



**DEFENSE CENTERS OF EXCELLENCE**

For Psychological Health & Traumatic Brain Injury



## Children of Military Service Members Resource Guide



## Introduction

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) is committed to building resilience, maximizing recovery and promoting reintegration for our nation's warriors and their families in all areas related to psychological health and traumatic brain injury.

As part of that vision, DCoE recognizes that children of military service members may demonstrate mental and emotional health needs associated with their parents' deployment, rehabilitation or reintegration. DCoE is pleased to provide the *Children of Military Service Members Resource Guide* to assist parents, other family members and health care providers in addressing the mental and emotional health needs of military children through topic-specific, age-related, public-domain literature.

The resources listed in the resource guide, compiled from DCoE's internet-based literature review and scan of public domain materials, include books, films, websites and social media and support groups.

To learn more about DCoE, please visit the website at [www.dcoe.health.mil](http://www.dcoe.health.mil).

## HOW THE RESOURCE GUIDE IS ORGANIZED

The resource guide is organized as a quick-reference tool for parents, other family members and health care providers who work with the children of military service members.

### Resources are organized in the following groupings:

TOPIC

COGNITIVE AGE LEVEL

### Topic Groupings

The resource guide is divided into five topic groupings based on relevant subject matter.

### The topics include:

COMMUNITY

DEPLOYMENT

HOMECOMING

MENTAL/EMOTIONAL HEALTH

MOVING

### Cognitive Age Level Groupings

To better identify relevant materials for children within each topic, resources are divided by cognitive age level groupings. (For the purpose of the resource guide, the term “children” refers broadly to those age two to 18. Not all topics will include relevant material for each age level.)

### The age groupings include:

ALL AGES

PRESCHOOL

PRESCHOOL TO ELEMENTARY

ELEMENTARY

ELEMENTARY TO MIDDLE SCHOOL

MIDDLE SCHOOL

MIDDLE SCHOOL TO HIGH SCHOOL

HIGH SCHOOL

### Resource Types

Each entry will indicate what type of resource it is.

### Options include:



ACTIVITY



BOOK



FILM



GROUP



\*KIT



WEB

\*Some items listed as part of a kit may be available individually and listed elsewhere in the resource guide.

## HOW TO ACCESS RESOURCES

Each resource in the resource guide lists key search information to help parents, other family members and health care providers access the specific resource. The following tools or methods are recommended to access a resource:

1. Search online using a preferred search engine
2. Search online or visit a preferred book/film retailer
3. Contact a local public library
4. Download/print materials as provided via relevant websites

Key search information includes:

### Activity

- Title
- Organizer
- URL
- Description

### Book

- Title
- Author
- Publisher
- Publication Year
- International Standard Book Number (ISBN)\*
- Page Number (where available)
- Description

\*The ISBN is a unique 13-digit reference number assigned to a commercial book. Some online-only books may not have an ISBN. The label "N/A" is used in lieu of an ISBN to identify such resources.

### Film

- Title
- Producer
- URL
- Year Released (where available)
- Running Time (where available)
- Description

### Group

- Title
- Organizer
- URL
- Description

### Kit

- Title
- Organizer
- URL
- Description

### Web

- Title
- Organizer
- URL
- Description

## DISCLAIMER

The inclusion of content in this guide does not constitute Department of Defense (DoD) endorsement of the resources or the information, products or services contained therein. The DoD does not exercise any editorial control over the information that may be found in these resources, including websites. Any faith-based resources were included based on relevant subject matter and/or availability. Resources are neither distributed nor maintained by DoD or DCoE.

Such content is provided consistent with the stated purpose of this DCoE resource guide.

The resource guide is not intended to be an exhaustive list of literature and materials relevant to the children of military service members.

Use of these resources is left to the discretion of the parent, family member or health care provider.

### Hyperlink Disclaimer

The appearance of hyperlinks does not constitute endorsement by the Department of Defense of this Web site or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation sites, the Department of Defense does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of this DoD Web site.



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# Community



## ALL AGES

**Military Youth on the Move**

Department of Defense

URL: <http://apps.mhf.dod.mil/pls/psgprod/f?p=MYOM:HOME:0>

A website dedicated to providing elementary, middle and high school students with information on deployment and moving to a new location, as well as other topics, such as divorce, exercise and making money.

**One Freedom: Youth Encounters**

One Freedom

URL: <http://www.onefreedom.org>

Youth Encounters programs are organized and designed by One Freedom staff. Each program is taught by trained professionals and includes weekend adventures offered by local organizations.

**Our Special Wish Ribbons**

Military Family Books

URL: <http://www.militaryfamilybooks.com>

One package includes 31 wish ribbons. Each ribbon is 18" long and 5/8" wide and can be written on with a regular ballpoint pen, a sharp pencil or crayon and used to make a wish tree.

**Young Heroes**

Speak Out for Military Kids (SOMK)

URL: <http://www.operationmilitarykids.org>

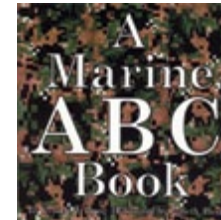
TIME: 18 minutes

A group of military and non-military teens designed and produced "Young Heroes", an 18-minute video featuring interviews with youth who have personal experience with deployment.

## PRESCHOOL TO ELEMENTARY

**A Marine ABC Book**

K.T. Pirog and J.A. Pierce



PUBLISHER: Lifest Publishing, Inc

YEAR: 2006

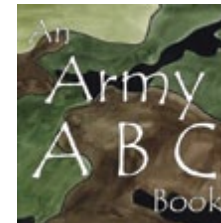
ISBN: 978-1598792218

PAGES: 32

*A Marine ABC Book* is directed towards children learning their ABC's. Using terms typical to the U.S. Marine Corps, children are able to learn simultaneously about the Marines and the alphabet.

**An Army ABC Book**

K.T. Pirog and J.A. Pierce



PUBLISHER: Lifest Publishing, Inc.

YEAR: 2009

ISBN: 978-1598793246

PAGES: 32

*An Army ABC Book* is directed towards children learning their ABC's. Using terms typical to the U.S. Army, children are able to learn simultaneously about the Army and the alphabet.



## Army Toddler Kit

### Military Family Books



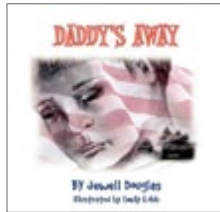
URL: <http://www.militaryfamilybooks.com>

The *Army Toddler Kit* includes two books for toddlers, including *Daddy, You're My Hero*, which helps young kids feel good about their parent's military career, and *The Army ABC Book*, which introduces young children to the alphabet from a military perspective.



## Daddy's Away

### J. Douglas



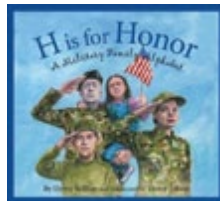
PUBLISHER: Xlibris Corp  
YEAR: 2009  
ISBN: 978-1436372183

An Iraqi Freedom veteran authors *Daddy's Away*, aimed at helping children understand a soldier's duty and what daily life is like while deployed.



## H is for Honor: A Military Family Alphabet

### D. Scillian and V. Juhasz



PUBLISHER: Sleeping Bear Press  
YEAR: 2006  
ISBN: 978-1585362929

*H is For Honor: A Military Alphabet Book* presents the alphabet using common military words and explaining each word. It also addresses military family questions, such as moving, living on a base, and deployment.



## Meet Robby the C-130

### B. Mahoney



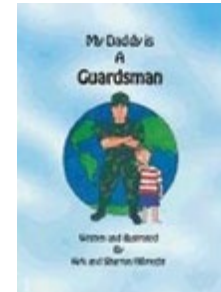
PUBLISHER: CreateSpace  
YEAR: 2008  
ISBN: 978-1441456595  
PAGES: 32

A military wife and mother of three presents the story of Robby, the C-130 military aircraft who uses his deployment journey to help children understand the job of their soldier parent, learn about what occurs during deployment and cope with their feelings or emotional distress when a parent is away.



## My Daddy is a Guardsman

### K. Hilbercht



PUBLISHER: New Canaan Publishing Company Inc.  
YEAR: 2002  
ISBN: 978-1889658308  
PAGES: 30

*My Daddy is a Guardsman* teaches young children about the important job that their father has as a member of the National Guard in helping and protecting people and ultimately, making the world a safer place.



## My Daddy is a Soldier

### K. Hilbercht and S. Hilbercht



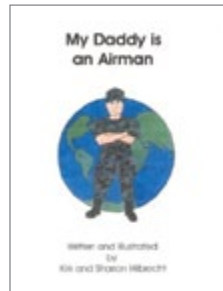
PUBLISHER: New Canaan Publishing Company Inc.  
YEAR: 2001  
ISBN: 978-1889658018  
PAGES: 30

The first book is a series of colorful picture books intended for military children. *My Daddy is a Soldier* teaches young children about the importance of their father's job as a soldier in the U.S. military.



### My Daddy is an Airman

K. Hilbercht and S. Hilbercht



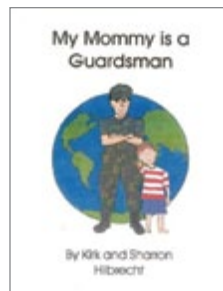
PUBLISHER: [New Canaan Publishing Company Inc.](#)  
 YEAR: 2005  
 ISBN: 978-1889658384  
 PAGES: 32

A resource in the picture book series for military children, *My Daddy is an Airman*, focuses on teaching children about their father's specific job as an airman the U.S. military.



### My Mommy is a Guardsman

K. Hilbercht and S. Hilbercht



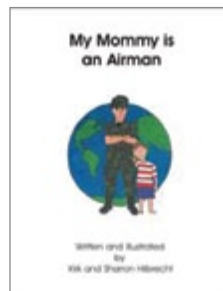
PUBLISHER: [New Canaan Publishing Company Inc.](#)  
 YEAR: 2003  
 ISBN: 978-1889658339  
 PAGES: 30

*My Mommy is a Guardsman* teaches young children about the important job their mother has as a member of the National Guard in helping and protecting people and ultimately, making the world a safer place.



### My Mommy is an Airman

K. Hilbrecht



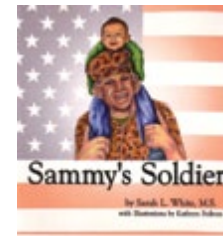
PUBLISHER: [New Canaan Publishing Company Inc.](#)  
 YEAR: 2004  
 ISBN: 978-1889658360  
 PAGES: 30

A resource in the picture book series for military children, *My Mommy is an Airman*, focuses on teaching children about their mother's specific job as an airman the U.S. military.



### Sammy's Soldier

S. White



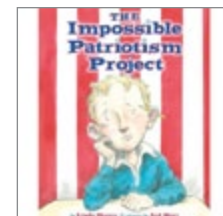
PUBLISHER: [AuthorHouse](#)  
 YEAR: 2007  
 ISBN: 978-1434303646  
 PAGES: 24

*Sammy's Soldier* is a story about a boy whose father is in the military. The book features colorful pictures and can easily be applied to any branch of the military.



### The Impossible Patriotism Project

L. Skeers and A. Hoyt



PUBLISHER: [Dial Books for Young Readers](#)  
 YEAR: 2007  
 ISBN: 978-0803731387

*The Impossible Patriotism Project* focuses on the complexities in understanding military service, patriotism, and deployment from a child's perspective. The child's understanding of the meaning of patriotism leads him to a further acceptance of his father's deployment.

## ELEMENTARY



### How I Know My Dad is a Soldier

D.M. Johnson



PUBLISHER: [AuthorHouse](#)  
 YEAR: 2007  
 ISBN: 978-1434311818  
 PAGES: 24

*How I Know My Dad is a Soldier* discusses a child's pride for his father serving in the military, as well as the important role that the mother plays while the father is away.





### My Dad's a Hero

R. Christiansen



PUBLISHER: Word Association Publishers  
YEAR: 2007  
ISBN: 978-1595712097

This book describes the work and responsibility of a military father in a positive, uplifting light. It includes an opportunity for children to keep pictures of their own father in the book as a special keepsake.

## ELEMENTARY TO MIDDLE SCHOOL



### Tell Me a Story

Military Child Education Coalition



URL: <http://www.militarychild.org/>

*Tell Me a Story* is an initiative by the *Military Child Education Coalition* to empower our military children through literature and their stories, while fostering resilience, peer and parent connections, a sense of pride and accomplishment and a caring community.

## MIDDLE SCHOOL



### An American Flag for Their Father

A.H. Georgopolis



PUBLISHER: Pub. Works  
YEAR: 2005  
ISBN: 978-1933002064

*An American Flag for Their Father* tells the tale of a family's homecoming when support from the community fifth-grader Jonathan and his third-grade sister, Meghan, raise money to buy a flag to welcome home their father, an active-duty soldier returning home from the Middle East.

