I would wake up to the smell of garlic, olive oil, and tomatoes. If my mother heard one of us in the kitchen, she would ask us to stir the pot of meatballs. How tempting it was to steal a meatball! After church, water was put on to boil the spaghetti. This is my favorite meal to make today. It is “home.” ✨

References

- Doherty, W. J. (1997). *The intentional family: How to build family ties in our modern world*. Boston, MA: Addison-Wesley.
- Eccles, L. (2018). More than a meal: Fostering family coping and cohesiveness. *CFLE Network*, 31(2), 14, 17-18.
- Martinez, K. (2018). Families and food: An extension perspective. *CFLE Network*, 31(2), 1, 10-11.
- McCullom, H. (2018). Youth4Health: Summer camp about healthy lifestyles for adolescents. *CFLE Network*, 31(2), 12-13.
- Mechler, H. (2018). Mealtime provides important communication opportunities. *CFLE Network*, 31(2), 18-19.

Thank You, NCFR Donors

Jan. – March 2018

Keisha Bailey	Teresa M. Cooney	Thomas H. McGloshen
Janet C. Benavente	Aaron T. Ebata	Willie Oliver
Libby Balter Blume	Frank D. Fincham	Anna Christine Padon
Marsha T. Carolan	Nancy Wicklund Gonzalez	Colleen M. Peterson
William Cohen	E. Jeffrey Hill	Ronald M. Sabatelli
Heather Ann Cook	Jody Johnston Pawel	Bridget Seeley
Bree E. Cook	Linda D. Ladd	Rebecca J. Ward
	Heinz Eugene Malon	



Communicating With Congress: Writing Letters

Jennifer Crosswhite, Ph.D., CFLE, Director of Research and Policy Education, jennifercrosswhite@ncfr.org

NCFR’s Global Ends, in relation to policy, state that “NCFR will provide information about the policymaking process” to NCFR members and “will raise the visibility of family research, theory, and practice to policymakers.” One method of attaining both of these Global Ends is to provide you, NCFR members, tools to communicate with Congress—or any person involved in the policymaking process from the local to the federal levels. The provision of advocacy tools also emerged as one of the top resources most important for NCFR to provide in support of members’ advocacy work, according to survey respondents (NCFR Board of Directors, 2017; bit.ly/ncfrpolicysurvey2; for additional information see page 4).

Communicating with Congress can be an effective method for educating, advocating, and lobbying for issues about which you are passionate. There are several ways to communicate with Congress, from meeting individually in person, attending town-hall meetings, testifying in committee, calling, emailing, writing letters, and more. The purpose of this article is to provide tips in one such area: writing letters. Resources to help you communicate with Congress through other means are provided at the end of this article.

Finding Your Representative

An initial task when writing a letter to your representative in Congress is to determine who your elected officials are. One method for determining who represents you is to locate your representatives on the House of Representatives website (house.gov) and on the U.S. Senate (senate.gov) website:

- To locate your House representative, enter your zip code in the “Find Your Representative” search box in the upper-right-hand corner of the web page. You may be redirected to a second page asking for your street address.

You can also find a list of all your states’ representatives by clicking on your state in the “View Representative by State” interactive map.

- To locate the senator who represents you, click on your state in the “Find Your Senator” box in the upper-left-hand corner of the web page.

Explain why the issue is important and include research related to the issue and the financial implications of your ask. It is perfectly acceptable to include your own research on the issue.

Learning About Your Representative

Knowing more about your representative will help you to be more effective in your communication. The Consortium of Social Science Association (COSSA, 2017), of which NCFR is a member, recommends that you identify the committees on which your representatives serve. You can find that information, as well as mailing and email addresses, through representatives’ individual websites. To avoid spam, your representative may require use of an email submission form (American Association for the Advancement of Science [AAAS], 2011).

Writing Your Letter

Letters can be sent through traditional mail or as an email. Congressional staff track the number of letters received on various issues. Traditionally, mailed letters are more likely to receive a response, although it may be a form letter. COSSA (2017) recommends the following tips to help write your letter:

- Planning “ahead of time *what* you want to say and *how* to say it will make your advocacy most effective” (p. 9).
- Know your “ask”—that is, what you want your representative to do. For example,

do you want her or him to increase funding for Family Science research? Recognize Certified Family Life Educators as appropriate providers? Vote yes or no on a specific bill? The ask should be a prominent part of your letter.

- Explain the why—that is, why this issue is important and why the representative should take the action you are requesting. Two important elements to include in this explanation are research related to the issue and the financial implications of your ask (e.g., return on investment). It is perfectly acceptable to include your own research on the issue. Be sure to also include stories or anecdotes of how your research relates to real life.
- Keep it local—explain how your ask relates to your representative’s state, district, or constituency.
- Be succinct—your letter shouldn’t be longer than two pages, with one page being the preferred length.

AAAS (2011), of which NCFR is an affiliated member, recommends the following when writing to Congress:

- Identify yourself as a constituent—that is, that you live in the district your representative was elected to represent—it increases the chances that your letter will be read. However, one exception is when writing to members of a committee about legislation the committee is discussing. Also include your job title, credentials, affiliation, and your professional or scientific expertise.
- Be brief, clear, and courteous—congressional staffers and members receive hundreds of communications daily: “Brevity, clarity, and courtesy are the most important qualities for effective interactions” (p. 46). Each letter should address a single topic. While brevity is important, it is also important to adequately explain the issue.

- Send individual emails to representatives—if sending the same email to multiple people, it is best to send each email individually. Sending a mass email is more likely to be deleted.
- Address the letter to your representative, even if it is the legislator’s staff who will read the letter.
- Send your letter to your representative’s office in Washington, D.C.
- Use plain, understandable language and avoid jargon.

For more information see Table 1.

Formatting the Letter

Start your letter with the date and your name and address. Follow this by your representative’s name and address in Washington, D.C. Be sure to address your representative as “The Honorable” followed by his or her full name.

Next, provide a salutation such as “Dear Representative [First and Last Name]” or “Dear Senator [First and Last Name].”

