

## **Discipline is a tool.**

Learn to use it  
effectively to help  
shape your child's  
future.



**PARENTING**  
For Service Members and Veterans

Transitioning between military and civilian life can create challenges for parents. This free online course can help! It teaches you tools and strategies to help your family stay strong and connected after a deployment or anytime.

**[www.VeteranTraining.va.gov/parenting](http://www.VeteranTraining.va.gov/parenting)**