



MC&FP FACT SHEET

Data



Approximately 1.8 million children, from birth to 18 years, are accounted for in the Department of Defense mission.

Additional information

Military OneSource -
Parenting page

www.militaryonesource.mil/parenting

Center for Disease Control –
Child Development

www.cdc.gov/ncbddd/childdevelopment

ZERO TO THREE

www.zerotothree.org

Child Welfare

<https://www.childwelfare.gov>

Just in Time Parenting

www.extension.org/pages/22110/just-in-time-parenting-newsletters

Money as you Grow

<http://moneyasyougrow.org>

Children's Ages and Stages

Background

Parents play the most important role in guiding and supporting military children through all stages of life. Knowledge of parenting and of child development is an important tool for every parent. Knowing children's capabilities and setting realistic expectations for their behavior can minimize the stress of day-to-day parenting and is protective against child abuse. That is why keeping up with the latest information about parenting techniques and child development is so important. Parents with realistic expectations of children's capabilities are better able to traverse and appreciate each phase of childhood with less worry and frustration.

Highlights

- While parents may be experts in understanding their own children's personalities and unique behaviors, they might not always know what to expect of them in terms of typical developmental milestones.
- A basic understanding of child growth and development helps parents set realistic expectations, minimizing stress and alerting parents to an appropriate time to seek support if necessary.
- Resources are available to support parents through each stage in their child's development, including physical and mental developments, safe sleep, toilet training, growing child independence, education, money management and more.
- At the installation level, the New Parent Support Program offers strengths-based home visitation for parents of children ages birth to 3 years old and the Family Advocacy Program provides parenting education and support for all ages and stages.
- The Family Readiness System offers a wide range of services and support to families to refresh and enrich personal skills and healthy relationships and can connect parents with resources on and off of the installation.