The main body of the letter follows. A one-page letter typically consists of three paragraphs:

- Paragraph 1 includes personal information, such as identifying oneself as a constituent, your scientific or professional expertise, and your ask. Your reason for writing (i.e., issue, bill) should be clearly detailed and concrete.
- Paragraph 2 describes the facts, such as the research and finances (e.g., return on investment) related to the issue. You do not need to include a list of references, but it is OK to refer to specific experts in text. This is a great place to include your own research, anecdotes from the legislator’s district or state, and your argument for why your representative should follow through with your ask.
- Paragraph 3 concludes the letter with your call to action. Remind your legislator of your ask. Remember to be specific. Feel free to offer your expertise should the representative want more information and include how to contact you. You can request a response. Thank your representative for considering your request.

End the letter with a closing, your name, credentials, title, and times you are available to be reached.

The body of your letter can certainly include more paragraphs. Remember, though, that a one-page, clearly written letter is best.

Additional Information

If you send your letter through traditional mail, it can take two to four weeks to reach your representative because of security screenings (AAAS, 2011). Emailing or calling your representative may be a better method when the issue is urgent.

Signed form letters may not reach your representatives or their staffers; the letters may be thrown away or caught by a spam filter, if emailing.

- Be careful of how often you write your legislator. Sending letters too often is not regarded well.
- Send a thank-you note to your legislator when she or he does what was requested: “This is a powerful incentive for the member to pay attention to future communication” (AAAS, 2011, p. 63).
- Many examples of letters can be found online and in some of the additional resources linked below.

If you find yourself writing letters to your representatives or if you desire to be more involved with them, consider other means

of communicating with them. Introduce yourself, develop a relationship with your legislator, and serve as a resource for him or her. The resources provided here also include multiple communication methods and tips. I encourage you to (re)read *Tips for Working With Legislators* (Crosswhite, 2015b) and *Policy Advocacy or Policy Education: How to Impact Family Policy* (Crosswhite, 2015a) to determine your preferred approach for working with legislators and how to build a relationship with her or him.

A final word of encouragement—when I taught family policy as a professor prior to working with NCFR, I taught my students how to write letters to their legislators. Students could choose to whom they would write the letter, including to local-level officials. I remember one student was very upset about a school policy and decided to write the local school district. Through effective communication, research, following the recommendations presented here, and being polite, the student was able to change the school policy. ✨

References

American Association for the Advancement of Science. (2011). *Working with Congress: A scientist’s guide to policy*. Washington, D.C.: Author. Retrieved from <https://www.aaas.org/report/working-congress-scientist%E2%80%99s-guide-policy>

Table 1. AAAS’s Top 10 Rules for Working With Congress

1. Know your goal.
2. Understand how Congress works and makes decisions.
3. Conduct detailed background research
4. Use your knowledge of the legislative process to determine the timing of your course of action.
5. Be clear and succinct.
6. Understand congressional staff and their influence.
7. Provide concrete suggestions.
8. Present support of science as a means to meet national and local goals, not an entitlement.
9. Be willing to say, “I don’t know.”
10. Follow up appropriately.

Note: For a discussion of each of these points, see the American Association for the Advancement of Science (2011, pp. 50–55).

Consortium of Social Science Association (COSSA). (2017). *COSSA handbook for social & behavioral science research advocacy*. Washington, DC: Author. Retrieved from <http://www.cossa.org/wp-content/uploads/2015/03/COSSA-Advocacy-Handbook.pdf>

Crosswhite, J. (2015a). Policy advocacy or policy education: How to impact family policy. *NCFR Report*, 60(1), 9–11. Retrieved from www.ncfr.org/ncfr-report/past-issues/spring-2015/family-science-report-policy-advocacy-or-policy-education-how-impact-famil

Crosswhite, J. (2015b). Tips for working with legislators. *NCFR Report*, 60(4), 8–9. Retrieved from www.ncfr.org/ncfr-report/past-issues/winter-2015/family-science-report-tips-working-legislators

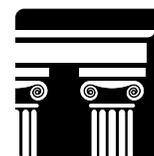
NCFR Board of Directors. (2017). Findings of NCFR member public policy survey 2: Moving forward. *NCFR Report*, 62(3), 1, 18–19. Retrieved from www.ncfr.org/ncfr-report/fall-2017/policy-survey-2.

Additional Resources

American Psychological Association. (2014). *A psychologist's guide to federal advocacy*. Washington, DC: American Psychological Association, Education Government Relations Office & Public Interest Government Relations Office. Retrieved from <http://www.apa.org/advocacy/guide/federal-guide.pdf>

Lobberecht, M. (2011). *Tips for public policy involvement*. Retrieved from https://www.ncfr.org/sites/default/files/tips_for_public_policy_involvement_book.pdf ✨

What's Happening in the Advancing Family Science Section?



Raeann R. Hamon, Ph.D., CFLE, AFS Section Chair, rhamon@messiah.edu

Even though it may seem a bit quiet, a lot has been happening in the Advancing Family Science (AFS) Section. First, intense program planning work for the 2018 NCFR Annual Conference has officially begun! I just completed assigning three reviewers to each of the many conference proposals submitted to the AFS Section. I am very excited about the many intriguing topics being proposed. I also want to take this opportunity to extend a *huge* thank-you to the many reviewers who have volunteered to assess the proposals. I can't thank you enough for serving your section in this way. Your careful review and feedback will help us ensure a high quality conference program. This will be another NCFR conference that none of us will want to miss!

Second, the AFS Section now has two new awards. Thanks to the assistance of Silvia Bartolic (University of British Columbia–Vancouver) and Trent Maurer (Georgia Southern University), the AFS Section will present an **AFS Outstanding SoTL Paper Award** beginning in 2018. This award will be presented to one published paper of outstanding quality that advances the Scholarship of Teaching and Learning (SoTL) in Family Science. Eligible SoTL papers must have been published during 2017 in peer-reviewed academic sources, and at least one of the paper's authors must be a current member of the AFS Section. Winners will receive a certificate and be acknowledged at the conference and via multiple communication channels.

