

# Resources for/about Military Children and Teens

Compiled by Michelle D. Sherman, Ph.D. (Revised January 2011)

## BOOKS

[\*Daddy, You're My Hero! // Mommy, You're My Hero!\*](#) (2005) by Michelle Ferguson-Cohen  
For kids ages 4-8.

[\*My Red Balloon\*](#) (2005) by Eve Bunting  
For kids ages 4-8, a picture book focused on homecoming.

[\*The Fathers Are Coming Home\*](#) (2010) by Margaret Wise Brown  
For kids ages 6-12 about homecoming.

[\*100 days and 99 nights\*](#) (2008) by Alan Madison  
For kids ages 8-12 about parental deployment.

[\*Sometimes We Were Brave\*](#) (2010) by Pat Brisson  
For elementary school kids whose parents are deployed.

[\*I Miss You: A Military Kid's Book About Deployment\*](#) (2007) by Beth Andrews  
For elementary school kids whose parents are deployed.

[\*Uncle Sam's Kids: When Duty Calls\*](#) (2003) by Angela Sportelli-Rehak  
For kids ages 5-11.

*You And Your Military Hero: Building Positive Thinking Skills During Your Hero's Deployment* (2009) by Sara Jensen-Fritz, Paula Jones-Johnson & Thea L. Zitzow  
For kids ages 5-12 focusing on parental deployment.

[\*Finding My Way: A Teen's Guide to Living with a Parent Who has Experienced Trauma\*](#) (2005) by Michelle D. Sherman, Ph.D., DeAnne M. Sherman  
For kids ages 12-18.

*My Story: Blogs by Four Military Teens* (2009) by Michelle D. Sherman, Ph.D., DeAnne M. Sherman  
For kids ages 10-18.

## WEBSITES

*For Children Themselves:*

[Army Reserve Child and Youth Service's Online Teen Deployment Class](#)

[Military Teen Online](#) - Online community and support for teens

[My Life: A Kid's Journal](#) (for during deployment - by Health Net Federal Services)

[National Guard Family Program](#) / [Guard Family Youth Website](#)

[Sesame Street Connections](#)

[Tutor.com](#) - free, online tutoring)

[VA Kids](#)

*For Parents and Educators:*

[American Association of School Administrators Toolkit: Supporting the Military Child](#)

[Building Resilient Kids](#) - A course for school personnel focused on building resilience among students from military families. Johns Hopkins Bloomberg School of Public Health's Military Child Initiative.

[Courage to Care, Courage to Talk About War Injuries](#) - Educational information for providers and families about TBI and war injury developed by the Center for the Study of Traumatic Stress. Includes information about talking to children about war injuries.

[DOD's Military Student Program: The Military Child in Transition and Deployment](#)

[Helping Children Cope with Deployments and Reunions](#)

[Military Child Education Coalition](#)

[National Child Traumatic Stress Network's Military Children and Youth Resource Page](#)

[Military Kids Bill of Rights](#)

[National Military Family Association / Operation Purple Camp](#)

[Operation Military Kids](#)

[Operation Child Care](#) - for National Guard and Reservists

[Salute Our Services A Thousand Thanks to Military Kids Program](#) - sends free personalized card to military child

[SOAR \(Student Online Achievement Resources\)](#)

[Students at the Center: An Education Resource for Families, the Military, and Schools](#)

[Tackling Tough Topics: An Educator's Guide to Working with Military Kids](#) - Washington State Office of Superintendent of Public Instruction

[United Through Reading](#) - deployed parents read children's books aloud via DVD for their child to watch at home

[Veteran Parenting Toolkits](#) - created by the Oklahoma City VA Family Mental Health Program)

[Welcome Back Parenting](#) - A Guide for Reconnecting Families after Military Deployment

[Military Projects at ZeroToThree.org](#)

## **VIDEOS**

### **For Adults/Parents**

[Young Children on the Homefront](#) – Online video. Military families share their unique deployment experiences and professionals offer tips and strategies for dealing with difficult issues such as grief and loss from deployment and the challenges that often arise upon reunification.

### **For Youth**

[Talk, Listen, Connect: Deployments, Homecomings, Changes](#) - Sesame Street DVDs for families with youth ages 2-5.

[The Price of Peace](#) - Song by two military teens about deployment.

[Youth Coping With Military Deployment: "Promoting Resilience in Your Family" and "Mr. Poe and Friends"](#) online videos produced by the American Academy of Pediatrics. Video from Operation Purple summer camp with interviews by kids.

[Young Heroes: Military Deployment Through the Eyes of Youth](#) –18-minute online video created by teens of the New Jersey Operation Military Kids' Speak out for Military Kids Program explaining the deployment cycle.