

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

QUESTIONS OR COMMENTS? CONTACT US.

www.VeteranTraining.va.gov/Parenting/feedback.asp



U.S. Department
of Veterans Affairs