The other recently approved award is the **Advancing Family Science Section Legacy Award**. The purpose of this award is to recognize members who make significant and lasting contributions to the discipline of Family Science through their teaching and scholarship of teaching or administration and/or their advancement of the discipline of Family Science. This

award will be given annually and recipients will receive a plaque. Award winners should (a) have high visibility in the Advancing Family Science Section; (b) have been a member of the Advancing Family Science Section for at least 10 years (does not need to be consecutive); (c) have evidence of significant and lasting contributions to the discipline of Family Science through their teaching and scholarship or teaching, administration, and/or advancement of the discipline of Family Science; and (d) be NCFR and Advancing Family Science Section members. I want to acknowledge the assistance of Jennifer Reinke (University of Wisconsin–Stout), Jessica Cless (Washburn University) and Jaimee Hartenstein (University of Central Missouri) for their assistance with drafting the award. We are pleased to now have the means to recognize committed AFS Section members who have helped to sustain the section and the discipline of Family Science.

Third, I am thrilled by the new slate of officers who will be taking the helm of the AFS Section at the conclusion of the 2018 conference. Congratulations to incoming AFS Chair-Elect Scott Tobias (Kent State University, Stark); incoming AFS Secretary/Treasurer Jaimee Hartenstein (University of Central Missouri); and incoming AFS Students and New Professionals Representative Jennifer Greiving (University of Colorado–Denver). I would like each of you to join me in welcoming these new AFS leaders. We look forward to an ever strengthening AFS Section under their leadership.

In conclusion, I hope that you will be registering soon for the 2018 NCFR Annual Conference, if you have not already done so. Please plan to join us for our annual meeting. We look forward to the exchange of ideas, as well as the opportunity to spend time with old and new friends. ✨



Families and Health Section Update

Jerica Berge, Ph.D., M.P.H., LMFT, CFLE, jberge@umn.edu

NCFR 2018

The 2018 NCFR Annual Conference is just months away! We will be meeting in beautiful sunny San Diego, California, for the conference. Hurry and register to get the early bird registration rate. Here are some exciting things to look forward to at this year's conference:

- Stellar sessions on families and health! The Families and Health Section had another record-breaking year, with 162 individual proposals (not counting individual symposium papers) submitted to the section for the conference, which means we received

lots of presentation slots! There will be great posters, papers, presentations, workshops, and symposia related to families and health issues. Thanks to all the reviewers who helped score these proposals. What a team effort!

- We will be giving out four awards at the Families and Health Section meeting at the 2018 NCFR conference. In addition to our long-standing (a) best student/new professional and (b) professional paper awards, we will be giving out a best poster award for (c) undergraduate/master's, and

(d) doctoral and new professional. We did this for the first time last year and decided to make the poster awards a standing award. Look for more information coming via the Families and Health Section discussion group regarding how to apply for these awards.

- Our section will have our second annual ever three-section meeting with the Family Policy and Ethnic Minorities Sections. We will meet together just as the Families and Health Section for the first hour of our section meeting and then join with the other two sections for our roundtables, which include opportunities to work on symposium proposals for the next NCFR conference, propose policy briefs, discuss important topics in the field, and swap teaching or clinical ideas and resources.
- And—of course there will be door prizes, great networking, free memberships for newcomers who want to try our section out, and food! ✨

Families and Health Section Spotlight

Erin Yelland, Ph.D., Assistant Professor and Extension Specialist at Kansas State University

The Families and Health Section awarded Erin Yelland with the Student/New Professional Best Paper of the Year Award in 2017 for her work examining public perspectives toward sexual expression among long-term-care residents with dementia. Erin Yelland is an assistant professor and extension specialist in adult development and aging in the School of Family Studies and Human Services at Kansas State University. She received a bachelor's degree in youth, adult, and family services from Purdue University and a doctorate in Family Science from the University of Kentucky. Erin's extension initiatives focus on improving health and wellness across the life span to promote optimal aging. She is passionate about translating innovative research into meaningful community education and change-oriented initiatives to enrich the lives of Kansans. She serves as co-chair of the North Central Region Aging Network and is an invited member of USDA NIFA's Adult Development and Aging Workgroup. At Kansas State, Erin was recently named a University Civic Engagement Fellow. In addition to her extension work, Erin is passionate about sexual rights for older adults, particularly those who reside in long-term care. ✨



Section Member Spotlight

For our member spotlights in each newsletter, we highlight the previous year's conference winners for best student/new professional and professional paper awards and undergraduate/master's and doctoral/new professional the best poster award.

Play in the Life of Diverse Families

Report from the Inclusion and Diversity Committee

Thomas W. Blume, Ph.D., LPC, LMFT, IDC Chair; Tiffany L. Brown, Ph.D.; and Elizabeth Grace Holman, Ph.D., IDC Members, contact: ncfr.org/idc-webform

Reflecting on the theme of this issue of Family Focus, the Inclusion and Diversity Committee (IDC) would like to share some observations related to the topic of play from a social justice perspective. Play has multiple meanings; what is traditionally referred to as free play is observed among young children in diverse cultures as they engage with their physical and social worlds. Scholars such as Singer, Singer, d'Agostino, and DeLong (2009) have extolled the virtues of unstructured play which may be associated with health benefits, as it generally involves physical activity play; intellectual benefits, as it promotes the development of curiosity and complex understandings about the physical environment; and socioemotional benefits as it offers opportunities for learning about self and others.

A second meaning of play refers to competitive play, which involves winning and losing (see Henricks, 2015). This kind of play typically becomes more prevalent in middle childhood and extends throughout adulthood for many people. When engaged in individual and team play, participants challenge themselves and one another to strengthen their bodies and minds, practicing and refining their performances to achieve higher levels of excellence in athletic, creative, emotional, and intellectual performance. These kinds of competitive play serve not only individual participants but also their families and communities, who can find common ground in their shared support for a team or a player. This kind of play can also include creative and intellectual play—such as academic and creative performances—in addition to physical play.

