

How MilKids Grow



Help MilParents learn about the ages and stages of their child's development with these tips and resources.

Understanding child development is an important tool for every parent. 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.

Understanding Child Growth and Development

Having realistic expectations can help parents minimize stress and frustration. It can also help parents reduce worry, and suggest when to seek additional support. Resources are available to help parents learn about:

- Crying, sleeping and eating
- Toilet training, sharing, tantrums
- Growing child independence
- School readiness or adjustment
- Getting along with others
- Money management and more.

Installation and Community Resources

- The New Parent Support Program offers home visits for parents of children up to 3 years old
- The Family Advocacy Program can connect you with parenting information and support, or help address special concerns at every stage.

The Family Readiness System Helps

- Refresh and enrich parenting skills
- Support healthy relationships
- Connect with resources on and off-installation

Additional Resources

Visit these online resources to learn about children's Ages and Stages.

- **Military OneSource**
www.militaryonesource.mil/parenting
- **ZERO TO THREE**
www.zerotothree.org/resources/series/parent-favorites#ages-and-stages
- **Just in Time Parenting** www.jitp.info/
- **Centers for Disease Control - Child Development Milestones**
www.cdc.gov/ncbddd/actearly/milestones/index.html
- **Money as You Grow**
www.moneyasyougrow.org

