MILITARY ONESOURCE

How MilKids Grow

Direct parents to these child development resources, support and tips for all ages and stages.

Having an idea of what to expect at a particular age or stage can help parents communicate effectively, set reasonable rules and routines, and respond to behaviors related to deployments, moves or other transitions. Military OneSource, installation Military and Family Support Centers and community partners can assist parents throughout all phases of their child's development.

Child growth and development

Realistic expectations help parents minimize stress and frustration, reduce worry and understand when to seek additional support. Parents can find resources to learn about:

- Crying, sleeping and eating
- Toilet training, sharing, tantrums
- Growing child independence
- School readiness or adjustment
- Relationships with other children
- Adjusting to change

New parent support

- The New Parent Support Program offers free home visits and group education to expectant parents or those with a child through 3 years old.
- The Military Parent Resource Center helps parents through each step of their parenting journey.
- Military OneSource specialty consultations include education, adoption and foster care, special needs and more.
- The Family Advocacy Program can help address special concerns at every stage and connect parents to resources.

Military Family Readiness Programs

Military Family Readiness Programs support military family well-being and enhance family readiness, resilience and quality of life. Resources and services for military families include:

- Parent and child nutrition and wellness
- Deployment and relocation support
- Parenting skill development and coaching
- Healthy relationships support

Additional parenting resources

Access these online resources to learn more about children's developmental stages:

- **Military OneSource parent resources**
  www.militaryonesource.mil/parenting
- **ZERO TO THREE child development resources**
  www.zerotothree.org/resources/for-families/#ages-and-stages
- **Sesame Street for Military Families**
  www.militaryonesource.mil/benefits/sesame-street-for-military-families/
- **CDC child development milestones**
  www.cdc.gov/act-early/milestones/index.html