



Military OneSource Educational Materials for

Parenting and Child Care

Booklets

- Being a Single Parent
- Being a Stepfamily
- Child Care Handbook
- Deployed Fathers and Families: Deployment Guide for Enlisted Personnel
- Home Alone: A Handbook for Parents and School-age Children
- Keeping Your Teenager Safe
- Questions Adoptive Parents Ask
- Questions Parents of Infants Ask
- Questions Parents of Preschoolers Ask
- Questions Parents of Preteens Ask
- Questions Parents of Toddlers Ask
- Questions Parents of Young School-Age Children Ask
- Safety for Children from Birth to Age 3
- Talking with Children About Violence and War

CDs

- Becoming a Mom
- Being a Dad
- Parenting in the 21st Century
- Positive Discipline
- Raising Adopted Children
- Talk, Listen, Connect: Helping Families During Military Deployment

Articles

- Building Your Child's Self-Esteem
- Babysitter Checklist
- Baby Supplies Checklist
- Being an Involved Parent After a Divorce

- Breastfeeding and Working: You Can Do It
- Budgeting for Your New Baby
- Certification and Accreditation: Quality Standards for Military Child Care
- Child Care Backup Planning When Your Spouse is Deployed
- Choosing a Preschool
- Communicating with Your Child Care Provider
- Deciding Whether Your Child is Ready to Stay Home Alone
- Helping a Child Cope with Loss and Grief
- Helping a Young Child Cope with a Parent's Deployment
- Helping Your Child Overcome Fears
- Helping Your Young Baby (Birth to 6 Months) Grow Through Play
- Keep Your Kids Tobacco-Free
- Long-Distance Parenting
- Military Child Development and Youth Programs
- Parenting a Child with Attention Deficit Hyperactivity Disorder
- Preparing Children to Handle Emergencies Alone
- Raising a Child with a Disability: Your Rights and Responsibilities
- Separation Anxiety at Child Care and at School
- Seven Surprises of New Motherhood
- Sleep and Bedtime Routines for Infants and Young Children
- Specialized Training of Military Parents (STOMP)
- The Joys and Challenges of Being a New Father
- What Military OneSource Can Do for You
- When a Relative or Friend Takes Care of Your Child

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.)