Intersections of these two meanings can be seen in a third, more relational meaning of play. This meaning focuses less on outcomes and individual experiences

and more on interactions among players. Many family scholars and practitioners such as Milteer and Ginsburg (2012) emphasize play as a way to enhance family relationships. Parents, grandparents, and other parental figures, as well as with adult siblings and adult children, have been encouraged to find ways to incorporate more play and leisure into their lives so as to better connect with children and adolescents as well as each other.

A Social Justice View

From a social justice perspective, members of the IDC look at the promotion of play and feel concern that enthusiasts may overlook issues of equity, privilege, and social capital. Children, adolescents, and adults of different generations live in widely different contexts where they may not have equal resources, equal opportunities, or equal needs for play.

From their earliest years, children of privilege are given access to expensive tools of competitive play: gymnastics classes, swimming pools, athletic uniforms, art supplies, and the latest video games. Privileged adults, too, are likely to have opportunities for play such as golf courses, school and community theater companies, yoga classes, and marathon runs. For privileged children in stable communities, exploratory play may be promoted at home, where adults model curiosity and joy (Udwin & Shmukler, 1981).

But many children and other family members are living in contexts that mitigate against a life that includes play. Smith, Stagnitti, Lewis, and Pepin (2015) found that many U.S. parents with intergenerational history of poverty did not see playing with their children as central to their role as parents. Those families might have different perspectives and priorities regarding play resulting from

their challenging economic situations. It is difficult to consider leisure activities when basic needs have not been met across the lives of multiple generations. Caregivers who work multiple jobs may not have free time; even if play is desired there is not the time to engage in such activities (Han, 2006). Play and leisure activities can also come with monetary costs that are prohibitive for families in poverty.

Many of the parents in Smith et al.'s (2015) study expressed a belief that play was good but inappropriate for adults. But others referred to a desire to escape the stresses of parenting by using television

NCFR Report: A Member Forum

NCFR Report is a quarterly magazine for members designed to encourage member-to-member dialogue, to inform colleagues about our research, and to discuss research application for practitioners and policy professionals. Through *Report*, NCFR also builds our community by reporting on people, events, and organizational news.

Unlike the content of our scholarly journals, the articles in *NCFR Report* have not been peer-reviewed. In the spirit of open debate and academic freedom, *NCFR Report* is a member forum for exchanging ideas. The opinions or findings expressed are those of the author(s), which may or may not represent the official position of NCFR as an organization nor the prevailing scientific consensus on the topic. Author email addresses are provided to encourage readers to offer comment to writers.

to keep their children distracted. This is noteworthy in light of Singer et al.'s (2009) expressed concern over an apparent international pattern of children's play being replaced by media use.

Milteer and Ginsburg's (2012) literature review on the importance of play among families in poverty suggested that although the benefits of play for child development and family relationships were clear, the risks for children in poverty were disproportionate as schools lost recess time to an emphasis on making up for academic shortcomings; parks in the neighborhoods that were studied were taken over by drug dealers and lack of funding for maintenance; and parents lacked the experience and knowledge to guide their children in play activities. The authors called for a multi-level effort to combat the loss of play and leisure in the lives of children and families.

Ulen (2016) pointed to additional social justice concerns related to children's play. She observed that Black children in the U.S. experience disproportionate levels of surveillance and punishment at home, in school, and in the community. Therefore, she says, they have limited opportunities for unstructured exploratory play. She notes that "Black parents often fear that free play, and the exuberant expression of freedom uninhibited play engenders, puts their children at risk." In addition, children in lower socioeconomic status communities or those living in refugee settlements may not have access to safe spaces for play (Stone, Faulkner, Mitra, & Buliung, 2014) – in addition to fewer physical education and sports opportunities in their schools (Carlson, Mignano, Norman, McKenzie, Kerr, Arredondo, & ... Sallis, 2014).

Implications

How can these critiques influence the work of family scholars, teachers, and practitioners? Play and its manifestations offer challenges for social justice-oriented family professionals.

Researchers will find that the current state of play literature leaves many questions unexplored or unanswered regarding play and its functions. Examples of areas for study include Waniganayake's (2001) exploration of war and starvation themes in the play of refugee children. She described adults' discomfort when this play occurred in their facilities. Izenstark, Oswald, Holman, Mendez, and Greder (2016) described physical, psychological, and health benefits for low-income mothers and children who engaged in family nature activities including visiting playgrounds, taking walks, and playing with pets. Such research findings can provide support for advocacy and at the same time the research process may directly benefit research participants.

In the policy and resource arena, research and advocacy could encourage community opportunities for play and patterns of involvement if they help policymakers to understand how legacies of slavery, segregation, and violence are connected with cultural understandings of the environment as well as who should and can have access to natural spaces (Arai & Kivel, 2017). Those who allocate money would benefit from more information about where and when children, adolescents, and adults spend their leisure time and whether safe locations are available for unstructured as well as competitive play.

Family professionals also may not recognize that play and leisure activities look different across cultures, so these might be missed by those who are using a dominant perspective to conceptualize play. For example, if families engage in leisure activities in their church community, then researchers might overlook the leisure and play element by defining the activities as religious engagement. Incorporating social justice themes into the training and curriculum of

future practitioners, teachers, and policy makers can enhance our understanding of the positive implications of play and leisure, including culturally grounded ways of engaging children and families in play. Although scholars and practitioners agree on the value of play for strengthening and supporting family relationships, we hope to see increasing emphasis on the families and individuals who face barriers that seriously limit their access to such activity.

