



# Parent Like a Pro: Support for New MilParents

**Get personalized support on parenting questions  
and connect to resources for your family.**

With the New MilParent specialty consultation, expectant military parents and parents of children ages 5 and under can get free and confidential support. Through a series of phone calls or online video sessions, you can learn parenting techniques, get handy tips, and connect to resources to help your kids grow up healthy and resilient. Call to schedule a specialty consultation anytime.

## Get help with all this and more

- Improving sleep issues for you or your child
- Managing difficult behaviors
- Understanding developmental milestones
- Mastering toilet training
- Navigating single parenthood
- Making time for self-care
- Parenting through deployment
- Preparing for preschool
- Teaming up as dual active-duty parents
- Finding branch- and base-specific military programs for kids

## Ready to begin?

To schedule your New MilParent specialty consultation,  
call Military OneSource at 800-342-9647 or visit [MilitaryOneSource.mil](https://militaryonesource.mil).



U.S. Department of Defense