

Learn How to Support Our Littlest Troops

Find parenting programs for children of all ages.

Learn everyday ways to keep your children happy and healthy.

You do your best every day to make sure your children are happy and healthy. Military OneSource offers information designed for military families to help them thrive. You will find:

- Resources for children of all ages
- Tips to keep your children safe
- Self-care strategies for parents
- Support for children with special needs



Find help on these and other topics, including ways to hone your parenting skills, at <https://www.mos.mil/military-parent-resource-center>.

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. Check out these resources for parents and their children:

- New Parent Support Program, which provides services that may include:
 - Home visits
 - Parenting classes
 - Information and referrals
- Thrive, an online and self-paced parenting resource that provides:
 - Programs for parents and caregivers of children through 18 years of age
 - Various modules geared toward specific child age ranges to meet your needs

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



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