MILITARY ONESOURCE

Little things make a big difference.

Do you know how to support our littlest troops?

Learn everyday ways to keep children safe and healthy.

It's often the little things that can pose big, unexpected risks. Do you know how to protect your children? Get up-to-date, inside information made for military families on these topics and many more:

- Ways to keep your baby safe during sleep
- The right age to leave kids on their own
- Positive ways to discipline at every age
- Coping skills and self-care strategies for parents

MilParent POWER

Find more MilParent Power tips and ideas for improving your parenting skills at www.MilitaryOneSource.mil/MilParentPower

Parents: Share support, ask for support.

It takes a community to raise our kids right. If you see a parent who needs help, reach out. And if you need support, don't be afraid to ask. Help is available in our military community – especially for new families. Contact Military OneSource or your New Parent Support Program to access resources including:

- Home visits for expectant or new parents — Learn about safe sleep, nutrition, behavior and more, all at home.
- Referrals to resources — Learn what's available at your installation and in the community.
- Prenatal care, parenting classes and playgroups — We can help you connect with local resources.

Contact your local Family Advocacy Program or Military OneSource at **800-342-9647** | **www.MilitaryOneSource.mil**