

2019 MilParent Power Resources

The MilParent Power campaign is designed to help military families build family readiness and resilience, while also supporting efforts to improve their parenting with easy tips, reminders and resources. Military OneSource understands that being the best parent possible helps in both family life and military career.

If you are interested in sharing MilParent Power resources with your community, please consider these references:

Resources

- [Centers for Disease Control Adverse Childhood Experiences, or ACE, Study](#)
- [Centers for Disease Control, or CDC, Essentials for Parenting Toddlers and Preschoolers](#)
- [CDC Preventing Child Abuse and Neglect: A Technical Package for Policy, Norm, and Programmatic Activities](#)
- [2018 Department of Health and Human Services Prevention Resource Guide](#)
- [Prevent Child Abuse America](#)
 - [RESILIENCE Project](#)
- Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury
 - [Family Resilience Toolkit](#)
 - [Tactical Breather app](#)
 - [Breathe to Relax app](#)
 - [Parenting for Service Members and Veterans](#)
- [National Institute of Child Health and Human Development-National Institute of Health Safe to Sleep campaign materials](#)
- [Healthy Children](#)
- [FOCUS: Resilience Training for Military Families](#)
- [Partnering with Parents: Apps for Raising Happy, Healthy Children](#)
- [Sesame Street for Military Families](#)
 - [Little Children, Big Challenges Series: Moving, Divorce, Incarceration, more](#)
- [Zero to Three](#)
 - [Duty to Care \(for professionals\)](#)
 - [Babies on the Homefront \(for parents\)](#)
 - [Daddy Matters \(for parents\)](#)
 - [Little Kids, Big Questions podcasts \(for parents\)](#)
- [Military Families Learning Network \(sample archived Family Development training\)](#)

- [Unintended Consequences: What We Now Know about Spanking and Child Development](#)
- [1-2-3 Play with Me! Recognizing and Valuing the Power of Play](#)
- [From Diapers to Diplomas: Exploring Resilience in Military Children](#)
- [The Buffer Zone: What Adverse Childhood Experiences \(ACE\) Study Teaches Us About Maximizing Health and Wellbeing](#)
- [MFLN Secrets of Self-Care Series: The Transformative Power of Sleep](#)