

Resources for Parents of Soldiers

Overview

Information and support resources for parents of Soldiers.

- Web sites and organizations
- Organizations supporting military families
- Books
- Online pamphlets and articles
- Other resources

As the parent of a Soldier, you are likely to have questions about your son's or daughter's Army life. For example, you may want to understand what role you can play as your son or daughter transitions into the service. You may also have questions about what to expect when your Soldier returns home. The following resources can help.

Web sites and organizations

Official

Go Army

www.goarmy.com

Information about many aspects of Army life. Click on "Army Parents" for information specifically for parents.

FutureSoldiers

www.futuresoldiers.com

Information about many aspects of Army life. Click on "I am a ... Future Soldier's Family Member" for information specifically for parents.

MyArmyLifeToo

www.myarmylifetoo.com

A comprehensive source of information and resources for Soldiers and their families, sponsored by the Family and Morale, Welfare and Recreation Command (FMWRC).

Military OneSource

Military OneSource is standing by to help Soldiers and their family members from the moment they join the U.S. Army. Whether it's help with child care, personal finances, emotional support, relocation information, or resources needed for any other special circumstances, Military OneSource is here for military personnel and their families at no cost, 24 hours a day, 7 days a week. In some instances Military OneSource services extend to service members' parents. (See below for more detail.)

- *Future Soldiers waiting to report to Basic Training, ROTC/Military Academy Cadets, and their dependent family members (spouse and children) are eligible for free services from our 24/7 call center (1-800-342-9647) and use of the interactive Web site (www.militaryonesource.com) to view and download educational materials or to order free copies online.*

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- *Full eligibility begins when you report to Basic Combat Training (BCT) and includes call-center services, access to the Military OneSource Web site, and face-to-face counseling (up to six sessions per issue).*
- *Soldiers on active duty, in the National Guard or Reserve and their families are eligible for all Military OneSource services at no cost regardless of activation or mobilization status.*
- *Parents and other relatives of Soldiers are eligible for Military OneSource services if the issue being addressed affects or deals with the Soldier in some way.*

DefenseLINK

www.defenselink.mil

The official Department of Defense (DoD) entry point for military news and information online with links to the official site for each branch of service.

Military HOMEFRONT

www.militaryhomefront.dod.mil

The official DoD site for military quality of life, with a wide range of information for troops and families. The “Quick Links” section provides access to Web sites of Army, Navy, Marine Corps, Air Force, National Guard, and Reserve family programs.

Unofficial

Blue Star Mothers of America, Inc.

www.bluestarmothers.org

Organization for parents of service members. Go to the central Web site to find a chapter near you.

Military.com

www.military.com

An unofficial, commercial Web site with information, links, a list of online discussion topics, and other resources for service members and their families.

Military Moms

www.militarymoms.net

An unofficial, family-operated support group for parents of services members in all branches. It is a Christian ministry site with message boards, chat rooms, information, and links.

Proud Army Moms

www.proudarmymoms.org

An unofficial online community for Army moms, dads, spouses, and kids.

Organizations supporting military families

American Red Cross

1-202-303-4498

www.redcross.org

Services and support for military families, including parents, are provided by local chapters. The Web site provides information on Red Cross programs and a locator for finding the nearest chapter.

National Military Family Association (NMFA)

1-800-260-0218

www.nmfa.org

A national organization dedicated to educating and supporting military families. The Web site provides information on deployment and many other topics of importance to military families and contains an extensive list of book reviews, news stories, articles, and links.

Books

Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and their Families, by Keith Armstrong, LCSW; Suzanne Best, Ph.D.; and Paula Domenici, Ph.D. (Ulysses Press, 2006).

Information about reactions that can occur after serving in a war zone, as well as specific strategies for addressing them. It was written for service members and their spouses, parents, friends, employers, as well as mental health professionals.

Down Range to Iraq and Back, by Bridget C. Cantrell, Ph.D. and Chuck Dean (Wordsmith Books, 2005).

Education, recommendations, and reassurance about post traumatic stress disorder (PTSD) in returning combat veterans, written for service members and their families.

Online pamphlets and articles

Your Soldier, Your Army: A Parents' Guide, by Vicki Cody (published by the Association of the United States Army, 2005, available at

<http://www.ausa.org/webpub/DeptILW.nsf/byid/KCAT-6H4P59>)

An Army wife and mom offers advice and resources for parents of Soldiers.

Other resources

Army family support programs

Army Community Service Centers can provide parents of Soldiers with information and referrals to community services. For contact information visit the Military HOMEFRONT Web site at *www.militaryhomefront.dod.mil* and click on “Military Community Directory” under “QOL Resources.”

This list of resources was developed with assistance from Kathleen Moakler, Deputy Director, Government Relations, National Military Family Association.

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