Selected References

- Izenstark, D., Oswald, R. F., Holman, E. G., Mendez, S. N., & Greder, K. A. (2016). Rural, low-income mothers' use of family-based nature activities to promote family health. *Journal of Leisure Research, 48*, 134-155. doi:10.18666/jlr-2016-v48-i2-6409
- Milteer, R. M., & Ginsburg, K. R. (2012). The importance of play in promoting healthy child development and maintaining strong parent-child bond: Focus on children in poverty. *Pediatrics, 129*, e204. Retrieved from <http://pediatrics.aappublications.org/content/pediatrics/129/1/e204.full.pdf>
- Singer, D. G., Singer, J. L., D'Agostino, H., & DeLong, R. (2009). Children's pastimes and play in sixteen nations: Is free-play declining? *American Journal of Play, 1*(3), 283-312.
- Smith, R. L., Stagnitti, K., Lewis, A. J., & Pepin, G. (2015). Do parents value play? The views of parents who experience intergenerational poverty on parenting and play: a qualitative analysis. *Child: Care, Health, and Development, 41*, 873-881. doi:10.1111/cch.12268
- Ulen, E. N. (2016, May 25). When play is criminalized: Racial disparities in childhood. *Truthout*. Retrieved from <http://www.truth-out.org/articles/item/36947>
- Waniganayake, M. (2001). From playing with guns to playing with rice: The challenges of working with refugee children: An Australian perspective. *Childhood Education, 77*, 289-294. doi:10.1080/00094056.2001.10521652 *
- Additional references can be found online.

Ohio Affiliate Update

Carmen Irving, CFLE, Affiliate President, carmen@mhrbuc.org

The Ohio Council on Family Relations (OHCFR) was a member of the Midwest Regional Council, one of the original NCFR affiliates, as far back as the 1930s. Today, OHCFR, now its own affiliate, strives to remain visible, relevant, and useful to Family Science professionals, academics, students, and interested others through new forms of engagement and promotion. In the past few years, we've focused on broadening our scope using low-cost, high-impact technology. Take a look at what we accomplished in academic year 2017–2018 and are continuing into this next year:

- **Presented at the Affiliate Council Workshop at the NCFR Annual Conference in Orlando, Florida, November 2017.** Six of the OHCFR board members worked together to describe our efforts to

use social media, webinars, and other online tools to engage our audience and promote our messages.

- **"Fall in Love with Family Life Education" social media campaign, February 2018.** In honor of Family Life Education Month, we promoted Family Life Education (FLE) and family resources throughout February. This campaign required all board members to generate content related to FLE and the OHCFR Social Media Team posted the content throughout the month. This campaign resulted in 31 posts, with each post reaching about 400 people.
- **Spotlighting OHCFR professionals and board members throughout the year.** To promote the work being done in our state, we are interviewing professionals,

students, and OHCFR board members through email and featuring their stories on the OHCFR website and Facebook page. This has been a great way to highlight the diverse careers and paths in the discipline of Family Science.

- **Continued quarterly live webinar series!** We started offering quarterly webinars last year, to great success. All webinars are free to OHCFR and NCFR members, and most include CFLE CEUs provided by NCFR. This year's line-up includes
 - Spring 2018: *Childhood Trauma*
 - Summer 2018: *Mental Health First Aid*
 - Fall 2018: *Sexual Assault Prevention*
 - Winter 2018: *Self-Care and Compassion Fatigue*

Keep up with us on Facebook (fb.me/OHCFR) or at our website (oh.ncfr.org). ✨

NCFR Discussion Groups: An Online Gathering Place

NCFR's discussion groups are an online gathering place for NCFR members and CFLEs to join conversations with members of their section, focus group, CFLE community, and other member groups. Group members will be able to ask questions, share resources, and more. As of January 2018, discussion groups replace NCFR email listservs.

- **Use email OR log in online.** You can create discussion threads and reply to others from your email, and you can also log in to a web platform to see group activity and read and post from a web browser.
- **See the people you're talking to.** Each discussion group member is able to create a profile (including picture) that is connected to their posts. There's also a directory that shows who's in the group,

and you can even send private messages to other individuals.

- **Browse and search past discussions and resources.** Log in online, go to your group, and search by keyword or browse through all past discussions in one place—no more going back through your entire email in box!

How to Post

There are two ways you can participate in this and your other discussion groups:

1. **Log in at ncfr.org.** Logging in to the web platform will show you all of the groups you are in; allow you to search the library of documents and resource that group members post; and, of course, create and respond to discussions in your groups.

Your username is likely your preferred email address on file with NCFR, and is the same username and password you use to log in at my.ncfr.org.

2. **Post directly from your email.** In this email and other discussion group emails, click "Post New Message" at the top of the email to create a new discussion. You'll also see links in the email that allow you to respond to existing discussion threads.

Visit groups.ncfr.org to join the conversation. ✨



Are you passionate about improving **the lives of others?**

Kansas State University Global Campus offers **ONLINE** programs to enhance your career. In a world focused on things, we focus first on people. Contact us for more information about these programs.

- Conflict resolution
- Dietetics
- Early childhood
- Family studies
- Financial planning
- Gerontology
- Merchandising
- Nutrition
- Youth development



JFTR continued from page 1

first five years (Milardo, 2014). This trend has continued, although more articles since 2013 have focused on the interface between theory and method (Blume, Fine, & Milardo, 2018).

During her tenure as editor, Dr. Blume added a focus on metatheoretical and metamethodological articles by inviting leading family theorists, such as Pauline Boss, John Gottman and Julie Gottman, Michael Johnson, and Richard Lerner, to write about the process behind their theories. In recent years, multidisciplinary interest in metatheory has increased, and many of these JFTR articles have become highly cited (Blume et al., 2018). And just this year, JFTR joined JMF and FR in making available “early view” articles — fully peer-reviewed and edited articles that are published online ahead of inclusion in a full journal issue.

Dr. Fine will publish his first issue as JFTR’s third editor in March 2019. He believes that all of the research, practice, and teaching that family researchers do is intertwined and rooted in theory, even if they are not consciously aware of that influence (Blume et al., 2018). Dr. Fine will focus his attention on answering theory-related questions in all areas of Family Science, including how practitioners use theories to help families and further understanding diverse types of families. Dr. Fine also hopes to teach students more effectively about the importance of theories and to “push the envelope” on how existing family theories are modified and expanded (Blume et al., 2018).

We hope you will join us in celebrating this 10-year milestone of NCFR’s youngest journal sibling by reading the special issue, as well as new journal articles and issues published the rest of the year.