## MIDDLE SCHOOL TO HIGH SCHOOL



### 4-H Army Youth Development Project

4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Army youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Army.



### 4-H Clubs for Air Force Youth

4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Air Force youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Air Force.



### 4-H Navy Youth Development Project

4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Navy youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Navy.



## Army Reserve Enrichment Camps

### Army Reserve Family Programs



URL: <http://www.arfp.org>

Army Reserve Enrichment Camps are designed to provide a fun and rewarding experience for Army Reserve youth, ages 8 to 16. Campers interact with other Army Reserve-connected youth and learn about the unique factors associated with being in an Army Reserve family.



## Club Beyond

### Military Communities Youth Ministries



URL: <http://www.mcym.org/>

Club Beyond is the Military Communities Youth Ministries' program for high and middle school-aged military children. Club Beyond hosts weekly 90-minute club meetings, retreats special activity nights, lock-ins, ski trips, summer camps, and work-service projects. Club Beyond leaders also offer weekly Christianity-based study sessions.



## Facebook Group: Army Children

### Social media group



URL: <http://www.facebook.com>

A Facebook group for those whose parent(s) are in the Army and have to move around the world.



## Facebook Group: Military Brats

### Social media group



URL: <http://www.facebook.com>

A Facebook group for all children or family members of Army, Air Force, Navy, Marine Corps, and Coast Guard personnel. The group fosters relationship building and allows members to reconnect with friends and share their stories.



## Facebook Group: The Military Connection

### Social media group



URL: <http://www.facebook.com>

A Facebook group designed to help people reconnect and stay in touch with past and present military connections.



## Facebook Group: Where IS Home?

### Children/spouses of the military

### Social media group



URL: <http://www.facebook.com>

A Facebook group for children and spouses of the service members where they can share personal experiences about growing up in the military while building relationships and developing a sense of community.



## Military Brats Online

V. Baker

**MILITARY BRATS ONLINE™**

URL: <http://www.militarybrats.net/home.php>

A social network for children of military parents to reconnect with old friends, share stories about military life and culture and make new friends.



## On-Line Community for Overseas Brats and Military Brats

Overseasbrats.net



URL: <http://www.overseasbrats.net/>

This online resource serves as a forum for teens to post threads and messages regarding their experiences as the children of service members and for links to applicable resources to be published. As members they can connect with contacts and friends, post pictures, and more. The community forum categorizes schools by region and country in order to facilitate connections between students from the same areas.



## Operation Military Kids

U.S. Army and community organizers



URL: <http://www.operationmilitarykids.org>

*Operation Military Kids*, a result of the U.S. Army's collaborative efforts with America's communities, connects military children and youth with local resources to foster community support.



## Operation Purple

National Military Family Association



URL: <http://www.militaryfamily.org>

Operation Purple, organized by the National Military Family Association, empowers military children and their families to develop and maintain healthy and connected relationships through the healing and holistic aspect of the natural world. The program is joint, or "purple," encompassing all service branches, including the reserve components.



## Student 2 Student

MilitaryChild.org



URL: <http://www.militarychild.org/>

The Student 2 Student initiative through MilitaryChild.org consists of middle and high school programs designed to provide leadership for training other students to support military children transitioning to or from their school.

## HIGH SCHOOL



## Brats: Our Journey Home

B. Goodwin



URL: <http://www.bratsourjourneyhome.com/>

Directed by D. Musil, *Brats: Our Journey Home* is an award-winning documentary about the lives of military children throughout history and the unique situations they encountered throughout their childhood. It discusses living around the world, moving frequently, living on military bases and the absence of parents due to deployments. (Distributed by *Brats Without Borders*)



## Durable Goods

E. Berg



PUBLISHER: [Random House](#)

YEAR: 1993

ISBN: 978-0812968149

This teenage fictional novel, *Durable Goods*, introduces the life of two sisters, who in addition to coping with the death of their mother, are affected by the military life of their father. The girls must deal with issues, such as frequent moves, living on a military base and an emotionally distant and abusive father, all while encountering the normal growing pains of the teenage years.



## Facebook Group: Military Brats Registry

Social media group

URL: <http://www.facebook.com>

A *Facebook* group for children or family members of Army, Air Force, Navy, Marine Corps and Coast Guard personnel. It includes resources, such as reunion announcements and stories by military brats and authors.



## Military HOMEFRONT: HOMEFRONT Connections

Department of Defense

URL: <https://apps.mhf.dod.mil/homefrontconnections/index.jspa>

HOMEFRONT Connections is a social networking environment for service members, their families and the working professionals who support them.



# Deployment

## ALL AGES

**Military Youth on the Move**

Department of Defense

URL: [http://apps.mhf.dod.mil/pls\\_psgprod/f?p=MYOM:HOME:0](http://apps.mhf.dod.mil/pls_psgprod/f?p=MYOM:HOME:0)

A website dedicated to providing elementary, middle and high school students with information on deployment and moving to a new location, as well as other topics, such as divorce, exercise and making money.

**One Freedom: Youth Encounters**

One Freedom

URL: <http://www.onefreedom.org>

Youth Encounters programs are organized and designed by One Freedom staff. Each program is taught by trained professionals and includes weekend adventures offered by local organizations.

**Our Special Wish Ribbons**

Military Family Books

URL: <http://www.militaryfamilybooks.com>

One package includes 31 wish ribbons. Each ribbon is 18" long and 5/8" wide and can be written on with a regular ballpoint pen, a sharp pencil or crayon and used to make a wish tree.

**Project FOCUS**

Families Over Coming Under Stress (FOCUS)

URL: <http://www.focusproject.org/>

The Families Over Coming Under Stress (FOCUS) Project provides family resiliency services to military children and families at designated Navy and Marine Corps sites to address concerns related to parental combat, operational stress injuries and combat-related physical injuries. It can be accessed through [focusproject.org](http://focusproject.org).

**Young Heroes**

Speak Out for Military Kids (SOMK)

URL: <http://www.operationmilitarykids.org>

TIME: 18 minutes

A group of military and non-military teens designed and produced "Young Heroes", an 18-minute video featuring interviews with youth who have personal experience with deployment.

## PRESCHOOL

**Talk, Listen, Connect: Deployment**

Sesame Workshop

URL: <http://www.sesameworkshop.org>

YEAR: 2008

A Sesame Workshop bilingual, educational, outreach initiative designed for military families and their young children. This video addresses single and multiple deployments.



### Talk, Listen, Connect: Homecoming

Sesame Workshop



URL: <http://www.sesameworkshop.org>  
YEAR: 2008

A Sesame Workshop bilingual educational outreach initiative designed for military families and their young children. This video addresses a parent's combat related injury and his or her return home.

## PRESCHOOL TO ELEMENTARY



### A Heart Apart (Daddy Version)

M. Seligman and C. Piper



PUBLISHER: Life Captured  
YEAR: 2010

*A Heart Apart* is a make-your-own-book resource that encourages children to build their own 'book' by uploading their stories and pictures into the pre-formatted template and then share it with their deployed parent. Two versions of this product exist – one directed at deployed fathers, another for deployed mothers.



### A Heart Apart (Mommy Version)

M. Seligman and C. Piper



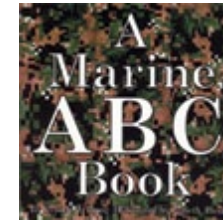
PUBLISHER: Life Captured  
YEAR: 2010

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### A Marine ABC Book

K.T. Pirog and J.A. Pierce



PUBLISHER: Lifestest Publishing, Inc  
YEAR: 2006  
ISBN: 978-1598792218  
PAGES: 32

*A Marine ABC Book* is directed towards children learning their ABC's. Using terms typical to the U.S. Marine Corps, children are able to learn simultaneously about the Marines and the alphabet.



### A Paper Hug

S. Skolmoski



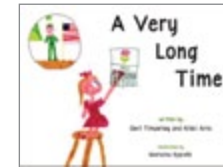
PUBLISHER: Self-published  
YEAR: 2006  
ISBN: 978-097864250  
PAGES: 36

*A Paper Hug* targets young children facing a parent being deployed. The child in the story makes a paper hug, which he sends to his father overseas. The Dad recognizes the hug in a letter sent to the family, which reinforces to the child that even in his absence his father is still thinking about him.



### A Very Long Time

G. Timperley



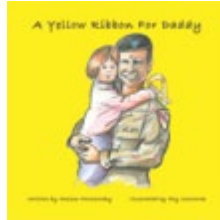
PUBLISHER: Beavers Pond Press, Inc.  
YEAR: 2005  
ISBN: 1592981194  
PAGES: 32

*A Very Long Time* is a picture book written by a mother and three-year-old daughter to help the young girl understand how long her father would be gone while deployed to Iraq. It also discusses separation from parents.



## A Yellow Ribbon for Daddy

A. Mersiowsky



PUBLISHER: Veritas Media

YEAR: 2005

ISBN: 978-0976669807

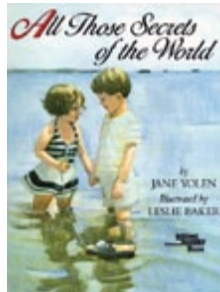
PAGES: 24

*A Yellow Ribbon for Daddy* is a picture book designed to address deployment and the questions young children have when a parent leaves.



## All Those Secrets of the World

J. Yolen



PUBLISHER: Little Brown & Co

YEAR: 1991

ISBN: 978-0316968959

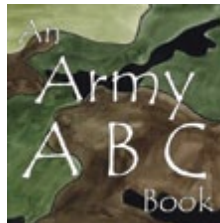
PAGES: 32

*All Those Secrets of the World* is written from the perspective of Janie about the childhood memories surrounding her father going to war for two years during World War II. While her father is gone, she learns the secrets of the world from the perspective of her five-year-old cousin. These “secrets” enable her to understand her father’s long absence and reunite with him upon his return.



## An Army ABC Book

K.T. Pirog and J.A. Pierce



PUBLISHER: Lifest Publishing, Inc.

YEAR: 2009

ISBN: 978-1598793246

PAGES: 32

*An Army ABC Book* is directed towards children learning their ABC’s. Using terms typical to the U.S. Army, children are able to learn simultaneously about the Army and the alphabet.



## Boo Boo Bear’s Mission: the True Story of a Teddy Bear’s Adventures in Iraq

M.L. Sather



PUBLISHER: Beaver’s Pond Press

YEAR: 2009

ISBN: 978-1592982837

PAGES: 56

*Boo Boo Bear’s Mission* is intended to be a resource for parents and health care providers to help support a child’s emotional well-being as he or she deals with the stress of a family member’s military deployment. It also includes a supplemental section with parent and provider aids on tips and activities on how to best support your child during deployment.



## Butterfly in the Sky: Daddy’s Little Girl

S. Musgrave



PUBLISHER: AuthorHouse

YEAR: 2008

ISBN: 978-1438922188

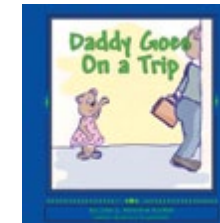
PAGES: 32

*Butterfly in the Sky: Daddy’s Little Girl* was written and illustrated by a military spouse and child team. This book reaches out to military children across the services to help reassure children that they are loved and cared for even though a parent may be deployed.



## Daddy Goes on a Trip: Dealing with Travel and Deployment

W. Bentrim and C. Schofield



PUBLISHER: CreateSpace

YEAR: 2009

ISBN: 978-1449539733

PAGES: 24

Using illustrated bears, *Daddy Goes on a Trip: Dealing with Travel and Deployment*, helps explain big concepts, like deployment, to small children; what it means, what to expect, and how to keep in contact with the parent.





## Daddy Got His Orders

K. Mitchell and E. Hergenroeder



PUBLISHER: T.J. Pub.  
YEAR: 2004  
ISBN: 978-0976081104  
PAGES: 16

*Daddy Got His Orders* is a short book designed to help young children understand deployment. It answers common questions and concerns children have before a parent leaves.



## Daddy, You're My Hero

M. Ferguson-Cohn



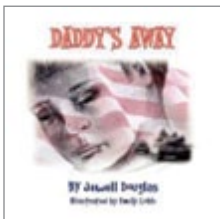
PUBLISHER: Little Redhaired Girl Pub Inc  
YEAR: 2001  
ISBN: 978-1436372183  
PAGES: 12

*Daddy, You're My Hero* addresses deployment issues from a young child's perspective, including feelings and experiences of separation, abandonment and helplessness.



