



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



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