References

- NCFR launches new journal: *Journal of Family Theory & Review* (2007). *NCFR Report*, 52(4), 1, 7.
- Milardo, R. M. (2009). Author guidelines. *Journal of Family Theory & Review*. Retrieved from [http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1756-2589/homepage/ForAuthors.html](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1756-2589/homepage/ForAuthors.html)
- Milardo, R. M. (2014). Exit Act I: JFTR, 2009–2013. *Journal of Family Theory & Review*, 6(4), 437–442. Retrieved from <https://doi.org/10.1111/jftr.12055>
- Blume, L. B., Fine, M. A., Milardo, R. M. (2018). Introduction to the special issue: Theorizing families. *Journal of Family Theory & Review*, 10(1), 7–11. Retrieved from <https://doi.org/10.1111/jftr.12250> *



Congratulations to Our New Certified Family Life Educators

The following is a list of Certified Family Life Educators (CFLEs) designated between Jan. 1 and March 31, 2018. *Provisional unless otherwise noted.*

Alabama		Illinois		Mississippi		Oklahoma	
Mary Claire Shulstad		Danielle Mary Jeanne Semenchuk	FULL	Keturah De’Oni Haggard		Alison Nicole Peter	
Rachel M. Cole				Lindsey Faith Dorsett		Oregon	
California		Indiana		Missouri		Britny Valerie Belcher	
Barbara Ruth-Williams	FULL	Kelsee R. Keitel		Keondria E. McClish		South Carolina	
Bree E. Cook	FULL	Louisiana		Nebraska		Adrienne L. Edwards	FULL
Jessika Nelson	FULL	Courtney LeAnn Ukpabi		Siera J. Schwanz		Tennessee	
Beatrice Elan		Maryland		New Jersey		Brooks Hailey Chambers	
Colorado		Ari King		Adiel X. Mendez		Kanise Winton	
Sarah R. Patterson		Michigan		New Mexico		Tammy L. Wilson	
Connecticut		Adrienne Lira	FULL	Mylis L. Murdock	FULL	Texas	
Eleonor Perez-Lopez		Kendra J. Moyses	FULL	Jun Dai		Elke Fehler	FULL
Florida		Taylor Brooke Thompson	FULL	North Carolina		Bridget Nicole Reid	FULL
Sarah Rosel Bedard		Minnesota		Katherine Jordan Haynes	FULL	Lindsey Erin Baker	FULL
Georgia		Kristina Marie Boyd	FULL	Dennis C. Dillon		Erin Denise Imhoff	FULL
Jennifer L. Jewell	FULL	Kari E. Sawyer	FULL	Robin Elizabeth Dail		Daniele Hollowell	
Christopher Stephen Ownby	FULL	Stacie L. Anderson	FULL	Ohio		Brittany T. Griggs	
Wendi J. Robinson				Jeffery J. Wilson		Cassandra Jane White	
Latrice Monique Burgess						Utah	
						Ashley May Allan	
						Wyoming	
						Hannah Catherine Crank	

Congratulations to NCFR's Honors Graduates for Spring 2018

NCFR awarded honors to a record 56 college and university students who completed their academic programs in spring 2018. NCFR Honors Student Recognition is awarded to students who demonstrate outstanding achievements in academics, leadership, and community service in the family field.

Brigham Young University

- Ashley B. LeBaron

California State University, Fresno

- Lucero J. De La Torre
- Miu Yee Mimi Ho

California State University, Sacramento

- McKinley A. Carlisle
- Niloufar Samiei

Central Michigan University

- Morgan E. Budde

East Carolina University

- Lindsey L. Almond
- Hannah C. Ward

Illinois State University

- Kaitlyn N. Wrenn

Indiana State University

- Emily J. Domina
- Jessica K. Jones

Kansas State University

- Jessica D. Cless

Messiah College

- Jennifer E. Brenner
- Emily Gaillard
- Elizabeth L. Gutman
- Veronica I. Kelly
- Daniel R. Reiste
- Olivia G. Rosado
- Mattison C. Shepley
- Cheryl A. Steenstra
- Amanda G. Strong
- Danielle Y. Weller

Michigan State University

- Riley A. Mullahy

North Carolina State University

- Taylor B. McDonald

Northern Illinois University

- Katie M. Granger

Oklahoma State University

- Zachary D. Giano

Portland State University

- Lauryn R. Maher

Samford University

- Casey A. Brookhart
- Elizabeth A. Calton
- Anna J. Sanders

Spring Arbor University

- Terra Gassaway
- Kati L. Komorosky

Texas Tech University

- Erica Y. Delgado

University of Central Oklahoma

- Ashley A. Brand
- Valerie D. Byas

University of Kentucky

- Erika L. Goodman

University of Minnesota - Twin Cities

- Samantha Leigh LeBouef
- Na Zhang

University of Nebraska at Kearney

- Maria G. Diaz Guerrero
- Tessa L. Fecht
- Rebecca M. Sobieszky

University of North Alabama

- Madeleine D. Frankford

University of Wisconsin - Stevens Point

- Madyson A. Main
- Amanda C. Wroblewski

University of Wisconsin - Stout

- Wendy Wartenweiler

Virginia Tech

- Mary (Libbie) Elizabeth Sonnier-Netto

Warner Pacific University

- M'Kailah N. Redden

Weber State University

- Grace Bingham
- Mikayla C. Brush
- Dawnelle D. Call
- Bailee K. Cooper
- Hailey D. Harris
- Shelby L. Hilton (Hill)
- Arriane D. Lovell
- Amber N. McPhee
- Laura L. Tesch

SCIENTIFIC CAPACITY BUILDING for HDFS FACULTY



Tailored services for individual faculty and departments to foster the development of early and mid-career behavioral scientists.