## Daddy's Away

J. Douglas



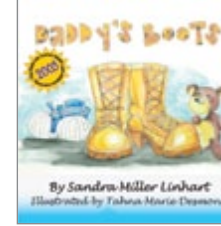
PUBLISHER: Xlibris Corp  
YEAR: 2009  
ISBN: 978-1436372183

An Iraqi Freedom veteran authors *Daddy's Away*, aimed at helping children understand a soldier's duty and what daily life is like while deployed.



## Daddy's Boots

S.M. Linhart



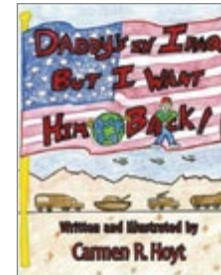
PUBLISHER: LionHeart Group Publishing  
YEAR: 2010  
ISBN: 978-0984512706  
PAGES: 36

A father and child story, *Daddy's Boots*, talks about why daddy has to leave and why the son cannot go with him. A similar book entitled *Momma's Boots* also exists by the same author.



## Daddy's in Iraq, But I Want Him Back

C.R. Hoyt



PUBLISHER: Trafford Publishing  
YEAR: 2005  
ISBN: 978-1412060424  
PAGES: 24

Written by a Navy wife and mother, *Daddy's in Iraq, but I Want Him Back* aims to explain deployment and address young children's fears, insecurities and anxieties about a military parent's separation resulting from a military deployment.



## Dear Baby, I'm Watching Over You

C. Casey



PUBLISHER: Dear Baby Books  
YEAR: 2010  
ISBN: 978-0982097236  
PAGES: 32

*Dear Baby, I'm Watching Over You* is a picture book designed to help very small children whose parents have deployed understand that they are loved and explain why the parent must go away.



## Deployment: Strategies for Working with Military Families

K. Petty



PUBLISHER: Redleaf Press  
 YEAR: 2009  
 ISBN: 978-1425989859  
 PAGES: 28

In *Deployment: Strategies for Working with Military Families*, Dr. Karen Petty works “to provides a voice” for children in military families. Geared towards parents and adults who work with children, this resource discusses both reactions to expect from children at all age levels regarding separation (deployment or other), as well as provides strategies to mitigate their concerns.



## God’s Going Too: His Promises for Kids During Deployment

C. Pierce-Lunderman



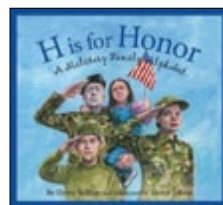
PUBLISHER: AuthorHouse  
 YEAR: 2009  
 ISBN: 978-1438916125

*God’s Going Too: His Promises for Kids During Deployment* is a compilation of children’s stories that provide Christianity-based ideas and activities to encourage children during parental deployment.



## H is for Honor: A Military Family Alphabet

D. Scillian and V. Juhasz



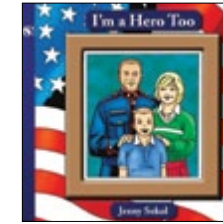
PUBLISHER: Sleeping Bear Press  
 YEAR: 2006  
 ISBN: 978-1585362929

*H is For Honor: A Military Alphabet Book* presents the alphabet using common military words and explaining each word. It also addresses common military family questions, such as moving, living on a base, and deployment.



## I’m a Hero Too

J. Sokol



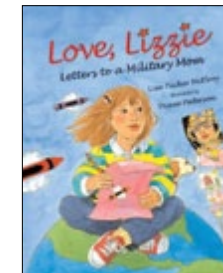
PUBLISHER: AuthorHouse  
 YEAR: 2007  
 ISBN: 978-1425989859  
 PAGES: 28

*I’m a Hero Too* depicts the full spectrum of emotions felt by a young child when his or her father is deployed. The story emphasizes the importance of family during times of separation.



## Love, Lizzie: Letters to a Military Mom

L.T. McElroy and D. Paterson



PUBLISHER: Whitman  
 YEAR: 2005  
 ISBN: 978-1585362929  
 PAGES: 32

*Love, Lizzie: Letters to a Military Mom* follows 9-year-old Lizzie as she writes to her mother, who is deployed overseas. Child-like handwriting and colorful illustrations are used as Lizzie tells her mother about what is happening at home in her absence. The end of the book identifies recommendations for helping children cope with deployment and being part of a military family.



## Meet Robby the C-130

B. Mahoney



PUBLISHER: CreateSpace  
 YEAR: 2008  
 ISBN: 978-1441456595  
 PAGES: 32

A military wife and mother of three presents the story of Robby, the C-130 military aircraft who uses his deployment journey to help children understand the job of their soldier parent, learn about what occurs during deployment and cope with their feelings or emotional distress when a parent is away.



## Mommy, You're My Hero

M. Ferguson-Cohn



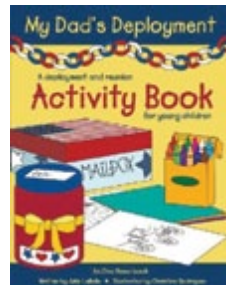
PUBLISHER: Little Redhaired Girl Pub Inc  
YEAR: 2001  
ISBN: 978-0972926423  
PAGES: 12

*Mommy, You're My Hero* addresses deployment issues from a young child's perspective, including feelings and experiences of separation, abandonment and helplessness.



## My Dad's Deployment: A Deployment and Reunion Activity Book for Young Children

J. Labelle



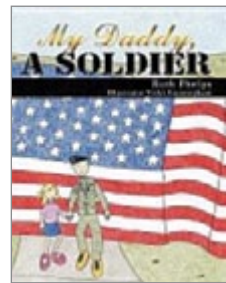
PUBLISHER: Elva Resa Publishing  
YEAR: 2009  
ISBN: 978-1934617076  
PAGES: 112

This 112-page activity book contains mazes, matching and coloring to illustrate and present common deployment and reunion topics. The activities reinforce concepts young children are already learning and encourage children to ask questions, understand their feelings and connect to their deployed parent.



## My Daddy, a Soldier

R. Phelps



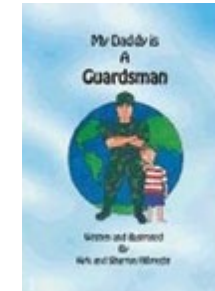
PUBLISHER: AuthorHouse  
YEAR: 2009  
ISBN: 978-1438975696  
PAGES: 100

*My Daddy, a Soldier* is a story of a young girl who watches her father leave for war. Readers see deployment through a child's eyes on topics ranging from how children calculate time away to coping with strong emotions and fears.



## My Daddy is a Guardsman

K. Hilbercht



PUBLISHER: New Canaan Publishing Company  
YEAR: 2002  
ISBN: 978-1889658308  
PAGES: 30

*My Daddy is a Guardsman* teaches young children about the important job that their father has as a member of the National Guard in helping and protecting people and ultimately, making the world a safer place.



## My Daddy is a Soldier

S. Campbell



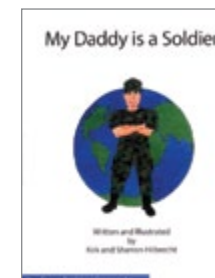
PUBLISHER: PUBLISHAMERICA  
YEAR: 2009  
ISBN: 978-1615467242  
PAGES: 32

*My Daddy is a Soldier* uses simple words and images to help young children understand what it means when parents say, "Daddy is going away."



## My Daddy is a Soldier

K. Hilbercht and S. Hilbercht



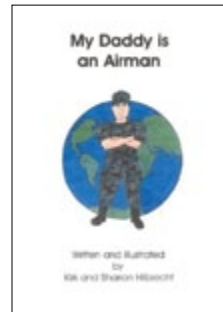
PUBLISHER: New Canaan Publishing Co  
YEAR: 2001  
ISBN: 978-1889658018  
PAGES: 30

The first book is a series of colorful picture books intended for military children. *My Daddy is a Soldier* teaches young children about the importance of their father's job as a soldier in the U.S. military.



### My Daddy is an Airman

K. Hilbercht and S. Hilbercht



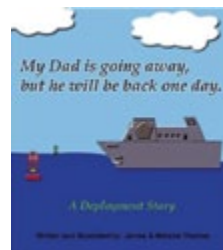
PUBLISHER: New Canaan Publishing Co  
 YEAR: 2005  
 ISBN: 978-1889658384  
 PAGES: 32

A resource in the picture book series for military children, *My Daddy is an Airman*, focuses on teaching children about their father's specific job as an airman the U.S. military.



### My Dad is Going Away, but He Will be Back One Day

J. Thomas



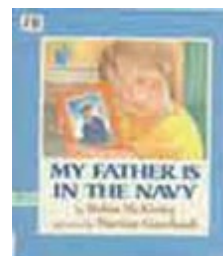
PUBLISHER: Trafford Publishing  
 YEAR: 2004  
 ISBN: 978-1412034265  
 PAGES: 16

*My Dad is Going Away, but He Will be Back One Day* is written about a Navy family whose father is away at sea. The story explains to the young children what life will be like while their father is away and includes activity pages for children to complete.



### My Father is in the Navy

R. McKinley



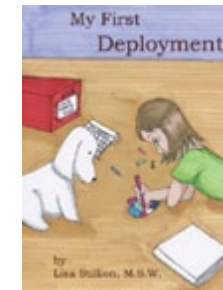
PUBLISHER: Greenwillow Books  
 YEAR: 1992  
 ISBN: 978-0688106393  
 PAGES: 112

*My Father is in the Navy* is a picture book that addresses how young children may feel about having a deployed parent and their potential worry about not remembering that parent prior to their reunion. The emotions expressed in the story are based on the life experiences of the author, whose father was also in the Navy.



### My First Deployment (Volume 1)

L. Stillion



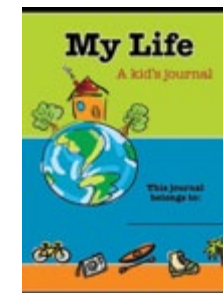
PUBLISHER: Stillion Publications  
 YEAR: 2006  
 ISBN: 978-0978547813  
 PAGES: 36

*My First Deployment* offers practical coping strategies for young children dealing with separation through the story of a young girl dealing with her father's deployment.



### My Life: A Kid's Journal

Health Net Federal Services



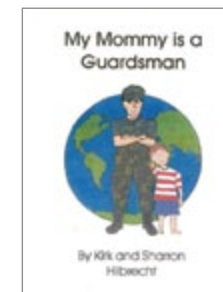
PUBLISHER: Health Net Federal Services  
 ISBN: N/A  
 PAGES: 44

This 44-page journal helps children work through thoughts and emotions around deployment. It provides a means of positive coping strategies by giving children a place to write about what is occurring in their own lives and what they hope to see and share when their parent returns. It can be accessed through [www.hnfs.net](http://www.hnfs.net).



### My Mommy is a Guardsman

K. Hilbercht and S. Hilbrecht



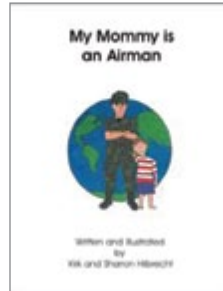
PUBLISHER: New Canaan Publishing Company  
 YEAR: 2003  
 ISBN: 978-1889658339  
 PAGES: 30

*My Mommy is a Guardsman* teaches young children about the important job their mother has as a member of the National Guard in helping and protecting people and, ultimately, making the world a safer place.



## My Mommy is an Airman

K. Hilbrecht



PUBLISHER: New Canaan Publishing Company Inc.  
YEAR: 2004  
ISBN: 978-1889658360  
PAGES: 30

A resource in the picture book series for military children, *My Mommy is an Airman*, focuses on teaching children about their mother's specific job as an airman the U.S. military.



## My Mommy Wears Combat Boots

S. McBride



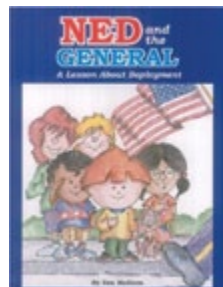
PUBLISHER: AuthorHouse  
YEAR: 2008  
ISBN: 978-1434351647  
PAGES: 24

Written by a mother and U.S. veteran of 13 years, *My Mommy Wears Combat Boots* describes the author's personal experience in addressing her child's emotions and negative feelings towards her deployments in an effort to help other military children and families cope with deployment.



## Ned and the General: A Lesson About Deployment

R. Madison and D. Covolo



PUBLISHER: Ned's Head Productions  
YEAR: 2004  
ISBN: 978-1887206242  
PAGES: 26

This book uses a rhyming format to help children understand the military and specific uncertainties of deployment.



