

Resources for/about Military Children and Teens

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

BOOKS

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

My Red Balloon. (2005). Eve Bunting. [for kids ages 4-8; picture book focused on homecoming].

Night Catch. (2005). Brenda Ehrmantraut [for kids ages 4-8 about dealing with parental separation]

The Fathers Are Coming Home. (2010). Margaret Wise Brown. [for kids ages 6-12 about homecoming]

100 days and 99 nights (2008). Alan Madison [for kids ages 8-12 about parental deployment]

Sometimes We Were Brave. (2010). Pat Brisson. Honesdale PA: Boyds Mills Press. [for elementary school kids whose parent is deployed].

I Miss You: A Military Kid's Book About Deployment. (2007). Prometheus Books. [for elementary school kids whose parent is deployed]. Beth Andrews

Uncle Sam's Kids: When Duty Calls. (2003). [for kids ages 5-11]. Angela Sportelli-Rehak

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

Finding My Way: A Teen's Guide to Living with a Parent Who has Experienced Trauma. (2005) [for kids ages 12-18] . Michelle D. Sherman, Ph.D., DeAnne M. Sherman. (available at www.SeedsofHopeBooks.com)

My Story: Blogs by Four Military Teens (2009). [for kids ages 10-18] . Michelle D. Sherman, Ph.D., DeAnne M. Sherman. (available at www.SeedsofHopeBooks.com)

WEBSITES

For Children Themselves:

Army Reserve Child and Youth Service's Online Teen Deployment Class
www.arfp.org/skins/cys/display.aspx?moduleid=8cde2e88-3052-448c-893d-d0b4b14b31c4&mode=user&action=display_page&objectid=26860744-9f90-4009-a0ea-da1da0220edb&AllowSSL=true

Military Teen Online: Online community and support for teens: www.militaryteenonline.com

Military Kids Connect: www.militarykidsconnect.org [Will be live Fall 2011]

My Life: A Kid's Journal (for during deployment- by Health Net Federal Services)
https://www.hnfs.net/res/tricare/beneficiary/common/pdf/-1542306275/Kids_jrn_bw_coloringbook_12_07.pdf

National Guard Family Program / Guard Family Youth Website
www.guardfamily.org // www.guardfamilyyouth.org

Sesame Street Connections
<http://www.sesamestreetfamilyconnections.org/login/>

Tutor.com: (free, online tutoring) www.tutor.com/military-programs

VA Kids: www.va.gov/kids

For Parents and Educators:

American Association of School Administrators Toolkit: Supporting the Military Child.
www.aasa.org/content.aspx?id=9008

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.
http://jhsphe.edu/mci/training_course

Courage to Care, Courage to Talk About War Injuries. www.couragetotalk.org/index.php 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.

Defense Center of Excellence's Children of Military Service Members Resource Guide.
www.dcoe.health.mil/Content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf

Helping Children Cope with Deployments and Reunions: www.realwarriors.net/family/children

Military K-12 Partners: A DODEA Educational Partnership Program (collaboration with the Department of Education to ease transitions of military youth)
<http://militaryk12partners.dodea.edu/>

Military Child Education Coalition: www.militarychild.org

National Child Traumatic Stress Network's Military Children and Youth Resource Page.
http://nctsn.org/nctsn/nav.do?pid=ctr_top_military

Military Kids Bill of Rights
http://www.nmfa.org/site/DocServer/Military_Child_Bill_of_Rights5-08.pdf?docID=13201

National Military Family Association / Operation Purple Camp. www.militaryfamily.org

Operation Child Care (for National Guard and Reservists).
www.childcareaware.org/en/operationchildcare

Operation Military Kids: www.operationmilitarykids.org

Salute Our Services A Thousand Thanks to Military Kids Program (sends free personalized card to military child): <http://www.saluteourservices.org/>

SOAR (Student Online Achievement Resources) www.soarathome.com

Students at the Center: An Education Resource for Families, the Military, and Schools
www.militaryk12partners.dodea.edu/studentsAtTheCenter

Tackling Tough Topics: An Educator's Guide to Working with Military Kids. Washington State Office of Superintendent of Public Instruction.
<https://www.operationmilitarykids.org/resources/ToughTopics%20BookletFINAL.pdf>

United Through Reading (deployed parents read children's books aloud via DVD for their child to watch at home): www.unitedthroughreading.org/military/

Veteran Parenting Toolkits (created by the Oklahoma City VA Family Mental Health Program):
www.ouhsc.edu/VetParenting

Welcome Back Parenting: A Guide for Reconnecting Families after Military Deployment.
www.welcomebackparenting.org

ZERO TO THREE. (2009). *Honoring our babies and toddlers: Supporting young children affected by a military parent's deployment, injury, or death*. www.zerotothree.org

10 Things Military Kids Want You to Know (Revised 2010)
<http://www.militaryfamily.org/assets/2010-Teen-Toolkit-PDF.pdf>

VIDEOS

For Adults/Parents

Young Children on the Homefront, ZERO TO THREE. Military families share their unique deployment experiences and professionals offer tips for dealing with difficult issues such as grief and loss from deployment and the challenges that often arise upon reunification. Available at:
<http://www.zerotothree.org/about-us/funded-projects/military-families/children-on-the-homefront.html>

For Youth

Talk, Listen, Connect: Deployments, Homecomings, Changes. Sesame Street DVDs for families with youth ages 2-5. Available through Military OneSource OR
<http://www.sesameworkshop.org/initiatives/emotion/tlc>

The Price of Peace. Song by two military teens about deployment.
<http://www.nationalguard.com/priceofpeace/>

Youth Coping With Military Deployment: "*Promoting Resilience in Your Family*" and "*Mr. Poe and Friends*." American Academy of Pediatrics. Video from Operation Purple summer camp with interviews by kids. Available: <http://www.cs.amedd.army.mil/youth.aspx>

Young Heroes: Military Deployment Through the Eyes of Youth. 18 minute video created by teens of the New Jersey Operation Military Kids' Speak out for Military Kids Program explaining the deployment cycle: <http://www.operationmilitarykids.org/public/somk.aspx>