Services include:

- **WORKSHOPS:** Basic and Advanced NIH Grantsmanship; Creating Persuasive Tenure and Award Documents
- **MENTORING:** One-on-one and small group meetings to facilitate professional development
- **CONSULTING:** Proposal design and development, proposal reviews, P & T dossier reviews

Steve Kogan, Ph.D. is a Professor of Human Development and Family Science who provides workshops and mentoring on grantsmanship and professional development to academic departments and research centers. He directs a university-wide training and mentoring program for early career faculty in the social and behavioral sciences; this program has supported over 50 mentees who applied for more than \$25 million in research dollars. An active investigator, he has participated, as Principal or co-Principal Investigator, in the development of NIH funding applications that resulted in over \$35 million in funding for observational, longitudinal studies of adolescent development; randomized prevention trials; and Core Center research infrastructures.

To discuss tailored workshops, mentoring, or consulting services, please contact Dr. Kogan at:
Grantdesign.Info@mail.com (706) 927-5744



Ani Yazedjian, Ph.D.



Cassandra Dorius, Ph.D.



Sarah Schoppe-Sullivan, Ph.D.



Spencer Olmstead, Ph.D.



Elise Radina, Ph.D., CFLE



Daphne Hernandez, Ph.D.

2018 NCFR Elected Officers

The following NCFR members were elected to serve in the following offices beginning in November 2018.

Elections Council Members (2018–2021)

Ani Yazedjian, Ph.D., Department Chair and Professor Family and Consumer Sciences, Illinois State University

Cassandra Dorius, Ph.D., Assistant Professor of Human Development and Family Studies, Iowa State University

Fellows Committee Members (2018–2021)

Sarah Schoppe-Sullivan, Ph.D., Professor, Human Development & Family Science, Ohio State University

Spencer Olmstead, Ph.D., CFLE, Associate Professor of Child and Family Studies, University of Tennessee, Knoxville

Elise Radina, Ph.D., CFLE, Professor and Chair, Department of Family Science and Social Work Miami University (Ohio)

Inclusion and Diversity Committee – Member-at-Large (2018–2021)

Daphne C. Hernandez, Ph.D., Assistant Professor of Nutrition, Obesity Studies, and Health Disparities, University of Houston

Students & New Professionals Program Co-Representatives (2018–2020)

Erin Lavender-Stott, MA, Doctoral Candidate in Human Development, Virginia Tech and

J. Kale Monk, Ph.D., CFLE, Assistant Professor and State Specialist, University of Missouri

SECTION OFFICERS (2018–2020)

Advancing Family Science Section

Scott Tobias, Ph.D., CFLE, Chair-Elect

Jaimee L. Hartenstein, Ph.D., CFLE, Secretary/Treasurer

Jennifer “Jenn” Greiving, MA, Students and New Professionals Representative

Education and Enrichment Section

Michelle L. Toews, Ph.D., Chair-Elect

Chelsea Garneau-Rosner, Ph.D., Secretary/Treasurer

Sarah Kuborn, CFLE, Students and New Professionals Representative

Ethnic Minorities Section

Anthony G. James, Ph.D., CFLE, Chair-Elect

Sharde McNeil Smith, Ph.D., Secretary/Treasurer

Sarai Coba-Rodriguez, Ph.D., CFLE, and **Jenee’ Duncan, CFLE**, Students and New Professionals Representatives

Families and Health Section

Amber J. Seidel, Ph.D., CFLE, Chair-Elect

Erin Yelland, Ph.D., CFLE, Secretary/Treasurer

Carolyn Sutter, Ph.D., Students and New Professionals Representative

Sara Feeney, Ph.D., CFLE, Communications Specialist

Family Therapy Section

Glade Topham, Ph.D., Chair-Elect

Gizem Erdem, Ph.D., Secretary/Treasurer

Ashley Walsdorf, MS, Doctoral Candidate Students and New Professionals Representative



Erin Lavender-Stott, MA



J. Kale Monk, Ph.D., CFLE

Letters to the Editor

You may submit letters to the editor to *NCFR Report* on topics and activities relevant to NCFR member interests. The following guidelines apply:

- Only letters submitted by members will be accepted.
- Length is limited to 250 words; letters may be edited for space and clarity.
- Letters must be signed and include author contact information; submissions are verified.
- Letters that are deemed libelous, malicious, or otherwise inappropriate will not be published.

Email letters to the editor to:

tripsullivan@ncfr.org

Or mail to:

NCFR

Attn: NCFR Report

661 LaSalle Street, Suite 200

St. Paul, MN 55114



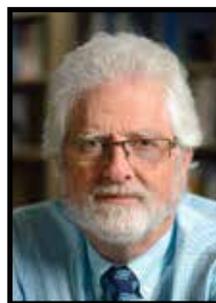
Nora Spinks



Dominic Richardson,
Ph.D.



Carola Suárez-Orozco,
Ph.D.



Andrew J.
Cherlin, Ph.D.

You're invited to the 2018 NCFR Annual Conference Registration is open! Nov. 7–10 | San Diego, California | Town and Country Resort ncfr.org/conference

Theme: Families and Cultural Intersections in a Global Context: Innovations in Research, Practice, and Policies

Program Chair: Bahira Sherif Trask, Ph.D.

We're excited to introduce this year's plenary speakers:

Nora Spinks, chief executive officer, Vanier Institute of the Family — Topic: Perspectives on Family Diversity in Canada

Dominic Richardson, Ph.D., senior education specialist at UNICEF, Office of Research–Innocenti — Topic: Supporting the Most Vulnerable Families Through Culturally Appropriate Policies

Carola Suárez-Orozco, Ph.D., professor of human development and psychology, UCLA and co-founder of Re-Imagining Migration — "Growing up in the Shadows: Living in Undocumented and Mixed-Family Status"

Andrew J. Cherlin, Ph.D., Benjamin H. Griswold III Professor of Public Policy, and chair of the Department of Sociology, Johns Hopkins University — "Degrees of Change: An Assessment of the Deinstitutionalization of Marriage Thesis" ✨

National Council on Family Relations

Call for Nominations and Applications

Journal Editor Position

Family Relations: Interdisciplinary Journal of Applied Family Science

The National Council on Family Relations (NCFR) is seeking nominations and applications for the position of Editor of *Family Relations: Interdisciplinary Journal of Applied Family Science* (FR). The term of the current editor, Jason D. Hans, Ph.D., CFLE (University of Kentucky – Lexington, KY), will be completed with the publication of the **December 2019 issue**.

