

Resources and Links for Military Families, Schools, and Communities

Pre-Deployment:

- [Talking to Children About Going to War](#) – This resource discusses how to speak with children about war so to protect them from undue fear when a parent is to be deployed. It provides a list of reactions that indicate a child's vulnerability to stress, and describes how adults can best address their children's concerns and help them cope while their parent is away.
- [Helping Your Child Prepare for a Parent's Deployment](#) – This document, developed by Zero to Three, discusses the confusion and anger a young child might experience in the months and weeks leading to a parent's deployment. It describes how parents and caregivers can help children by offering reassurance and encouraging them to openly express their feelings in a healthy way.

Deployment:

- [Deployment: Your Children and Separation](#)
- ["So Far" Guide for Helping Children and Youth Cope with the Deployment of a Parent in the Military Reserves](#) – The "So Far" guide helps children and youth deal with the military deployment of a parent in the reserves. It includes information on the deployment cycle, affects on various ages of children/youth, common reactions to deployment, what parents/schools can do to help, a guide for pediatricians, outside resources, and charts and handouts for parents/professionals.
- [Little Listeners in an Uncertain World: Coping Strategies for Children and Parents During Deployment](#)
- [Supporting Young Children: Deployment, Keeping Relationships Strong](#)
- [Supporting Young Children: New Families, Nurturing New Relationships](#) – Presented by the National Center for Infants and Toddlers, this booklet offers information on how parents can build nurturing relationships with each other and their new child throughout each stage of deployment. It also provides military members with ideas to stay connected to their new babies while they are away.

Post-Deployment:

- [NASP Dialogues: Military Families and the Reintegration Process](#) – This resource from the National Association of School Psychologists discusses the effects and emotional responses that children may experience in times of war and terrorism. It provides information for educators and parents on how to help children feel safe and in control.
- [Returning from the War Zone: A Guide for Military Members](#)
- [National Center for PTSD: Homecoming After Deployment: Dealing With Changes And Expectations, A National Center for PTSD Fact Sheet](#)
- [Tips for Helping Your Child After Deployment](#)
- [Homecoming After Deployment: Tips for Reunion \(Tips for soldiers, spouses, children\)](#)
- [Supporting Your Children: Homecoming, Reconnecting After Separations](#) – This booklet from the National Center for Infants, Toddlers, and Families presents information for helping young children feel secure at homecoming. It discusses the feelings and behaviors of children and how to respond to them, parent partnerships, and the importance of realistic expectations for reconnection. It also discusses the toll of multiple deployments, positive ways to guide your child's behaviors, and provides resources that can be used as fact sheets for families.
- [Supporting Babies & Toddlers](#)

Post-Traumatic Stress Disorder:

- [Children of Veterans and Adults with PTSD](#)

- [Mayo Clinic](#)
- [Marine Forces Reserve](#)
- [National Center for PTSD](#)

Injury and Death:

- [Traumatic Grief in Military Children](#)
- [Caring for Kids after Trauma and Death: A Guide for Parents and Professionals](#) – This guide was created by The Institute for Trauma and Stress at The NYU Child Study Center. It is designed for schools and mental health professionals, and outlines immediate and ongoing tasks to help children cope with trauma or death. It also provides information for adults dealing with trauma. It is available in English and Spanish.
- [Coping with Unconfirmed Death: Tips for Caregivers of Children and Teens](#)
- [Brief Information on Childhood Traumatic Grief for School Personnel](#) – This information sheet focuses primarily on how teachers and school personnel can identify and assist children in their school who are experiencing child traumatic grief. While acknowledging that most children who have experienced the death of a close friend or family member do not develop childhood traumatic grief, the information sheet identifies specific signs and symptoms of childhood traumatic grief for teachers to look for. This resource also outlines strategies that school staff can engage in to help students with child traumatic grief.
- [Supporting Young Children Affected by Military Parent's Death](#)
- [Supporting Young People Affected by Military Parents Injury](#)
- [Students and Trauma DVD](#) – The Students and Trauma DVD, developed by the Los Angeles Unified School District Trauma Services Adaptation Center for Schools (LAUSD TSA), highlights some of the psychological, social, and academic problems that may impact a student exposed to community violence or a traumatic event. Students talk about their real life experience and struggles with a range of traumatic experiences including community violence, suicide of a family member, and natural disasters. The DVD may be ordered directly from LAUSD TSA.