## Red, White, and Blue Good-bye

S.W. Tomp and A. Barrow



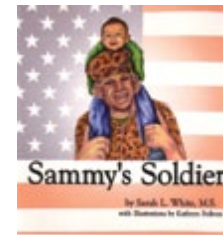
PUBLISHER: Walker & Co.  
YEAR: 2005  
ISBN: 978-0802789617

The story, *Red, White, and Blue Good-bye*, is designed for young children who are concerned they will not remember their parent after they leave for deployment. The father in the story points out common items at home to help his young daughter remember him, which allows her to realize, ultimately, that even though he is gone, she is still connected to him.



## Sammy's Soldier

S. White



PUBLISHER: AuthorHouse  
YEAR: 2007  
ISBN: 978-1434303646  
PAGES: 24

*Sammy's Soldier* is a story about a boy whose father is in the military. The book features colorful pictures and can easily be applied to any branch of the military.



## Sometimes We Were Brave

P. Brisson



PUBLISHER: Boyds Mill Press  
YEAR: 2010  
ISBN: 978-1590785867  
PAGES: 32

*Sometimes We Were Brave* follows the experiences of a young boy, Jerome, whose mother has deployed, as he learns to adjust to life with only his father and friendly dog.



## The Christmas Box

J.A.S. Wetzel



PUBLISHER: Alfred A. Knopf

YEAR: 1992

ISBN: 978-0679817895

*The Christmas Box* follows the lives of two children after their father is sent to Japan in the early 1950's. The story occurs across the fall months in order to capture the passage of time. Additionally, the portion regarding Christmas clearly demonstrates how loved ones are missed on special occasions.



## The Impossible Patriotism Project

L. Skeers and A. Hoyt



PUBLISHER: Dial Books for Young Readers

YEAR: 2007

ISBN: 0803731388

*The Impossible Patriotism Project* focuses on the complexities in understanding military service, patriotism, and deployment from a child's perspective. The child's understanding of the meaning of patriotism leads him to a further acceptance of his father's deployment.



## The Soldier's Tree

S.L. Pickup



PUBLISHER: T A O Army Kids Publisher

YEAR: 2004

ISBN: 978-0976245803

PAGES: 18

*The Soldier's Tree* is designed to help young children deal with separation from a parent during the holiday season. The story features many pictures to help guide the reader.



## The Wishing Tree

M. Redman and C. Rodriguez



PUBLISHER: Elva Resa Pub.

YEAR: 2008

ISBN: 978-1934617021

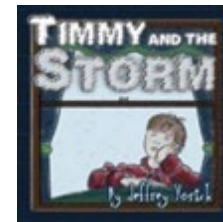
PAGES: 32

*The Wishing Tree*, written by a military spouse, discusses the wishes and concerns a child has for her father while he is away. The construction of a wishing tree becomes the girl's coping mechanism for dealing with the absence of her father. Instructions on how to make your own tree are included.



## Timmy and the Storm

J. Yosick



PUBLISHER: Narrow Path Publishing

YEAR: 2008

ISBN: 978-1606436936

PAGES: 28

Young Timmy does not understand why his father must leave to go to war. His mother relates the story of three bunnies in a rainstorm, which ultimately enables Timmy to understand why his father must leave.



## Uncle Sam's Kids: When Duty Calls

A.S. Rehak



PUBLISHER: Abidenme Books Publishing

YEAR: 2004

ISBN: 978-0971451513

PAGES: 40

*Uncle Sam's Kids: When Duty Calls* introduces deployment, discusses roles of the deployed parent while away, and normalizes common concerns expressed by children of deployed parents. Additionally, it presents deployment in a stage-like process, with topics that often present themselves at each juncture.



## What Will I Play While You Are Away?

J. Thomas and J. Norton



PUBLISHER: TRAFFORD PUBLISHING

YEAR: 2010

ISBN: 978-1426929243

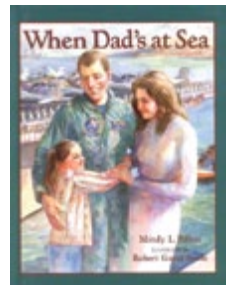
PAGES: 28

Written with elementary children in mind, *What Will I Play While You Are Away?* provides a variety of ideas in a light-hearted, storybook format of ideas for children's activities and games while a parent is away.



## When Dad's at Sea

W.L. Pelton



PUBLISHER: Albert Whitman & Company

YEAR: 2004

ISBN: 978-0807563397

PAGES: 30

Emily copes with her dad leaving for a six-month deployment as a Navy pilot. Throughout the story, she introduces coping mechanisms to deal with his absence. The story uses sensory details, allowing even the youngest readers to relate with Emily and the positive and negative emotions that she feels.



## While You Were Away

E. Spinelli



PUBLISHER: Hyperion Books for Children

YEAR: 2004

ISBN: 978-0786809721

PAGES: 32

With encouraging illustrations, *While You Were Away* is written from the perspective of three young children as they wait for their parents to return from deployment. Each of the three parents is a member of a different branch of service, therefore making it applicable for most deployment situations.



## You and Your Military Hero: Building Positive Thinking Skills During Your Hero's Deployment

S. Fritz, P. Johnson and T. Zitzow



PUBLISHER: Bookhouse

YEAR: 2009

ISBN: 978-1592982684

PAGES: 61

*You and Your Military Hero: Building Positive Thinking Skills During Your Hero's Deployment* is an activity book that utilizes games, calendars and exercises to help children to identify and understand their feelings about deployment and learn positive coping skills.

## ELEMENTARY



## But...What If?

S.M. Linhart



PUBLISHER: LIONHEART GROUP PUBLISHING

YEAR: 2010

ISBN: 978-0984512720

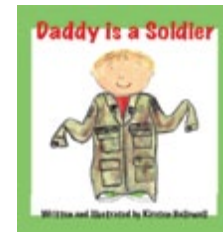
PAGES: 36

Homecomings can be wonderful family reunions, but children may have questions leading up to seeing the returning parent again. *But... What If?* addresses the sincere, tender questions that may go through a child's mind as he or she prepares for the return of a deployed parent.



## Daddy is a Soldier

K. Hallowell



YEAR: 2004

ISBN: 978-1412018531

PAGES: 16

Written from a young boy's perspective, *Daddy is a Soldier* explains the concept and reasons for deployment of a military parent in a language that is easy for young children to understand.



## How I Know My Dad is a Soldier

D.M. Johnson



PUBLISHER: AuthorHouse  
YEAR: 2007  
ISBN: 978-1434311818  
PAGES: 24

*How I Know My Dad is a Soldier* discusses a child's pride for his father serving in the military as well as the important role that the mother plays while the father is away.



## I am Red, White, & Blue...Are You Feeling it Too?

D.L. Cole



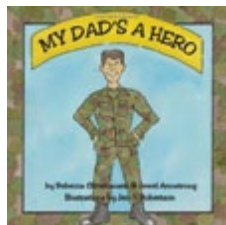
PUBLISHER: Strong Military Families  
YEAR: 2008  
ISBN: 978-1604026849

Written from the perspective of a child writing to a loved soldier, *I am Red, White, & Blue...Are You Feeling it Too?* encourages children to talk about fears and feelings about deployment.



## My Dad's a Hero

R. Christiansen



PUBLISHER: Word Association Publishers  
YEAR: 2007  
ISBN: 978-1595712097

This book describes the work and responsibility of a military father in a positive, uplifting light. It includes an opportunity for children to keep pictures of their own father in the book as a special keepsake.



## My Daddy is a Hero

C. Childers



PUBLISHER: Lulu.com  
YEAR: 2007  
ISBN: 978-1430321958  
PAGES: 32

*My Daddy is a Hero* explains the reason and process of a parent's deployment from a child's perspective.



## My Red Balloon

E. Bunting and K. Life



PUBLISHER: Boyds Mills Press  
YEAR: 2005  
ISBN: 978-159078263

*My Red Balloon* addresses the return of a military parent following deployment by telling the story of a little boy waiting with excitement and apprehension for his Navy father's return home after being at sea.



## Night Catch

B. Ehrmantraut



PUBLISHER: Bubble Gum Pr  
YEAR: 2005  
ISBN: 978-0972983396  
PAGES: 32

*Night Catch* tells the story of how a deployed father stays connected with his son while they are physically separated.





### Pilot Mom

K.B. Duble and A. Marks



PUBLISHER: Charlesbridge  
YEAR: 2003  
ISBN: 978-1570915550

*Pilot Mom* presents the story of Jenny and her best friend as they accompany Jenny's mother, a tanker pilot in the Air Force, to the air base and share in the experience as Jenny's mother prepares for deployment.



### The Night Before Christmas in the Military

S. Carabine, S.M. Kawasaki and Miniature Book Collection



PUBLISHER: Gibbs Smith  
YEAR: 2003  
ISBN: 978-0972983396

*The Night Before Christmas in the Military* addresses deployment and separation issues by telling the story of how Santa Claus, after receiving many letters from children of military parents, decides to do something special for the military troops who are away from home this holiday season.



### We Serve Too! A Child's Deployment Book

K. Edlick



PUBLISHER: Wee the People Publishing  
YEAR: 2008  
ISBN: 978-0980038712  
PAGES: 32

*We Serve Too! A Child's Deployment Book* is a resource book designed to help children express and understand their feelings during a parent's deployment. Additionally, it teaches the importance of their parent's sacrifice in serving our country.



### We Serve Too! 2—A Child's Reunion Book

K. Edlick



PUBLISHER: Wee the People Publishing  
YEAR: 2009  
ISBN: 978-0980038729  
PAGES: 32

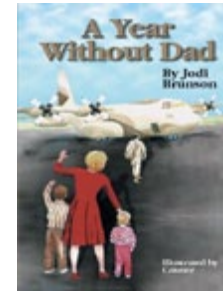
This book is a sequel resource book to *We Serve Too!—A Child's Deployment Book*, and focuses on the post-deployment reunion experience from a child's perspective.

## ELEMENTARY TO MIDDLE SCHOOL



### A Year Without Dad

J. Brunson



PUBLISHER: Ithaca Press  
YEAR: 2003  
ISBN: 0974068314  
PAGES: 40

*A Year Without Dad* is a story to help children cope with military separation, whether for war- or peace-time deployment. The characters in the story, Ryan and Anna, describe to children how to adapt when a parent is away and ease their fears regarding the separation.



### Almost Forever

M. Testa



PUBLISHER: Candlewick Press  
YEAR: 2003  
ISBN: 978-0763619961  
PAGES: 69

*Almost Forever* takes place during the Vietnam War, following a 6-year-old girl and her family after her father, a doctor, is sent to Vietnam. The story addresses life at home, concern for the parent, and a full spectrum of emotions surrounding the deployment.



## Camp Desert Kids

### Families United



URL: <http://www.familiesunitedmission.com>

The *Camp Desert Kids* program through Families United helps military children cope with deployment by allowing children to share similar experiences while cultivating an appreciation of Middle Eastern heritage.



## Daddy's on a Chip: Deployment Through a Child's Eyes

### J. Silva



PUBLISHER: BookSurge Publishing

YEAR: 2006

ISBN: 978-1419628986

PAGES: 25

Based on personal experience, the author of *Daddy's on a Chip: Deployment Through a Child's Eyes* explores children's understanding, and a few misconceptions, of what deployment means.



## Deployment: It's Not a Game

### Speak Out for Military Kids



URL: <http://www.operationmilitarykids.org>

*Deployment: It's Not a Game* was developed by the teen members of Iowa's Speak Out for Military Kids (SOMK) to help educate military kids about the deployment cycle in the form of a board game, while incorporating real-life issues and challenges experienced by children with parents in the military. It is available at [operationmilitarykids.org](http://www.operationmilitarykids.org).



## Klinger: A Story of Honor and Hope

### B. Beard



PUBLISHER: Tragedy Assistance Program for Survivors

YEAR: 2010

ISBN: 978-0578054315

*Klinger: A Story of Honor and Hope* is a fictional book written in support of the Tragedy Assistance Program for Survivors (TAPS). It follows the life of a young horse that wants a life in the spotlight, but after abruptly separated from his parents, grows up to find satisfaction in supporting military heroes and their families.



## Mega Military Kids Kit

### Military Family Books



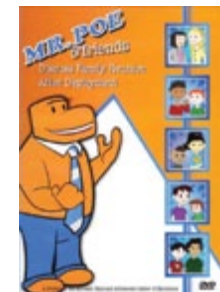
URL: <http://www.militaryfamilybooks.com>

A collection of books for military kids, including: *Night Catch*, *The Impossible Patriotism Project*; *Love, Lizzie: Letters to a Military Mom*, *When Dad's at Sea*, *My Red Balloon*, *Deployment Journal for Kids*, and stickers from [deploymentkids.com](http://deploymentkids.com).



