

# Meet Today's Military Family

RESOURCES >>>  
AT THE READY



U.S. Department of Defense

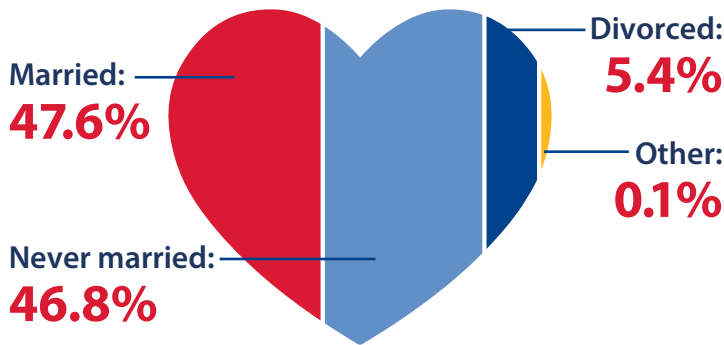


## Demographics



Total force family members:  
**2,482,499**

### Marital Status:



### Family Status:

Across the DOD total force, there are **slightly more members with family members (50.9%)** than without family members (49.1%).

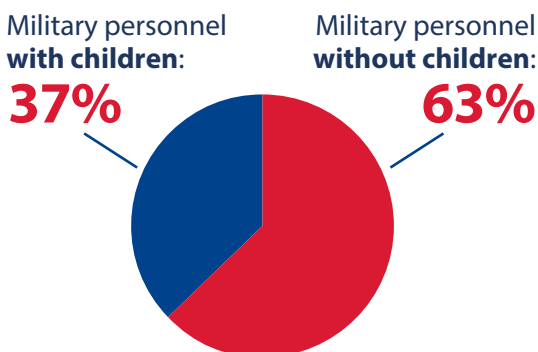
DOD force with family members:  
**1,054,101**

DOD force without family members:  
**1,017,350**

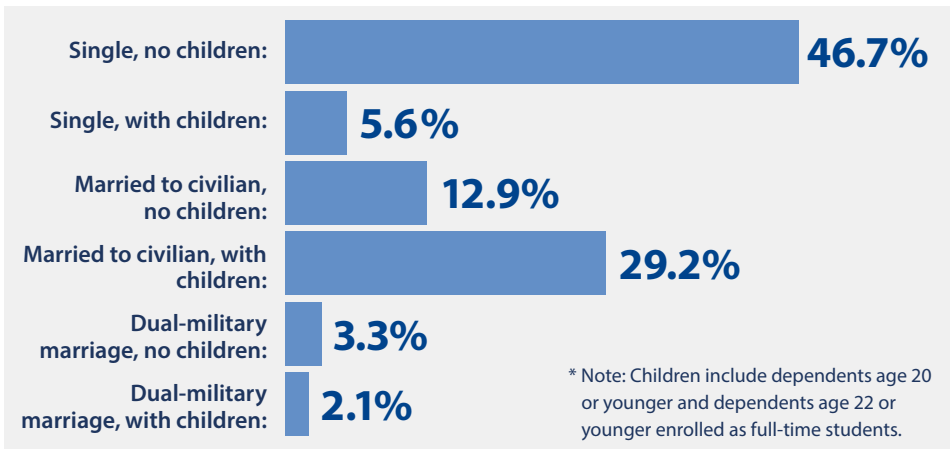
\* Family members include spouses, children, adult dependents and other dependents under age 21 who are not spouses or children and who are registered in DEERS.

### Parental Status:

Overall, 37% of **military personnel** have at least one child.\*



#### Additional data:



\* Note: Children include dependents age 20 or younger and dependents age 22 or younger enrolled as full-time students.

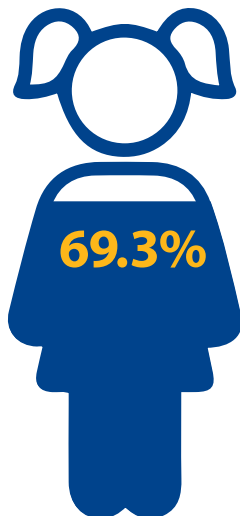
## Children:

Of the 2,482,499 DOD total force family members, **1,554,645**, or **almost two-thirds (62.6%)**, are children.

