



Promote Your Parenting!



PARENTING
For Service Members and Veterans

MilitaryParenting.org is a new online course, developed by the Departments of Defense and Veterans Affairs, that provides military parents with the tools they need to strengthen their existing parenting skills and reconnect with their families. Many of the techniques in the course are specifically tailored to address the unique challenges of military life.

According to a 2011 Defense Department demographic report, more than 44 percent of military members have families. Sixty-seven percent of those families have children younger than 12 years old.

This, self-paced course contains the following six interactive modules:

- 1 Back into the Family
- 2 Promoting Positive Parent-Child Communications
- 3 Helping Your Child with Difficult Emotions & Behaviors
- 4 Positive Approach to Discipline
- 5 Managing Stress & Emotions as a Parent
- 6 Parenting with Emotional & Physical Challenges

The course provides users with a curriculum developed by leading behavioral health experts. The course modules help parents deal with both everyday problems and family issues that are unique to the military lifestyle, such as returning from deployment and PTSD. The modules also feature stories from actual veteran/military families and interactive activities. All parents will potentially be able to use this course to teach their children lifelong skills and values. Registration is not required to take the course, and no personal information is ever requested or stored by the website.

MilitaryParenting.org is a stand-alone course, but it is not intended to replace professional healthcare. The website does offer guidance for seeking professional help, and it may be used with in-person counseling.

The website is a collaborative effort of the Department of Defense National Center for Telehealth and Technology and the Department of Veterans Affairs Mental Health Informatics Section. The site was developed as part of the Integrated Mental Health Strategy, a joint initiative of the two departments.

For more information about militaryparenting.org, contact the National Center for Telehealth and Technology Public Affairs Office at publicaffairs@t2health.org.

Visit www.militaryparenting.org and start the course today!



militaryparenting.org