## Mr. Poe and Friends Discuss Reunion After Deployment

### The American Academy of Pediatrics



URL: <http://www.aap.org>

Developed by military pediatricians and adolescent-medicine specialists, this animated film, hosted by Mr. Poe, is designed to provide guidance to children and family members as they discuss deployment.



## My Dad is a Marine

K. Coe



PUBLISHER: ITHACA PRESS

YEAR: 2007

ISBN: 978-0978711313

*My Dad is a Marine* uses personal stories of parental deployment and family upheaval to illustrate ways to address common questions, concerns and fears of children.



## Never Far Apart

G. Stenson



PUBLISHER: Lieutenant Gary; Distributed by Xlibris

YEAR: 2007

ISBN: 978-1425749835

PAGES: 25

Written by a Navy seal, is intended for military parents and their families in order to illustrate the importance of maintaining family relationships during periods of separation.



## Our Daddy is Invincible

S. Maxwell and L. Biggers



PUBLISHER: 4th Division Press

YEAR: 2011

ISBN: 978-1617510038

PAGES: 36

Written from a child's point of view by the wife of a wounded soldier with traumatic brain injury, *Our Daddy is Invincible*, helps children understand what happens when a parent returns wounded from war. It discusses fear, uncertainty and change, and encourages hope and healing by focusing on the family love that will strengthen them all.



## Tell Me a Story

Military Child Education Coalition



URL: <http://www.militarychild.org/>

*Tell Me a Story* is an initiative by the *Military Child Education Coalition* to empower our military children through literature and their stories, while fostering resilience, peer and parent connections, a sense of pride and accomplishment and a caring community.



## When Your Dad Goes to War: Helping Children Cope with Deployment and Beyond

M. Makekau



PUBLISHER: Makekau

YEAR: 2010

ISBN: 978-0982660188

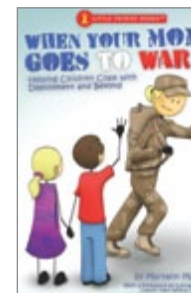
PAGES: 36

*When Your Dad Goes to War* is part of the *Little Patriot Books* series, which provides families with ideas and approaches for dealing with difficult concepts and situations, like deployment and family separation.



## When Your Mom Goes to War: Helping Children Cope with Deployment and Beyond

M. Makekau



PUBLISHER: Makekau

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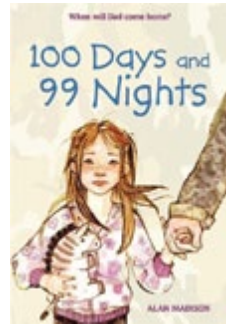
PAGES: 36

*When Your Mom Goes to War* is part of *Little Patriot Books* series, which provides families with ideas and approaches for dealing with difficult concepts and situations, like deployment and family separation.

## MIDDLE SCHOOL

**100 Days and 99 Nights**

A. Madison

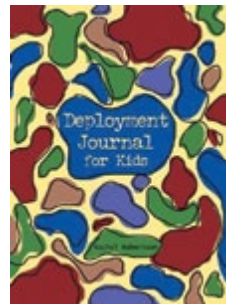


PUBLISHER: Little, Brown Books for Young Readers  
 YEAR: 2010  
 ISBN: 978-0316117982  
 PAGES: 144

Through various experiences and scenarios, a family of four learns to adjust to life while the father is deployed.

**Deployment Journal for Kids**

R. Robertson



PUBLISHER: Elva Resa Pub  
 YEAR: 2005  
 ISBN: 978-0965748308  
 PAGES: 96

*The Deployment Journal for Kids* provides suggested frameworks for journaling, facts about deployment and the military, and access to the companion website to help children express themselves while their parent is away.

**Dove Song**

K.L. Franklin



PUBLISHER: Candlewick Press  
 YEAR: 1999  
 ISBN: 978-0763604097  
 PAGES: 190

*Dove Song* presents the story of 11-year-old Bobbie Lynn who, along with her 13-year-old brother, must learn to cope with their own despair, as well as their mother's breakdown, after their father is reported missing in action in Vietnam.

**I Miss You!: A Military Kid's Book About Deployment**

B. Andrews



PUBLISHER: Prometheus Books  
 YEAR: 2007  
 ISBN: 978-1591025344  
 PAGES: 56

This book is designed to help children and their parents deal with the many emotions related to deployment. The book encourages children to discuss their feelings and to draw pictures to express themselves. The parents' guide helps validate parents' feelings and provides suggestions for helping children cope with deployment.

**Love You, Soldier**

A. Hest and S. Lamut

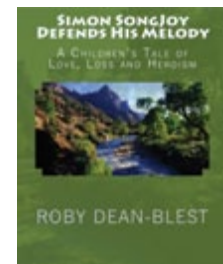


PUBLISHER: CANDLEWICK PRESS  
 YEAR: 2000  
 ISBN: 978-0763609436  
 PAGES: 80

*Love You, Soldier* is a novel that presents the story of 7-year-old Katie, a Jewish girl living in New York City during World War II. Over a three-year period of waiting for her father to return home from the war, Katie experiences many changes in her family, including the ultimate loss of her father.

**Simon SongJoy Defends his Melody: A Children's Tale of Love, Loss and Heroism**

R. Dean-Blest



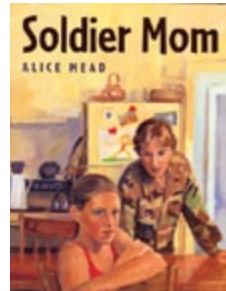
PUBLISHER: CreateSpace  
 YEAR: 2009  
 ISBN: 978-1442132818

Written by the daughter of a Vietnam veteran, this book discusses with compassion the reality of a loved one returning home from war with post-traumatic stress disorder and related issues. Though directed at children, this book may be helpful to those of any age struggling in such scenarios.



## Soldier Mom

A. Mead



PUBLISHER: Farrar Straus Giroux

YEAR: 1999

ISBN: 978-0374371241

PAGES: 151

*Soldier Mom* is from the perspective of 11-year-old Jasmyn Williams, while her single-mom is deployed to the Persian Gulf. After moving in with her mother's boyfriend and her infant half-brother, she must confront issues regarding: concern for her mother's safety, dealing with deployment, new responsibilities at home and maturing as an individual.

## MIDDLE SCHOOL TO HIGH SCHOOL



## 4-H Army Youth Development Project

4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Army youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Army.



## 4-H Clubs for Air Force Youth

4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Air Force youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Air Force.



## 4-H Navy Youth Development Project

4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Navy youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Navy.



## And Then Mom Joined the Army

J. Hagy and D.K. Stone



PUBLISHER: Abingdon Press

YEAR: 1976

ISBN: 978-0687013791

PAGES: 143

*And Then Mom Joined the Army* tells the story of Scott, a boy who is lonely after his recent move. His loneliness, embarrassment and misguided new friends lead Scott to a state of moral distress.



## Army Reserve Enrichment Camps

Army Reserve Family Programs



URL: <http://www.arfp.org>

Army Reserve Enrichment Camps are designed to provide a fun and rewarding experience for Army Reserve youth, ages 8 to 16. Campers interact with other Army Reserve-connected youth and learn about the unique factors associated with being in an Army Reserve family.



## Club Beyond

Military Communities Youth Ministries



URL: <http://www.mcym.org/>

Club Beyond is the Military Communities Youth Ministries' program for high and middle school-aged military children. Club Beyond hosts weekly 90-minute club meetings, retreats special activity nights, lock-ins, ski trips, summer camps, and work-service projects. Club Beyond leaders also offer weekly Christianity-based study sessions.



## Facebook Group: Army Children

Social media group

URL: <http://www.facebook.com>

A Facebook group for those whose parent(s) are in the Army and have to move around the world.



## Facebook Group: Military Brats

Social media group

URL: <http://www.facebook.com>

A Facebook group for all family members of Army, Air Force, Navy, Marine Corps and Coast Guard personnel. The group fosters relationship building and allows members to reconnect with friends and share their stories.



## Facebook Group: The Military Connection

Social media group

URL: <http://www.facebook.com>

A Facebook group designed to help people reconnect and stay in touch with past and present military connections.



## Facebook Group: Where IS Home? Children/spouses of the military

Social media group

URL: <http://www.facebook.com>

A Facebook group for children and spouses of service members where they can share personal experiences about growing up in the military while building relationships and developing a sense of community.



## Military Youth Coping with Separation: When Family Members Deploy

The American Academy of Pediatrics



URL: <http://www.aap.org>

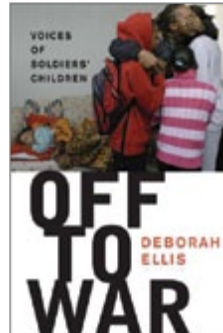
TIME: 92 minutes

Developed by military pediatricians and adolescent-medicine specialists, this film is designed for older children and adolescents to help them learn coping strategies for dealing with emotions during deployment challenges.



## Off to War: Voices of Soldiers' Children

D. Ellis



PUBLISHER: Greenwood Books

YEAR: 2008

ISBN: 978-0888998941

PAGES: 144

*Off to War: Voices of Soldiers' Children* is a nonfiction book that presents interviews with American and Canadian children whose parents served in Iraq and Afghanistan. It discusses difficult topics, including deployment, post-deployment changes and the death of a parent.



## On-Line Community for Overseas Brats and Military Brats

Overseasbrats.net



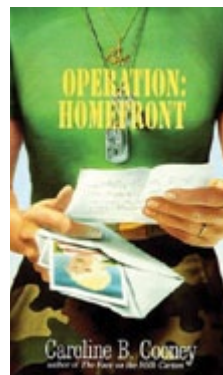
URL: <http://www.overseasbrats.net>

This online resource serves as a forum for teens to post threads and messages regarding their experiences as the children of service members and for links to applicable resources to be published. As members they can connect with contacts and friends, post pictures, and more. The community forum categorizes schools by region and country in order to facilitate connections between students from the same areas.



## Operation Homefront

C.B. Cooney



PUBLISHER: Laurel Leaf

YEAR: 1992

ISBN: 978-0440226895

PAGES: 211

This fictional novel presents a story of three children coping with life and a variety of emotions after their mother, who is part of the National Guard, is sent to Saudi Arabia.



## Operation Military Kids

U.S. Army and community organizers



URL: <http://www.operationmilitarykids.org>

*Operation Military Kids*, a result of the U.S. Army's collaborative efforts with America's communities, connects military children and youth with local resources to foster community support.



## Operation Purple

National Military Family Association



URL: <http://www.militaryfamily.org>

Operation Purple, organized by the National Military Family Association, empowers military children and their families to develop and maintain healthy and connected relationships through the healing and holistic aspect of the natural world. The program is joint, or "purple," encompassing all service branches, including the reserve components.



## Teen Deployment Class

Army Reserve Child and Youth Services



URL: <http://www.operationmilitarykids.org>

The online Teen Deployment Class, offered by the Army Reserve Child and Youth Services (ARCYS), is designed for children over 12 to learn what to expect when someone they love is deployed. Topics include contacting the deployed person, feelings and emotions regarding the situation, stress management and support programs and organizations.



## The Interactive Military Youth Stress Management Plan

The American Academy of Pediatrics

URL: <http://www.aap.org>

NO IMAGE  
AVAILABLE

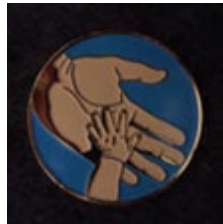
Designed as a supplement to the video program, "A Military Youth Coping with Separation: When Family Members Deploy," the plan is an interactive tool designed to help teens identify stressors and develop effective coping methods.



## Youth Session: From Your Hands...to Their Hearts

E. Dumler

URL: <http://www.imalreadyhomeagain.com>



This training program is designed for children and their parents in order to encourage children to share their feelings and experiences about deployment-related distance from their parents and loved ones.

## HIGH SCHOOL



## Brats: Our Journey Home

B. Goodwin

**BRATS**  
Our Journey Home

URL: <http://www.bratsourjourneyhome.com/>

Directed by D. Musil, *Brats: Our Journey Home* is an award-winning documentary about the lives of military children throughout history and the unique situations they encountered throughout their childhood. It discusses living around the world, moving frequently, living on military bases and the absence of parents due to deployments. (Distributed by *Brats Without Borders*)



## Facebook Group: Military Brats Registry

Social media group



URL: <http://www.facebook.com>

A *Facebook* group for family members of Army, Air Force, Navy, Marine Corps and Coast Guard personnel. It includes resources, such as reunion announcements and stories by military brats and authors.



## Finding My Way

M.D. Sherman and D.M. Sherman



PUBLISHER: Seeds of Hope Books

YEAR: 2005

ISBN: 978-1592981175

*Finding My Way* targets teens who are dealing with a parent who has experienced trauma. Divided into three parts, the book discusses the basics of PTSD, as well as living with a parent who has experienced trauma. It also introduces support resources and coping tools for teens.



