



**Connecting  
with your child**  
can be challenging  
regardless of how  
long you have  
been home.



**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)