



PARENTING FOR SERVICE MEMBERS & VETERANS

www.VeteranTraining.VA.gov/Parenting

Parenting for Service Members and Veterans

provides parents with free, private tools that strengthen parenting skills and help Veterans and Servicemembers reconnect with their children. The online site and its companion mobile app called [Parenting2Go](#), developed by the Departments of Veterans Affairs (VA) and Defense (DoD), focus on providing parenting tools and resources that address the unique challenges of military life.

“ More than **44** percent of military members have families. **67** percent of those families have children younger than 12 years old. ”

~2011 DoD Demographics Report

The self-paced **online course** is designed by parents for parents. It contains six interactive modules:

1. Back into the Family
2. Promoting Positive Parent-Child Communications
3. Helping Your Child with Difficult Emotions & Behaviors
4. Positive Approach to Discipline
5. Managing Stress & Emotions as a Parent
6. Parenting with Emotional & Physical Challenges

The course is confidential and anonymous, and registration is not required. No personal information is ever requested or stored by the website.

The companion **mobile app**, [Parenting2Go](#) available for download on iTunes, can be used alone or with the more comprehensive online tool. The app allows easy, on-the-go access to parenting advice, tools, and strategies to help strengthen family relationships.

Both the online site and mobile app help parents deal with everyday problems and family issues that are unique to the military lifestyle, such as returning from deployment and PTSD. Unlike other tools for parenting, Veterans and Servicemembers will find guidance that they can use to modify and enhance their own behavior, rather than just the behavior of their children. The modules feature stories from actual Veteran/military families and interactive activities that deal with parenting scenarios and opportunities for reconnections. This course can be used with parenting children of all ages and backgrounds.

[Parenting for Service Members and Veterans](#) is not intended to replace professional care nor is it appropriate during a crisis. However, it offers guidance for seeking professional help and it may be used with in-person counseling.

The tool is a collaborative effort between VA Mental Health Web Services and DoD National Center for Telehealth and Technology (T2). The site was developed as part of the Integrated Mental Health Strategy, a joint initiative of the two departments.

Visit www.VeteranTraining.va.gov/Parenting and start reconnecting with your family today! For more information about the project, email us at Parenting@va.gov