## Military HOMEFRONT: HOMEFRONT Connections

Department of Defense

HOMEFRONTConnections

URL: <https://apps.mhf.dod.mil/homefrontconnections/index.jspa>

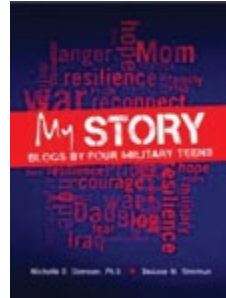
HOMEFRONT Connections is a social networking environment for service members, their families and the working professionals who support them.





## My Story: Blogs by Four Military Teens

M.D. Sherman and D.M. Sherman



PUBLISHER: [Beavers Pond Press](#)

YEAR: 2009

ISBN: 978-1592983032

*My Story: Blogs by Four Military Teens* is written from the perspective of four teens as they deal with the deployment of one of their parents. It features complex issues surrounding deployment, including teen depression, reconnecting after deployment, parental challenges and divorce. Although the teens in the blogs are fictional, the stories are in fact real life experiences submitted by military children.



# Homecoming



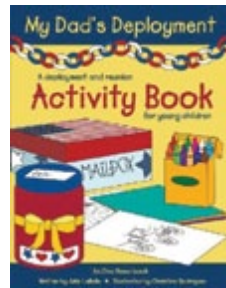
## PRESCHOOL

**Talk, Listen, Connect: Homecoming**  
Sesame Workshop

URL: <http://www.sesameworkshop.org>  
YEAR: 2008

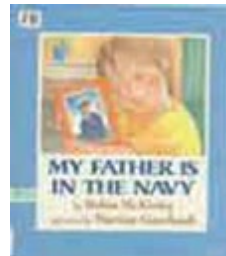
A Sesame Workshop bilingual, educational, outreach initiative designed for military families and their young children. This video addresses a parent's combat-related injury and his or her return home.

## PRESCHOOL TO ELEMENTARY

**My Dad's Deployment: a Deployment and Reunion Activity Book for Young Children**  
J. Labelle

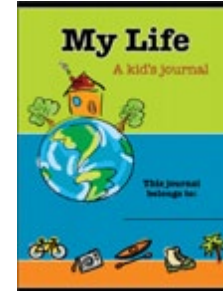
PUBLISHER: Elva Resa Publishing  
YEAR: 2009  
ISBN: 978-1934617076  
PAGES: 112

This 112-page activity book contains mazes, matching and coloring to illustrate and present common deployment and reunion topics. The activities reinforce concepts young children are already learning and encourage children to ask questions, understand their feelings and connect to their deployed parent.

**My Father is in the Navy**  
R. McKinley

PUBLISHER: Greenwillow Books  
YEAR: 1992  
ISBN: 978-0688106393

*My Father is in the Navy* is a picture book that addresses how young children may feel about having a deployed parent and their potential worry about not remembering that parent prior to their reunion. The emotions expressed in the story are based on the life experiences of the author, whose father was also in the Navy.

**My Life: A Kid's Journal**  
Health Net Federal Services

PUBLISHER: Health Net Federal Services  
ISBN: N/A  
PAGES: 44

This 44-page journal helps children work through thoughts and emotions around deployment. It provides a means of positive coping strategies by giving children a place to write about what is occurring in their own lives and what they hope to see and share when their parent returns. It can be accessed through [www.hnfs.net](http://www.hnfs.net).

**While You Were Away**  
E. Spinelli

PUBLISHER: Hyperion Books for Children  
YEAR: 2004  
ISBN: 978-0786809721  
PAGES: 32

With encouraging illustrations, *While You Were Away* is written from the perspective of three young children as they wait for their parents to return from deployment. Each of the three parents is a member of a different branch of service, therefore making it applicable for most deployment situations.

## ELEMENTARY

**But...What If?**  
S.M. Linhart

PUBLISHER: LionHeart Group Publishing  
YEAR: 2010  
ISBN: 978-0984512720  
PAGES: 36

Homecomings can be wonderful family reunions, but children may have questions leading up to seeing the returning parent again. *But... What If?* addresses the sincere, tender questions that may go through a child's mind as he or she prepares for the return of a deployed parent.



## Is He Really Coming Home!

L. Rhimer



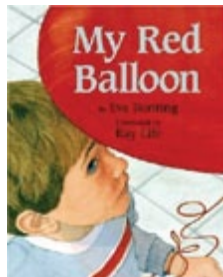
PUBLISHER: Trafford Publishing  
YEAR: 2010  
ISBN: 978-1426931093  
PAGES: 20

Written from a child's perspective, *Is He Really Coming Home* addresses the issue of a parent coming home from war and possible battle injuries that can affect the entire family.



## My Red Balloon

E. Bunting and K. Life



PUBLISHER: Boyds Mills Press  
YEAR: 2005  
ISBN: 978-159078263

*My Red Balloon* addresses the return of a military parent following deployment by telling the story of a little boy waiting with excitement and apprehension for his Navy father's return home after being at sea.



## We Serve Too! 2—A Child's Reunion Book

K. Edlick



PUBLISHER: Wee the People Publishing  
YEAR: 2009  
ISBN: 978-0980038729  
PAGES: 32

This book is a sequel resource book to *We Serve Too!—A Child's Deployment Book*, and focuses on the post-deployment reunion experience from a child's perspective.

## MIDDLE SCHOOL



## An American Flag for Their Father

A.H. Georgopolis



PUBLISHER: Pub. Works  
YEAR: 2005  
ISBN: 978-1933002064

*An American Flag for Their Father* tells the tale of a family's homecoming when support from the community helps fifth-grader Jonathan and his third-grade sister, Meghan, raise money to buy a flag to welcome home their father, an active-duty soldier returning home from the Middle East.



## The Fathers are Coming Home

M. Brown



PUBLISHER: Margaret K. McElderry  
YEAR: 2010  
ISBN: 978-0689833458  
PAGES: 32

*The Fathers are Coming Home* discusses homecoming through both animal and human scenarios of fathers returning home to their families after an absence.



PAGES 72-91

# Mental/Emotional Health



## ALL AGES

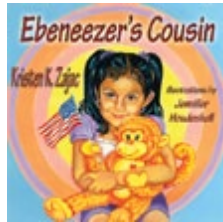
**Project FOCUS****Families Over Coming Under Stress (FOCUS)**URL: <http://www.focusproject.org/>

The Families Over Coming Under Stress (FOCUS) Project provides family resiliency services to military children and families at designated Navy and Marine Corps sites to address concerns related to parental combat, operational stress injuries and combat-related physical injuries. It can be accessed through [focusproject.org](http://focusproject.org).

## PRESCHOOL

**Ebenezer's Cousin**

K. Zajac



PUBLISHER: Guardian Angel Publishing, Inc

YEAR: 2010

ISBN: 978-1616330453

*Ebenezer's Cousin* is the fictional story of young Maria Jimenez, who remembers the strong relationship she had with her father pre-deployment and the efforts she makes to help him readjust to life at home post-deployment.

**Talk, Listen, Connect: Changes**

Sesame Workshop

URL: <http://www.sesameworkshop.org>

YEAR: 2008

A Sesame Workshop bilingual, educational, outreach initiative designed for military families and their young children. This video addresses the sensitive subject of an injured parent.

**Talk, Listen, Connect: Deployment**

Sesame Workshop

URL: <http://www.sesameworkshop.org>

YEAR: 2008

A Sesame Workshop bilingual, educational, outreach initiative designed for military families and their young children. This video addresses single and multiple deployments.

**Talk, Listen, Connect: Homecoming**

Sesame Workshop

URL: <http://www.sesameworkshop.org>

YEAR: 2008

A Sesame Workshop bilingual, educational, outreach initiative designed for military families and their young children. This video addresses a parent's combat-related injury and his or her return home.

**The Hero in My Pocket**

M. Lee



PUBLISHER: Early Light Press, LLC

YEAR: 2005

ISBN: 978-1419601521

PAGES: 36

*The Hero in My Pocket* is an interactive book designed to encourage children to recognize and express their thoughts, feelings and memories as they honor and grieve the loss of a family member serving in the military.

## PRESCHOOL TO ELEMENTARY

**Boo Boo Bear's Mission: the True Story of a Teddy Bears Adventures in Iraq**

M.L. Sather



PUBLISHER: Beaver's Pond Press

YEAR: 2009

ISBN: 978-1592982837

PAGES: 56

*Boo Boo Bear's Mission* is intended to be a resource for parents and health care providers to help support a child's emotional well-being as he or she deals with the stress of a family member's military deployment. It also includes a supplemental section with parent and provider aids on tips and activities on how to best support your child during deployment.

**Daddy's Home**

C. Nadel



PUBLISHER: Mookind Press

YEAR: 2010

ISBN: 978-0979276132

PAGES: 32

Through the experiences of a young boy and his post-deployment father, *Daddy's Home* teaches young children about post-traumatic stress disorder in simple, compassionate terms.

**Daddy You're My Hero**

M. Ferguson-Cohn



PUBLISHER: Little Redhaired Girl Pub Inc

YEAR: 2001

ISBN: 978-0972926409

PAGES: 12

*Daddy, You're My Hero* addresses deployment issues from a young child's perspective, including feelings and experiences of separation, abandonment and helplessness.

**Daddy's in Iraq, But I Want Him Back**

C.R. Hoyt



PUBLISHER: Trafford Publishing

YEAR: 2005

ISBN: 978-1412060424

PAGES: 24

Written by a Navy wife and mother, *Daddy's in Iraq, but I Want Him Back* aims to explain deployment and address young children's fears, insecurities and anxieties about a military parent's separation resulting from a military deployment.

**Deployment: Strategies for Working with Military Families**

K. Petty



PUBLISHER: Redleaf Press

YEAR: 2009

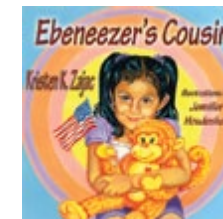
ISBN: 978-1933653744

PAGES: 108

In *Deployment: Strategies for Working with Military Families*, Dr. Karen Petty works "to provides a voice" for children in military families. Geared towards parents and adults who work with children, this resource both discusses reactions to expect from children at all age levels regarding separation (deployment or other) and provides strategies to mitigate their concerns.

**Ebenezer's Cousin**

K. Zalac



PUBLISHER: Guardian Angel Publishing, Inc

YEAR: 2010

ISBN: 978-1616330453

*Ebenezer's Cousin* is the fictional story of young Maria Jimenez, who remembers the strong relationship she had with her father pre-deployment and the efforts she makes to help him readjust to life at home post-deployment.



## Love, Lizzie: Letters to a Military Mom

L.T. McElroy and D. Paterson



PUBLISHER: Whitman  
 YEAR: 2005  
 ISBN: 978-0807547779  
 PAGES: 32

*Love, Lizzie: Letters to a Military Mom* follows 9-year-old Lizzie as she writes to her mother, who is deployed overseas. Child-like handwriting and colorful illustrations are used as Lizzie tells her mother about what is happening at home in her absence. The end of the book identifies recommendations for helping children cope with deployment and being part of a military family.



## Meet Robby the C-130

B. Mahoney



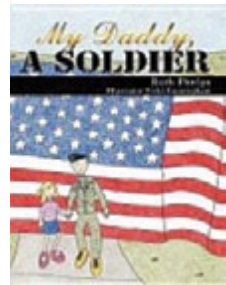
PUBLISHER: Create Space  
 YEAR: 2008  
 ISBN: 978-1441456595  
 PAGES: 32

A military wife and mother of three presents the story of Robby, the C-130 military aircraft who uses his deployment journey to help children understand the job of their soldier parent, learn about what occurs during deployment and cope with their feelings or emotional distress when a parent is away.



## My Daddy, a Soldier

R. Phelps



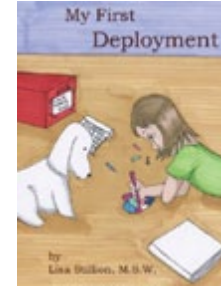
PUBLISHER: Author House  
 YEAR: 2009  
 ISBN: 978-1438975696  
 PAGES: 100

*My Daddy, a Soldier* is a story of a young girl who watches her father leave for war. Readers see deployment through a child's eyes on topics ranging from how children calculate time away to coping with strong emotions and fears.



## My First Deployment (Volume 1)

L. Stillion



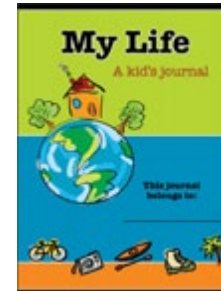
PUBLISHER: Stillion Publications  
 YEAR: 2006  
 ISBN: 978-0978547813  
 PAGES: 36

*My First Deployment* offers practical coping strategies for young children dealing with separation through the story of a young girl dealing with her father's deployment.