### Age:

Average age:  
**8.5 years**

More than **two-thirds** are 11 years of age or younger

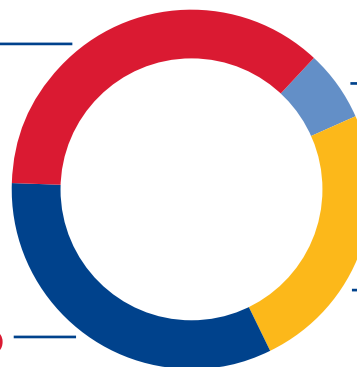


0-5 years:  
**36.5%**

6-11 years:  
**32.8%**

19-22 years:  
**6.2%**

12-18 years:  
**24.5%**



### Gender:

Male:  
**791,753**

Female:  
**762,892**

## RESOURCES >>> AT THE READY

## for Military Families

### Military OneSource

A military family's gateway to MilLife support  
Military OneSource is our 24/7 connection to trusted information and resources. It offers a wide range of digital tools and personal, confidential support.

[www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)

### Military and Family Readiness System

Support, programs and services for MilFams  
A system that maximizes access to a network of support, programs and services to enhance family readiness, resilience and quality of life. The MFRS includes installation Military and Family Support Centers, Military OneSource, and other federal, state and community partners.

[www.militaryonesource.mil/parenting/family-life/military-family-readiness-system/](http://www.militaryonesource.mil/parenting/family-life/military-family-readiness-system/)

### Relationship support

Resources to help strengthen the bonds in your life  
Access expert support to help strengthen the bonds in your life, from friendships to romantic relationships and parent-child connections.

[www.militaryonesource.mil/relationships/married-domestic-partner/military-relationships-support/](http://www.militaryonesource.mil/relationships/married-domestic-partner/military-relationships-support/)

### Specialty consultations

A wide range of support that meets you where you are  
Military OneSource provides support from professionally trained consultants online via chat or by phone on a broad range of issues for service members, their families, parents and survivors — including New MilParent specialty consultations.

[www.militaryonesource.mil/specialty-consultations/](http://www.militaryonesource.mil/specialty-consultations/)

### Parenting resources

Resources for parenting at every stage  
The Military Parent Resource Center is comprised of tips, online programs and supportive resources to help support parenting of all ages of children, including information to help you find the right child care options.

[www.militaryonesource.mil/parenting/family-life/military-parent-resource-center/](http://www.militaryonesource.mil/parenting/family-life/military-parent-resource-center/)

### Adoption and foster care

Resources to navigate military adoption and foster care  
Military OneSource offers resources and support for all phases of the adoption and foster care processes.

[www.militaryonesource.mil/parenting/adoption-foster-care/](http://www.militaryonesource.mil/parenting/adoption-foster-care/)

### EFMP

Supporting families with special medical or educational needs  
Find resources and support such as the EFMP & Me online tool, special needs consultations, podcasts, eNewsletter, Education Directory for Children with Special Needs and more.

[www.militaryonesource.mil/special-needs/](http://www.militaryonesource.mil/special-needs/)

### Gold Star and Surviving Family Member resources

Immediate and long-term assistance for surviving family members  
Find resources to help you understand your benefits, connect you with grief counseling or a financial counselor and more.

[www.militaryonesource.mil/casualty-assistance/](http://www.militaryonesource.mil/casualty-assistance/)

### Financial support

Strategies, tools, and consultations to help lead to financial security  
Military OneSource provides information on financial benefits you receive as a result of your service including financial counseling, budgeting tools and year-round tax support.

[www.militaryonesource.mil/financial-legal/personal-finance/financial-tools-and-services/](http://www.militaryonesource.mil/financial-legal/personal-finance/financial-tools-and-services/)

### Spouse employment

Help to define and realize career goals  
The Spouse Education and Career Opportunities program supports military spouses preparing for and finding meaningful employment. It supports all aspects of career and education planning, including job searching, networking, resume building, mock interviewing and connecting to employment opportunities through a dedicated and robust career center with one-on-one career coaching services.

[myseco.militaryonesource.mil](http://myseco.militaryonesource.mil)

