



Military OneSource Educational Materials for

New Parent Support

Booklets

- 10 Ways to Overcome Overload
- Becoming a Parent: Combining Work and Family
- Being a Single Parent
- Bouncing Back: Staying Resilient through the Challenges of Life
- Deployed Fathers and Families: Deployment Guide for Enlisted Personnel
- Parenting in the 21st Century
- Positive Discipline
- Questions Parents of Infants Ask
- Safety for Children from Birth to Age 3
- Talking With Children About Violence and War
- Visit by Visit

CDs

- Achieving Balance
- Becoming a Mom
- Being a Dad
- Becoming A Parent: Combining Work and Family
- Parenting in the 21st Century
- Positive Discipline
- Managing Stress
- Raising Adopted Children
- Time Squeeze: How to Feel More in Control of Your Time

Articles

- Baby Supplies Checklist
- Bathing Infants and Toddlers
- Becoming the Father You Want to Be
- Breast-feeding Successfully

- Budgeting for Your New Baby
- Childproofing and Home Safety for Young Children
- Choosing a Pediatrician
- Choosing Baby Equipment
- Common Questions about Breastfeeding
- Communicating as a Couple
- Family and Medical Leave Act: Key Points
- Feeding Your Baby
- Feeding Your Infant Ages 0 to 4 Months
- Feeding Your Infant Ages 5 to 8 Months
- Feeding Your Infant Ages 9 to 12 Months
- Having a Baby When Your Spouse Is Deployed
- Helping Your Child Welcome a New Baby to Your Family
- Helping Your Child Learn to Manage Anger
- Helping Your Older Baby (7 to 12 Months) Grow Through Play
- Helping Your Young Baby (Birth to 6 Months) Grow Through Play
- Keeping Your Home Safe for Young Children
- Managing Stress
- Postpartum Depression
- Pregnancy and Infancy with Twins and Multiples
- Preparing a Pet for a New Baby's Arrival
- Seven Surprises of New Motherhood
- Sleep and Bedtime Routines for Children
- Taking Care of Yourself
- The First Three Years: Ways to Promote Your Child's Healthy Development
- The Joys and Challenges of Being a New Father
- What Military OneSource Can Do for You
- When a Couple is Under Stress

Military OneSource is provided at no cost by the Department of Defense to all active duty, Guard, Reserve members, and their families. The 24/7 service provides information and referrals plus private, local face-to-face counseling. Call 1-800-342-9647 or access www.militaryonesource.com. (Visit our Web site for overseas, Spanish, and hearing impaired toll free telephone numbers.)