## My Life: A Kid's Journal

Health Net Federal Services



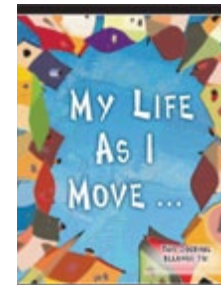
PUBLISHER: Health Net Federal Services  
 ISBN: N/A  
 PAGES: 44

This 44-page journal helps children work through thoughts and emotions around deployment. It provides a means of positive coping strategies by giving children a place to write about what is occurring in their own lives and what they hope to see and share when their parent returns. It can be accessed through [www.hnfs.net](http://www.hnfs.net).



## My Life as I Move

Health Net Federal Services



PUBLISHER: Health Net Federal Services  
 ISBN: N/A  
 PAGES: 44

Moving can produce strong and difficult emotions, particularly for younger children. This journal provides an outlet for kids to write down, address and manage these feelings. It can be accessed through [www.hnfs.net](http://www.hnfs.net).





## My Mommy Wears Combat Boots

S. McBride



PUBLISHER: AuthorHouse  
YEAR: 2008  
ISBN: 978-1434351647  
PAGES: 24

Written by a mother and U.S. veteran of 13 years, *My Mommy Wears Combat Boots* describes the author's personal experience in addressing her child's emotions and negative feelings towards her deployments in an effort to help other military children and families cope with deployment.



## Sometimes We Were Brave

P. Brisson



PUBLISHER: Boyds Mill Press  
YEAR: 2010  
ISBN: 978-1590785867  
PAGES: 32

*Sometimes We Were Brave* follows the experiences of a young boy, Jerome, whose mother has deployed, as he learns to adjust to life with only his father and friendly dog.



## The Hero in My Pocket

M. Lee



PUBLISHER: Early Light Press, LLC  
YEAR: 2005  
ISBN: 978-1419601521  
PAGES: 36

*The Hero in My Pocket* is an interactive book designed to encourage children to recognize and express their own thoughts, feelings and memories as they honor and grieve the loss of a family member serving in the military.



## The Wishing Tree

M. Redman and C. Rodriguez



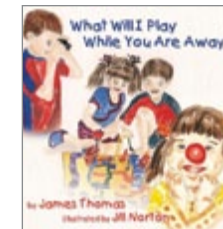
PUBLISHER: Elva Resa Pub.  
YEAR: 2008  
ISBN: 978-1934617021  
PAGES: 32

*The Wishing Tree*, written by a military spouse, discusses the wishes and concerns a child has for her father while he is away. The construction of a wishing tree becomes the girl's coping mechanism for dealing with the absence of her father. Instructions on how to make your own tree are included.



## What Will I Play While You Are Away?

J. Thomas and J. Norton



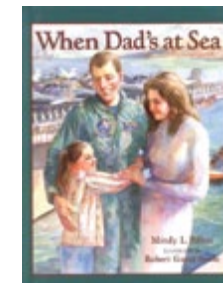
PUBLISHER: Trafford Publishing  
YEAR: 2010  
ISBN: 978-1426929243  
PAGES: 28

Written with elementary children in mind, *What Will I Play While You Are Away?* provides a variety of ideas in a light-hearted, storybook format of ideas for children's activities and games while a parent is away.



## When Dad's at Sea

W.L. Pelton



PUBLISHER: Albert Whitman & Company  
YEAR: 2004  
ISBN: 978-0807563397  
PAGES: 30

Emily copes with her dad leaving for a six-month deployment as a Navy pilot. Throughout the story, she introduces coping mechanisms to deal with his absence. The story uses sensory details, allowing even the youngest readers to relate with Emily and the positive and negative emotions that she feels.



### Uncle Sam's Kids: Moving Again Mom

A.S. Rehak



PUBLISHER: Abidenme Books Publishing  
YEAR: 2004  
ISBN: 978-0971451520  
PAGES: 40

*Uncle Sam's Kids: Moving Again Mom* tells the story of a child who is moving to a new military base. The book focuses on the concerns children often have prior to moving and helps turn a move into an adventure, while lessening the apprehension related to the move.



### Uncle Sam's Kids: When Duty Calls

A.S. Rehak



PUBLISHER: Abidenme Books Publishing  
YEAR: 2004  
ISBN: 978-0971451513  
PAGES: 40

*Uncle Sam's Kids: When Duty Calls* introduces deployment, and roles of the deployed parent while away, and normalizes common concerns expressed by children of deployed parents. Additionally, it presents deployment in a stage-like process, with topics that often present themselves at each juncture



### You and Your Military Hero: Building Positive Thinking Skills During Your Hero's Deployment

S. Fritz, P. Johnson and T. Zitzow



PUBLISHER: Bookhouse  
YEAR: 2009  
ISBN: 978-1592982684  
PAGES: 61

*You and Your Military Hero: Building Positive Thinking Skills During Your Hero's Deployment* is an activity book that utilizes games, calendars and exercises to help children to identify and understand their feelings about deployment and learn positive coping skills.

## ELEMENTARY



### I am Red, White, & Blue...Are You Feeling it Too?

D.L. Cole



PUBLISHER: Strong Military Families  
YEAR: 2008  
ISBN: 978-1604026849

Written from the perspective of a child writing to a loved soldier, *I am Red, White, & Blue...Are You Feeling it Too?* encourages children to talk about fears and feelings about deployment.



### Is He Really Coming Home!

L. Rhimer



PUBLISHER: Trafford Publishing  
YEAR: 2010  
ISBN: 978-1426931093  
PAGES: 20

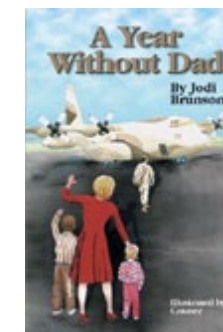
Written from a child's perspective, *Is He Really Coming Home!* addresses the issue of a parent coming home from war and possible battle injuries that can affect the entire family.

## ELEMENTARY TO MIDDLE SCHOOL



### A Year Without Dad

J. Brunson



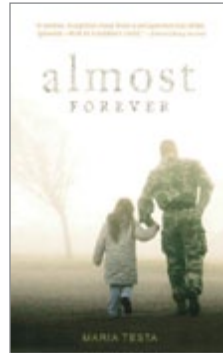
PUBLISHER: Ithaca Press  
YEAR: 2003  
ISBN: 978-0974068312  
PAGES: 40

*A Year Without Dad* is a story to help children cope with military separation, whether for war- or peace-time deployment. The characters in the story, Ryan and Anna, describe to children how to adapt when a parent is away and ease their fears regarding the separation.



## Almost Forever

M. Testa



PUBLISHER: Candlewick Press  
YEAR: 2003  
ISBN: 978-0763619961  
PAGES: 69

*Almost Forever* takes place during the Vietnam War, following a 6-year-old girl and her family after her father, a doctor, is sent to Vietnam. The story addresses life at home, concern for the parent, and a full spectrum of emotions surrounding the deployment.



## Camp Desert Kids

Families United



URL: <http://www.familiesunitedmission.com>

The *Camp Desert Kids* program through Families United helps military children cope with deployment by allowing children to share similar experiences while cultivating an appreciation of Middle Eastern heritage.



## My Life Continued

Health Net Federal Services



PUBLISHER: Health Net Federal Services  
ISBN: N/A  
PAGES: 44

This bereavement journal provides a positive coping opportunity for military children who have lost a parent to work through their thoughts and feelings and to honor the memory of their loved one. It can be accessed through [www.hnfs.net](http://www.hnfs.net).



## Tell Me a Story

Military Child Education Coalition



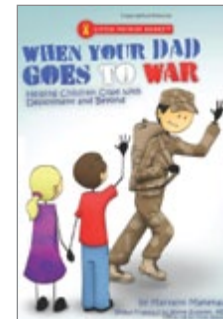
URL: <http://www.militarychild.org/>

*Tell Me a Story* is an initiative by the *Military Child Education Coalition* to empower our military children through literature and their stories, while fostering resilience, peer and parent connections, a sense of pride and accomplishment and a caring community.



## When Your Dad Goes to War: Helping Children Cope with Deployment and Beyond

M. Makekau



PUBLISHER: Makekau  
YEAR: 2010  
ISBN: 978-0982660188  
PAGES: 36

*When Your Dad Goes to War* is part of the Little Patriot Books series, which provides families with ideas and approaches for dealing with difficult concepts and situations, like deployment and family separation.



## When Your Mom Goes to War: Helping Children Cope with Deployment and Beyond

M. Makekau



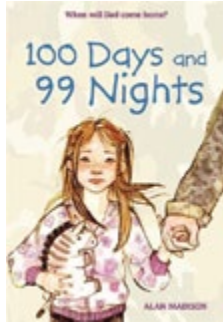
PUBLISHER: Makekau  
YEAR: 2010  
ISBN: 978-0982660195  
PAGES: 36

*When Your Mom Goes to War* is part of Little Patriot Books series, which provides families with ideas and approaches for dealing with difficult concepts and situations, like deployment and family separation.

## MIDDLE SCHOOL

**100 Days and 99 Nights**

A. Madison



PUBLISHER: Little, Brown Books for Young Readers  
 YEAR: 2010  
 ISBN: 978-0316117982  
 PAGES: 144

Through various experiences and scenarios, a family of four learns to adjust to life while the father is deployed.

**Deployment Journal for Kids**

R. Robertson



PUBLISHER: Elva Resa Pub  
 YEAR: 2005  
 ISBN: 978-0965748308  
 PAGES: 96

*The Deployment Journal for Kids* provides suggested frameworks for journaling, facts about deployment and the military, and access to the companion website to help children express themselves while their parent is away.

**Dove Song**

K.L. Franklin



PUBLISHER: Candlewick Press  
 YEAR: 1999  
 ISBN: 978-0763604097  
 PAGES: 190

*Dove Song* presents the story of 11-year-old Bobbie Lynn who, along with her 13-year-old brother, must learn to cope with their own despair, as well as their mother's breakdown, after their father is reported missing in action in Vietnam.

**I Miss You! A Military Kid's Book About Deployment**

B. Andrews



PUBLISHER: Prometheus Books  
 YEAR: 2007  
 ISBN: 978-1591025344  
 PAGES: 56

This book is designed to help children and their parents deal with the many emotions related to deployment. The book encourages children to discuss their feelings and to draw pictures to express themselves. The parents' guide helps validate parents' feelings and provides suggestions for helping children cope with deployment.

**Love You, Soldier**

A. Hest and S. Lamut

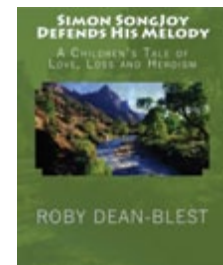


PUBLISHER: Candlewick Press  
 YEAR: 2000  
 ISBN: 978-0763609436  
 PAGES: 80

*Love You, Soldier* is a novel that presents the story of 7-year-old Katie, a Jewish girl living in New York City during World War II. Over a three-year period of waiting for her father to return home from the war, Katie experiences many changes in her family, including the ultimate loss of her father.

**Simon SongJoy Defends his Melody: A Children's Tale of Love, Loss and Heroism**

R. Dean-Biest

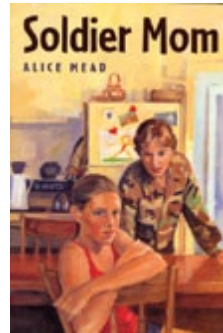


PUBLISHER: CreateSpace  
 YEAR: 2009  
 ISBN: 978-1442132818

Written by the daughter of a Vietnam veteran, this book discusses with compassion the reality of a loved one returning home from war with post-traumatic stress disorder and related issues. Though directed at children, this book may be helpful to those of any age struggling in such scenarios.

**Soldier Mom**

A. Mead

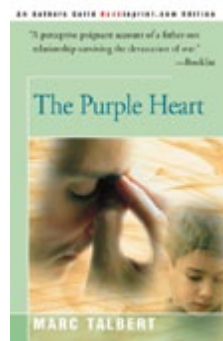


PUBLISHER: Farrar Straus Giroux  
 YEAR: 1999  
 ISBN: 978-0374371241  
 PAGES: 151

*Soldier Mom* is written from the perspective of 11-year-old Jasmyn Williams while her single-mom is deployed to the Persian Gulf. After moving in with her mother's boyfriend and her infant half-brother, she must confront issues regarding: concern for her mother's safety, dealing with deployment, new responsibilities at home and maturing as an individual.

