

# MILITARY ONE SOURCE CONNECTION



Keeping you informed about products and services

1-800-342-9647

## Going the Distance in April for Military Kids

In April we focus on children in two special ways: through the Month of the Military Child and Child Abuse Prevention Month. In this edition of the Military OneSource *Connection* we'll remind you of the world of parenting resources available through Military OneSource, free to service members and their families.

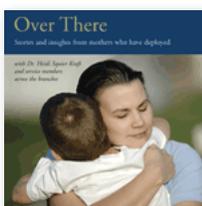
From learning how to take care of your newborn, to connecting with your child or teen while you're deployed, to helping them make the transition to a new duty station, Military OneSource is here with resource guides, audios, expertly prepared articles, and personal support that will bring out the best in your military family.

## Over There and Double Duty CDs

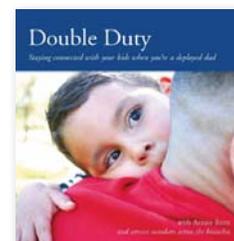
### Practical Advice from Parents Who Have Deployed

*One deployed mom participated in her daughter's prom preparations by Webcam. A deployed father of two toddlers created a video tour of his sleeping quarters, to reassure them that he had a comfortable, safe place to sleep. Another dad, about to deploy a second time, sat down with his wife to talk about what could make the second deployment less stressful for her and their three young children, and followed through.*

What these three stories having in common is that they're practical advice from real service members who've experienced deployment. And they're just a small sample of the parenting information available on two unique



CDs from Military OneSource, *Over There: Stories and Insights from Mothers Who Have Deployed* and *Double Duty: Staying Connected with Your Kids When You're a Deployed Dad*.



Like all Military OneSource resources and services, these CDs are free to service members and their families. And like all of our CDs, we can ship them to you (for free), you can listen to them online, or you can download them into your own MP3 player. To order, listen, or download, go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) and type the title of the CD into the search box. Or you can order by phone at 1-800-342-9647.

## You're Nearly There...

### Tame Tax Stress with Military OneSource

Tax-filing time is just around the corner, and you may find that the prospect makes your heart beat just a little faster. But remember, the Military OneSource Tax Program is here to help tame that stress.

The program provides free access to a customized version of the basic H&R Block at Home® electronic tax-filing product. This customized product allows for free federal filing and free state filing (up to three states). In addition, free tax consultations are available by telephone at 1-800-730-3802 (7 days a week from 7 a.m. to 11 p.m. ET) to help with tax-related issues. Go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) and click on "Tax Filing Services" to learn more.

"just filed my taxes with Military OneSource's free h&r block program. SUPER satisfied and when i got stuck with a question and militaryonesource helped me through it, even hung up so i could finish my dinner and he called back to finish!"

— February 10, 2011 Facebook post

# Does Your Baby Cry and Cry?

You're not alone. Between 2 weeks and 4 months of age many babies going through a crying period where it seems that nothing a parent can do will calm them. Add a dose of parental sleep deprivation, and baby care can start to feel overwhelming.

Fortunately, there are healthy steps parents can take to stay patient and to soothe a crying baby. Type "Understanding Infant Crying" and "Quick Tips for Coping with a Crying Baby" into the search box at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) and find expert, practical information that can help. You can also call Military OneSource at 1-800-342-9647 and talk with an expert consultant.



## Military OneSource Helps Your Baby Sleep Safely

### Videos, audios, articles, and guidelines in one place

The "Back to Sleep" initiative—encouraging parents and caregivers to put babies to sleep on their backs, not their stomachs—has prevented many cases of "sudden infant death" (SIDS). But it's important to know that there are additional steps you can take to create a safe sleep environment for your baby, especially when you deal with the realities of deployments and relocations.



Our online resource center, "Helping Your Baby Sleep Safely," provides the most current safe-sleep information for parents and caregivers. You'll learn how to make sure your baby's sleeping place is safe, whether she's in a crib or a car seat; expert information about sleep positions; how to create a sleep routine; and how to find current information about safety recalls. With information from Military OneSource experts, the Consumer Product Safety Commission, the National Institutes of Health, and the American Academy of Pediatrics, all in one place. Go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com), then "Tools," then "Health & Relationships," then "Helping Your Baby Sleep Safely."

### About Military OneSource

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to twelve sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the website at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com).

"I just wanted to say THANK YOU for everything you all do for our Military!! Words can't even begin to explain how grateful & thankful I am as an army wife for this organization."

— February 19, 2011 Facebook post

### Military OneSource

By phone, online, and face-to-face

You name it. We can help—24/7!

1-800-342-9647

**Overseas:** xx-800-3429-6477 (Country access codes can be found online)

**Collect from Overseas:** 484-530-5908  
(Dial an international operator first)

**En español llame al:** 1-877-888-0727