

Center for Parent & Teen Communication

Military Parenting Resources

When a person serves the nation through the military, their family also serves. Service takes true commitment and sacrifice from all members of military families. But military kids are kids first. They have abundant strengths and a predictable set of challenges in common. Healthy, resilient families are key to shaping a generation of young people ready to lead us into the future.

Parenting Resources to Strengthen Family Connections

The Center for Parent and Teen Communication (CPTC) at Children's Hospital of Philadelphia (CHOP) offers resources and strategies deserving of your focused attention as you raise military-affiliated children.

5 Ways to Support Children in Military Families

1. **Help them manage stress and learn coping skills.** Advise them to complete the **stress management plan, available on the CPTC website**, so they are prepared when challenges arise.
2. **Practice balanced parenting.** Balance love with rules. Military members may need to strictly adhere to rules in their professional lives, but the same approach that works in the service doesn't work in the home.
3. **Discipline together, even when apart.** Get on the same page by designing a **behavior contract, available on the CPTC website**. This allows the presence of the parent separated by distance to still be felt.
4. **Express love.** So many of us express our love through our physical presence. The military lifestyle often means we must parent from a distance, making it that much more important that we know how to use our words to express love.
5. **Let kids be kids.** When families are in a deployment cycle, older children may step up to more responsibility. Remember, they aren't the parent. Make sure they still have time for themselves and understand they need supervision.

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