# Parenting For Veterans

## Parenting is tough.

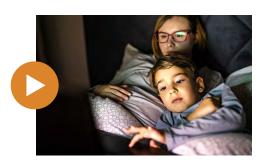
It can be even tougher for Veterans and transitioning service members who often navigate unique family dynamics, like frequent moves, reintegration, injuries and other stressors.

The **Parenting for Veterans** web program can help.



#### A MULTIMEDIA WEB PROGRAM

- Interactive games and activities
- Video stories and audio clips
- Relaxation tools
- Downloadable tip sheets and worksheets



#### **TOOLS & TIPS THAT HELP YOU**

- Talk to your kids
- Navigate difficult behaviors
- Discipline effectively
- Manage your own stress
- Parent with physical or emotional challenges



#### PLUS...

- Free, confidential and anonymous
- No login or registration required
- Accessible on any kind of device

When challenges arise, get the advice you need—any place, anytime.

### **VISIT TODAY!**

# www.VeteranTraining.va.gov/Parenting





U.S. Department of Veterans Affairs