



HOW WELL ARE MILITARY CHILDREN FARING?

Most children are functioning well...



However, military life stressors can impact children's adjustment.



Parents who are doing well can serve as a "protective shield" for their children.

Parental deployment can impact children's mental health

According to a DoD-wide study of military families with children, military deployments can lead to higher rates of...



Attention Deficit

Child ADD/ADHD is 1.7 times more likely with deployment than with no deployment



Depression

Child depression is 4.6 times more likely with deployment than with no deployment



Anxiety

Child anxiety is 1.6 times more likely with deployment than with no deployment



Some other aspects of military life that can increase depression or anxiety in children include:

- Difficulty balancing family life with military duties
- Time spent away from family for other types of military activities, like training and temporary duty
- Conflict over serving in the military



Strong family relationships can protect children from the stresses of military life:

- When families reported good communication, children were less likely to have depression or anxiety
- When spouses reported a strong marital bond, children had fewer conduct and emotional problems

How to Support Military Children:

- Families experiencing stress should seek support; Military OneSource can help
- Explore the availability of Military and Family Life Counseling at military installations and military-connected schools
- Find helpful Sesame Workshop products and resources for young children at www.militaryonesource.mil or www.sesamestreetformilitaryfamilies.org
- Access the Military Kids Connect online community for military children ages 6–17 at <https://militarykidsconnect.health.mil>

Sources: Briggs, E. C., Fairbank, J. A., Tunno, A. M., Lee, R. C., Corry, N. H., Pflieger, J. C., Stander, V. A., & Murphy, R. A. (2020). Military life stressors, family communication and satisfaction: Associations with children's psychosocial outcomes. *Journal of Child & Adolescent Trauma*, 13(1), 75–87.

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For more information, go to <http://www.familycohort.org>

The Millennium Cohort Family Study follows nearly 10,000 spouses of junior military personnel for 21 years to help the Department of Defense understand the needs of families and provide better support.