**The Purple Heart**

M. Talbert



PUBLISHER: Willa Periman Books  
 YEAR: 1992  
 ISBN: 978-0060204280  
 PAGES: 135

*The Purple Heart* is designed to help pre-adolescents understand Luke's experiences after his father returns from Vietnam. The mystery surrounding the Purple Heart allows the child to uncover information about his father and better understand him and his experiences now that he is home.

**War? I'm Scared!**

We Write Kids



PUBLISHER: Wewrite Corp  
 YEAR: 2001  
 ISBN: 978-1576350577  
 PAGES: 60

*War? I'm Scared!* was written by children for children in order to explain September 11, 2001, in a sensitive, but realistic manner. It helps children learn positive coping skills and how to help make the world a better place.

**MIDDLE SCHOOL TO HIGH SCHOOL****And Then Mom Joined the Army**

J. Hagy and D.K. Stone



PUBLISHER: Abingdon Press  
 YEAR: 1976  
 ISBN: 978-0687013791  
 PAGES: 143

*And Then Mom Joined the Army* tells the story of Scott, a boy who is lonely after his recent move. His loneliness, embarrassment and misguided new friends lead Scott to a state of moral distress.

**Club Beyond**

Military Communities Youth Ministries

URL: <http://www.mcyam.org/>



Club Beyond is the Military Communities Youth Ministries' program for high and middle school-aged military children. Club Beyond hosts weekly 90-minute club meetings, retreats special activity nights, lock-ins, ski trips, summer camps, and work-service projects. Club Beyond leaders also offer weekly Christianity-based study sessions.

**Military Youth Coping with Separation: When Family Members Deploy**

The American Academy of Pediatrics



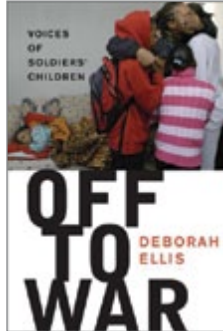
URL: <http://www.aap.org>  
 TIME: 92 minutes

Developed by military pediatricians and adolescent-medicine specialists, this film is designed for older children and adolescents to help them learn coping strategies for dealing with emotions during deployment challenges.



## Off to War: Voices of Soldiers' Children

D. Ellis



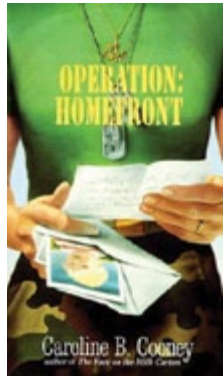
PUBLISHER: Greenwood Books  
 YEAR: 2008  
 ISBN: 978-0888998941  
 PAGES: 144

*Off to War: Voices of Soldiers' Children* is a nonfiction book that presents interviews with American and Canadian children whose parents served in Iraq and Afghanistan. It discusses difficult topics, including deployment, post-deployment changes and the death of a parent.



## Operation Homefront

C.B. Cooney



PUBLISHER: Laurel Leaf  
 YEAR: 1992  
 ISBN: 978-0440226895  
 PAGES: 211

This fictional novel presents a story of three children coping with life and a variety of emotions after their mother, who is part of the National Guard, is sent to Saudi Arabia.



## Operation Purple

National Military Family Association



URL: <http://www.militaryfamily.org>

Operation Purple, organized by the National Military Family Association, empowers military children and their families to develop and maintain healthy and connected relationships through the healing and holistic aspect of the natural world. The program is joint, or "purple," encompassing all service branches, including the reserve components.



## Searching for Atticus

J. Marino



PUBLISHER: Simon & Schuster Books for Young Readers  
 YEAR: 1997  
 ISBN: 978-0689800665  
 PAGES: 182

In the fictional novel *Searching for Atticus*, fifteen-year-old Tessa becomes a parent in taking care of her father and helping him cope with his memories and psychological trauma after returning from Vietnam. At the same time, Tessa desperately seeks the attention that she hasn't received from her father in so long and ends up involved with a dangerous older boy.



## Teen Deployment Class

Army Reserve Child and Youth Services



URL: <http://www.operationmilitarykids.org>

The online Teen Deployment Class, offered by the Army Reserve Child and Youth Services (ARCYS), is designed for children over 12 to learn what to expect when someone they love is deployed. Topics include contacting the deployed person, feelings and emotions regarding the situation, stress management and support programs and organizations.



## The Interactive Military Youth Stress Management Plan

The American Academy of Pediatrics

URL: <http://www.aap.org>

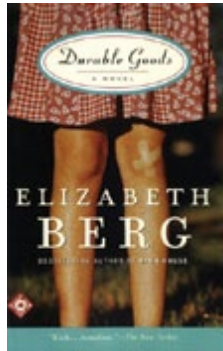


Designed as a supplement to the video program, "A Military Youth Coping with Separation: When Family Members Deploy," the plan is an interactive tool designed to help teens identify stressors and develop effective coping methods.

## HIGH SCHOOL

**Durable Goods**

E. Berg



PUBLISHER: Random House

YEAR: 1993

ISBN: 978-0812968149

This teenage fictional novel, *Durable Goods*, introduces the life of two sisters, who in addition to coping with the death of their mother, are affected by the military life of their father. The girls must deal with issues, such as frequent moves, living on a military base and an emotionally distant and abusive father, all while encountering the normal growing pains of the teenage years.

**Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma**

M.D. Sherman and D.M. Sherman



PUBLISHER: Seeds of Hope Books

YEAR: 2005

ISBN: 978-159298175

This award-winning book addresses real questions and issues teens face as they acclimate to a parent post-deployment who has post-traumatic stress disorder, various addictions or other behavioral health struggles.

**I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness**

M.D. Sherman and D.M. Sherman



PUBLISHER: Beavers Pond Press, Inc.

YEAR: 2006

ISBN: 978-1592981182

*I'm Not Alone* targets teens who have a parent with a mental illness. Divided into three parts, the book discusses the basics of mental illness, how to work with that parent and introduces coping tools for teens, including support resources.

**My Story: Blogs by Four Military Teens**

M.D. Sherman and D.M. Sherman



PUBLISHER: Beavers Pond Press, Inc.

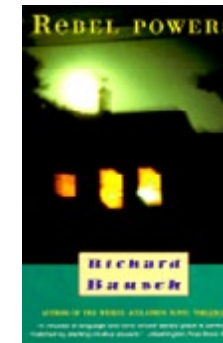
YEAR: 2009

ISBN: 978-1592983032

*My Story: Blogs by Four Military Teens* is written from the perspective of four teens as they deal with the deployment of one of their parents. It features complex issues surrounding deployment, including teen depression, reconnecting after deployment, parental challenges and divorce. Although the teens in the blogs are fictional, the stories are in fact real life experiences submitted by military children.

**Rebel Powers**

R. Bausch

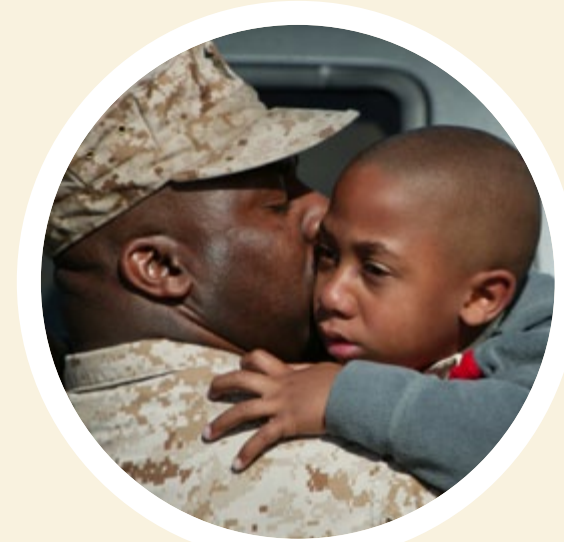


PUBLISHER: Houghton Mifflin/Seymour Lawrence

YEAR: 1993

ISBN: 978-0395595084

*Rebel Powers* is a novel about 40-year old Thomas Boudreaux, who still struggles with events that occurred when he was 17 and his parents divorced. Thomas uses a journal to better understand the complex nature of his father, an Air Force man and former POW.



PAGES 94-97

# Moving





## ALL AGES

**Military Youth on the Move**

Department of Defense

URL: <http://apps.mhf.dod.mil/pls/psgprod/f?p=MYOM:HOME:0>

A website dedicated to providing elementary, middle and high school students with information on deployment and moving to a new location, as well as other topics, such as divorce, exercise and making money.

## PRESCHOOL TO ELEMENTARY

**My Daddy is a Soldier**

K. Hilbercht and S. Hilbercht

My Daddy is a Soldier



PUBLISHER: New Canaan Publishing Company Inc.

YEAR: 2001

ISBN: 978-1889658018

PAGES: 30

The first book in a series of colorful picture books intended for military children. *My Daddy is a Soldier* teaches young children about the importance of their father's job as a soldier in the U.S. military.

**My Daddy is an Airman**

K. Hilbercht and S. Hilbercht

My Daddy is an Airman



PUBLISHER: New Canaan Publishing Co

YEAR: 2005

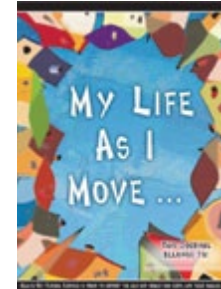
ISBN: 978-1889658384

PAGES: 32

A resource in the picture book series for military children, *My Daddy is an Airman*, focuses on teaching children about their father's specific job as an airman the U.S. military.

**My Life as I Movie**

Health Net Federal Services



PUBLISHER: Health Net Federal Services

ISBN: N/A

PAGES: 44

Moving can produce strong and difficult emotions, particularly for younger children. This journal provides an outlet for kids to write down, address and manage these feelings. It can be accessed through [www.hnfs.net](http://www.hnfs.net).

**My Mommy is a Guardsman**

K. Hilbercht and S. Hilbrecht

My Mommy is a Guardsman



PUBLISHER: New Canaan Publishing Company

YEAR: 2003

ISBN: 978-1889658339

PAGES: 30

*My Mommy is a Guardsman* teaches young children about the important job their mother has as a member of the National Guard in helping and protecting people and, ultimately, making the world a safer place.

**My Mommy is an Airman**

K. Hilbrecht

My Mommy is an Airman



PUBLISHER: New Canaan Publishing Company Inc.

YEAR: 2004

ISBN: 978-1889658360

PAGES: 30

A resource in the picture book series for military children, *My Mommy is an Airman*, focuses on teaching children about their mother's specific job as an airman the U.S. military.



## Uncle Sam's Kids: Moving Again Mom

A.S. Rehak



PUBLISHER: Abidenme Books Publishing

YEAR: 2004

ISBN: 978-0971451520

PAGES: 40

*Uncle Sam's Kids: Moving Again Mom* tells the story of a child who is moving to a new military base. The book focuses on the concerns children often have prior to moving and helps turn a move into an adventure, while lessening the apprehension related to the move.

## ELEMENTARY TO MIDDLE SCHOOL



## Tell Me a Story

Military Child Education Coalition



URL: <http://www.militarychild.org/>

*Tell Me a Story* is an initiative by the *Military Child Education Coalition* to empower our military children through literature and their stories, while fostering resilience, peer and parent connections, a sense of pride and accomplishment and a caring community.

## MIDDLE SCHOOL TO HIGH SCHOOL



## And Then Mom Joined the Army

J. Hagy and D.K. Stone



PUBLISHER: Abingdon Press

YEAR: 1976

ISBN: 978-0687013791

PAGES: 143

*And Then Mom Joined the Army* tells the story of Scott, a boy who is lonely after his recent move. His loneliness, embarrassment, and misguided new friends lead Scott to a state of moral distress.



## Student 2 Student

MilitaryChild.org



URL: <http://www.militarychild.org/>

The Student 2 Student initiative through MilitaryChild.org consists of middle and high school programs designed to provide leadership for training other students to support military children transitioning to or from their school.

## HIGH SCHOOL



## Brats: Our Journey Home

B. Goodwin



URL: <http://www.bratsourjourneyhome.com/>

Directed by D. Musil, *Brats: Our Journey Home* is an award-winning documentary about the lives of military children throughout history and the unique situations they encountered throughout their childhood. It discusses living around the world, moving frequently, living on military bases and the absence of parents due to deployments. (Distributed by *Brats Without Borders*)



## Durable Goods

E. Berg



PUBLISHER: Random House

YEAR: 1993

ISBN: 978-0812968149

This teenage fictional novel, *Durable Goods*, introduces the life of two sisters, who in addition to coping with the death of their mother, are affected by the military life of their father. The girls must deal with issues, such as frequent moves, living on a military base and an emotionally distant and abusive father, all while encountering the normal growing pains of the teenage years.

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