



Counseling Services

Military OneSource:

1-800-342-9647

<http://www.militaryonesource.com>

A 24-hour, 7-days-a-week, toll-free information and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families; and to deployed civilians and their families. If there is a need for face-to-face counseling, Military OneSource can provide a referral for six sessions per issue to professional civilian counselors at no cost to the service member or family member. Users may also use the web site to order educational materials (booklets, CDs, etc.) at no charge and access consultants on-line on a 24/7 basis

Grants

Our Military Kids:

<http://www.ourmilitarykids.org/>

Grants for Children aged 3 years through 12th grade of National Guard or Reserve military personnel either deployed overseas or severely injured.

Scholarships for Military Children:

<http://www.militaryscholar.org/>

Local Resources:

Military Support Group of Alachua County:

<http://www.msgfac.com/>

PO Box 1926, High Springs, FL 32655

Phone: (352) 222-8837

Gainesville Vet Center

(Counseling services)

105 NW 75th St., Suite # 2

Gainesville, FL 32607

Phone: (352) 331-1408

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The Military Child

Resources for Families and Caregivers



What Parents Can Do

- 1) Encourage talking as a family before deployment, sharing information and making plans.
- 2) Parents should be encouraged to listen to and ask about the child's worries about the deployed parent and answer questions as truthfully as possible
- 3) Maintain daily routines
- 4) Protect children from images of war and violence in the media.
- 5) Keep in touch with the deployed family member.
- 6) Utilize age appropriate methods to explain deployment (e.g. Sesame Street TLC program – see opposite)
- 7) Utilize extended family, school and local community support resources
- 8) Non – deployed parents need to take care of themselves so that they can be available to their children
- 9) Recognize worrisome symptoms: uncontrolled crying, prolonged regression, serious eating or sleeping problems, anxiety, depression, aggression, substance abuse, school refusal and dropping performance, and unexplained and recurring somatic complaints
- 10) You are not alone! Ask for help. Talk to your pediatrician about any concerns .



General Resources

Infants, Toddlers and Pre-schoolers:

Zero To Three: Operation Parenting Edge

http://www.zerotothree.org/site/PageServer?pagename=key_military

A collection of brochures that focus on the unique experience of parenting a baby or toddler, particularly during times of stress and separation.

Sesame Street Talk, Listen, Connect™

<http://archive.sesameworkshop.org/tlc/>

This bilingual (English/Spanish) multimedia outreach program is designed to support military families with children between the ages of two and five who are experiencing deployment.

Book Suggestions:

<http://www.booksformilitarychildren.info/> Links to picture books about the military life style. Also links to middle school and teen level books.

<https://www.hnfs.net/common/newsResources/Kids+Journal+News+Release.htm> Free children's coloring book and journal about deployment.

Older Children and Adolescents:

The American Academy of Pediatrics (AAP) Support for Military Children & Adolescents

<http://www.aap.org/sections/uniformedservices/deployment>

Comprehensive reference website with videos

SOFAR: Strategic Outreach to Families of All Reservists <http://www.sofarusa.org/>

Handouts on deployment and helping children cope with crisis. Endorsed by the AAP.

Florida Operation Military Kid:

http://florida4h.org/military/omk_index.shtml

A Program that supports the "civilian turned military" families right here in Florida before, during and after parents are deployed.

National Family Military Association (NFMA) Operation Purple:

www.nmfa.org/statcounter/operationpurple.org.html

Toll Free: 1.800.260.0218. Has information on free summer camps.