The four-year term of the new editor will begin with the publication of the February 2020 issue. However, editorial responsibilities will begin to transfer to the new editor beginning January 2019. The FR Editor Search Committee anticipates making the selection of the new editor by October 1, 2018, and the new editor will be introduced at the 2018 NCFR Annual Conference in November in San Diego.

A detailed description of the editor's responsibilities may be obtained from: Search Committee for Editor of *Family Relations: Interdisciplinary Journal of Applied Family Science*, National Council on Family Relations, Jeanne Strand at jeannestrand@ncfr.org.

Nominations and applications, including a letter of application, and a curriculum vitae should be sent to National Council on Family Relations, 661 LaSalle Street, Suite 200 Saint Paul, MN, USA, 55114 or electronically to jeannestrand@ncfr.org. The FR Editor Search Committee will review application materials **beginning August 1, 2018**.

The finalists will be interviewed via video conferencing during the month of September. **Nominees and applicants must be members of the National Council on Family Relations.**

Put Your Organization Front and Center at NCFR 2018!

The 2018 NCFR Annual Conference (Nov. 7–10 in San Diego) features plenty of opportunities to promote your program, publications, and products in front of our 1,000-plus conference attendees. Choose one option, or combine multiple options for more exposure.

Visit ncfr.org/conference-marketing to get all the details and sign up!

Sponsorships

Make sure your organization gets the key recognition that NCFR conference sponsorships provide, including placement across NCFR’s communications channels and on-site signage and acknowledgment. Be sure to sign up before our sponsorship slots fill! Look for new opportunities this year, too, like session captioning and the Relax and Recharge Room.

University Receptions

Universities: Put your degree program in front of hundreds of prospective students and faculty at the NCFR conference’s own “family college fair.” The energizing University Receptions event, extended to two hours this year, features food, fun, and prizes. More than 30 universities had tables at last year’s event. Past university participants say it’s one of the best ways to promote your program.

Advertising

Advertise before the conference to 3,000 NCFR members who receive our NCFR Report member magazine (deadline for materials: July 1). Or, reach conference attendees during the conference with display ads in the hotel elevator (Oct. 1), the

conference program book (Sept. 15), or daily conference emails to attendees (Oct. 1).

Exhibits

Exhibit tables at the 2018 conference — held at San Diego’s Town and Country Resort and Convention Center — will be located in open, common areas with high attendee traffic. Exhibit dates are Wednesday, Nov. 7, through Friday, Nov. 9. The exhibits opening on Wednesday evening coincides with our popular President’s Reception and poster session, ensuring great attendance. Sign up for an exhibit booth by Sept. 15.

We can’t wait to help you promote your organization! Again, to find more details and sign up for these opportunities, visit ncfr.org/conference-marketing. *

Thank You to Our Major Sponsors for NCFR 2018!

NCFR extends a huge thank you to the organizations that have already signed on as major sponsors for the 2018 NCFR Annual Conference. We’re grateful for the financial support of the following major sponsors:

Conference Host

University of Nebraska-Lincoln
— Department of Child, Youth and Family Studies



Plenary Sponsors

Regents of the **University of Minnesota**, through its Department of Family Social Science

University of Georgia — Department of Human Development and Family Science

University of Illinois at Urbana-Champaign — Department of Human Development and Family Studies

University of Maryland — Department of Family Science





661 LaSalle Street
Suite 200
St. Paul, MN 55114
www.ncfr.org

Non-Profit Org.
U.S. Postage
PAID
Rochester, MN
Permit No. 289

in this issue:

Family Focus on...
Play and Leisure

Call for Papers: Understanding Gun Violence From a Family Perspective

Gun violence has been a topic receiving considerable recent attention, and in response, NCFR seeks authors to create original articles for the winter 2018 Family Focus section of *NCFR Report* and

the fall 2018 *CFLE Network*. These new resources will aid in the understanding and prevention of gun violence from a family perspective. What do we as family scholars and professionals have to add to the discussion about gun violence?

The editor of Family Focus invites the submission of research-based articles to explore the prevention of, immediate response to, and short- and long-term recovery from gun violence at the family, school, and community levels. What do we know about how these events have an impact on children, schools, and families? What do we know about the influence of constant reminders of violence through preparation activities such as drills on children and families, even when they don't directly experience violence?

Family Focus authors should indicate intent to submit by Aug. 1, 2018. Contact the editor at reporteditor@ncfr.org with questions or about your interest in submitting, and include one to two sentences summarizing what you wish to cover. Articles are due Aug. 15, 2018. Find complete author guidelines at bit.ly/FFguidelines (PDF)

CFLE Network will also focus on the issue of gun violence in its fall 2018 issue. Certified Family Life Educators (CFLEs) are encouraged to submit their stories and experiences of working with families coping with gun violence and how a Family Life Education perspective has helped families cope. Also of interest are articles that

- discuss the development and/or delivery of programs or curricula designed to prevent gun violence or in dealing with the aftermath of violence;
- focus on Family Life Education programs being facilitated in the community, along with a participant's perspective;
- discuss resources available to families;
- focus on service learning activities in the classroom to decrease gun violence, along with the student's perspective; or
- give research updates on gun violence for Family Life Educators.

CFLE Network authors should indicate intent to submit by Sept. 1, 2018. Email Dawn Cassidy at dawncassidy@ncfr.org with questions or to submit. Articles are due Sept. 15, 2018. Submission guidelines for *CFLE Network* can be found at ncfr.org/cfle-network. ✨

Announcing the Cognella Innovation in Teaching Award for Family Science

In collaboration with NCFR, publisher Cognella is now accepting applications for the inaugural Cognella Innovation in Teaching Award for Family Science. We're looking for those teaching in higher education who go above and beyond to introduce cutting-edge teaching practices to their courses that better engage students and advance scholarship in the discipline. Submit an entry or nominate a peer by Aug. 31, 2018. Learn more about the award and submit an application at cognella.com/innovation-in-teaching-award. ✨