

Military Family Resource List

From the American Psychological Association:

Resilience in Time of War: Tips for Parents & Day-Care Providers of Preschool Children.
<http://www.apa.org/helpcenter/pre-k-resilience.aspx>

Resilience in Time of War: Tips for Parents & Teachers of Elementary School Children
<http://www.apa.org/helpcenter/kids-resilience.aspx>

Resilience in Time of War: Tips for Parents & Teachers of Middle School Children
<http://www.apa.org/helpcenter/middle-school-resilience.aspx>

Resilience in Time of War: Wartime Stress and Teens.
<http://www.apa.org/helpcenter/war-teens.aspx>

Talking with Your Children about Stress
<http://www.apa.org/helpcenter/talking-about-stress.aspx>

From the National Child Traumatic Stress Network:
Traumatic Grief in Military Children: Information for Educators
http://nctsn.org/sites/default/files/assets/pdfs/military_grief_educators.pdf

Traumatic Grief in Military Children: Information for Families
http://nctsn.org/sites/default/files/assets/pdfs/Military_Grief_Families_final3.pdf

Learning Center for Child and Adolescent Trauma: Military Families Learning Community
<http://learn.nctsn.org/course/category.php?id=10>

Books & Initiatives:

Your Soldier, Your Army (2005) by Vicky Cody. Available for download in English and Spanish from
<https://www.ausa.org/publications/your-soldier-your-army-family-guide>

The “SOFAR” Guide for Helping Children and Youth Cope with the Deployment and Return of a Parent in the National Guard and Other Reserve Components (2005) by Diane Levin, Carol Iskols Daynard, and Beverly Ann Dexter. Available for download from
https://utah4h.org/files/Projects/specialprograms/Military/OR_SofarMay06.pdf

Sesame Workshop: Talk, Listen, Connect Initiative for Military Families. Available in English and Spanish from <http://www.sesameworkshop.org/what-we-do/our-initiatives/military-families/>