Educators and Parents:

- [Suggestions for Educators](#)
- [Educator's Guide to the Military Child During Deployment](#)
- [Child Trauma Toolkit for Educators](#)
- [Supporting Young Children During the Holidays](#)
- [Supporting Children's Mental Health: Tips for Parents and Educators](#)
- [Parents as Teachers: Helping Children and Families Cope with War and Trauma](#) – This handout from the Parents as Teachers National Center provides practical worksheets for parents/teachers, tips for parents, helpful websites, and books to read with children. It also offers suggestions for discussing war with children aged 2-5, strategies to ease separation, and preparing children for separation during stressful events.
- [Resilience in a Time of War-Tips for Parents and Day-Care Providers of Preschool Children](#)
- [Resilience in a Time of War – Guide for Parents and Teachers of Middle School Children](#)
- [Talk Listen connect Magazine for Parents and Caregivers](#)
- [Talking to Children About Violence: Tips for Parents and Teachers in talking to Kids about Violence](#)
- [Understanding Child Traumatic Stress: A Guide for Parents](#)
- [Military Students on the Move - Toolkit for Parents](#)
- [Support Your Children: Homefront, Taking Care of Yourself](#)
- [Tips for Caring for Your Newborn and Yourself](#)
- [Sample Letter to Health Care Professional from Parent about Child](#)
- [Sample Letter to Child Care Provider from Parent about Child](#)

Mental Health Specialists/Psychologists/Social Workers/Guidance Counselors:

- [Good Behavior Game](#)
- [Same Sky Sharing](#)
- [School Psychologists: Helping Children Achieve Their Best In School, At Home, In Life](#)
- [Understanding and Promoting Resilience in Military Families](#)
- [Military Families - How School Psychologists Can Help](#)
- [Parent Guidance Assessment - Combat Injury](#)
- [The Psychological Needs of U.S. Military Members and Their Families: A Preliminary Report](#)
- [Supporting Young Children Affected by Deployment Injury or Death - Guide for Professionals](#)
- Supporting children and Adolescents with Deployed Caregivers - Structured Group Approach for School Counselors (The Journal for Specialists in Group Work, Volume 32, Issue 2 April 2007, pages 113 – 125)
- Support for Military Families and Communities (Journal of Community Psychology, Volume 35 Issue 2, Pages 171 – 180)
- Psychological Adjustment and Treatment of Children and Families with Parents Deployed in military Combat (Journal of Clinical Psychology, Volume 64 Issue 8, Pages 984 - 992)
- School Transitions Among Adolescent Children of Military Parents (Social Work in Education, v22 n2 p95-107 Apr 2000)

School Personnel and Communities:

- [School Connectedness – Extending Connections to Military Children](#)
- [Working with Military Children – A Primer for School Personnel](#)
- [Leveling the Playing Field for Military Connected Students](#)
- [Military Children on the Move – A Guide for School Leaders](#)
- [How Communities Can Support the Children and Families of National Guard and Reserves](#)

Other:

- www.focusproject.org - FOCUS is a resiliency-training program for military families and children to help them meet the challenges of combat operational stress during wartime. Resiliency is the ability to effectively cope with, adapt to, and overcome adversity, stress, and challenging experiences. In 2007, the Navy Bureau of Medicine and Surgery built a partnership with the Semel Institute of Neuroscience and Human Behavior at the David Geffen School of Medicine at UCLA to establish **Families OverComing Under Stress (FOCUS)** for United States Navy and Marine Corps families in order to address the impact of multiple deployments, combat stress, and high operational tempo on children and families.
- <http://www.militaryfamily.org/our-programs/operation-purple/> - When you hear "Operation Purple camp" you should think: Kids Serve Too! The National Military Family Association's Operation Purple camps are a time for having fun, making friends, and reminding military kids that they are the Nation's youngest heroes. The program was created in 2004 to fill a need identified by military parents to "help us help our kids." The mission is to empower military children and their families to develop and maintain healthy and connected relationships, in spite of the current military environment. The Operation Purple program also includes leadership camps for teens, family retreats at the national parks, and camps geared to address the needs of children and families of our nations wounded service members.
- <http://www.bu.edu/ssw/research/sfsf/index.shtml> - Boston University School of Social Work and the Boston Medical Center have received a four year grant from the US Department of Defense to develop a family-based program to support the healthy reintegration of soldiers from Operation Enduring Freedom/Operation Iraqi Freedom into their families. The program will be designed for families with children ages birth to five years old and will recognize the particular needs and developmental challenges that arise when parenting young children. The goal of this home-based family program is to mitigate the impact of combat and separation-related stress upon the parent-child and family relationships
- [PBS Film: The Next Mission](#)

- [Students in Emotional Crisis : Evidence-Based Programs](#)
- [MH Services Locator – State Map and Resources](#)
- [Impact Aid Funding Layout Booklet](#)