



Questions? Contact Us:
www.veterantraining.va.gov/parenting/feedback.asp



www.veterantraining.va.gov/parenting/



Parenting for Service Members and Veterans

is a free online course that gives you tools and strategies to help your family stay strong and connected after a deployment or anytime.

This course teaches you:

- Age appropriate responses to difficult questions
- What to expect when you come home from deployment
- How to reintegrate into your role as a parent
- Successful methods for managing stress
- Positive approaches to discipline
- How to help your children with difficult emotions and behaviors

TEENAGERS ACCEPTANCE TRANSITION POST DEPLOYMENT
STRESS INVOLVEMENT PARENTING STRATEGIES
 FAMILY ISSUES
VETERAN FAMILY
 MILITARY LIFE FATHER FORGIVENESS BABY CHILDREN RECONNECT MOTHER
 REWARDING DISCIPLINE LISTENING DIFFICULT EMOTIONS

