Resources for/about Military Children and Teens
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BOOKS

These are honest and sincere essays were written by children of various ages sharing their thoughts about their parents...their heroes, the soldiers that defend our freedom. Some funny, some inspiring, some sad glimpses of the sense of pride children of military personnel feel. Children’s artwork is used to support the narrative text.

This is a heartfelt story about a little girl and her brother whose daddy is deployed. As the holidays come and go without him, as big events (such as losing a tooth) occur the children miss their father, but with the support of friends and family they carry on until the father returns once again. Great information about additional resources are found at the end of this book.

This is the story of a family who copes with mom’s deployment to sea. This shares the experience and challenges of having a mother serve on a ship regarding to responsibilities and opportunities that it brings to development strong character traits.

This gentle story tells about all the fathers coming home...the animal fathers in the woods- as well as a father in the Navy. This is a very reassuring tale of a father’s commitment to returning to those who love him. This is a new story written by the beloved writer of Good Night Moon with the same lyrical, gentle quality.

This sweet story tells of a little boy who is going to be reunited with his daddy after deployment. Just as the sailors come in on their ship the little boy accidently lets go of his red balloon, then worries his father won’t recognize him at the homecoming. This shares the tale of reuniting with a parent after deployment.

Edick, K., & Johnson, P.J. We serve too!: A child’s deployment book (volume 1 ) Eaton, Co: Wee the People Publishing. (ages 4-8).
This delightful rhythmic, rhyming prose tells the story of deployment from the first person view of a young child. It honestly explains what is worrisome for a child, yet provides a clear purpose for why dad/mom is so far away- for our freedom. The back of the book includes “The Creed of the Soldier’s Child”, a wonderful bulleted list of suggested things to send “daddy”, and My Prayer for Daddy which includes gestures.
Edick, K., & Johnson, P.J. *We serve too!: A child’s reunion book* (volume 2) Eaton, Co: Wee the People Publishing. (ages 4-8).

This is a story of deployment that includes dad's homecoming from deployment. It tells from a child’s point the difficulty found in adjusting to a soldier returning home and family relationships in transition due to redeployment and reintegration. The father in the story provides a simple analogy relating to “cleaning up a mess” - it takes hard work, patience, and understanding to bring a sense of order once a family is reunited.


This book is about a bond between five CHAMPS (Child Heroes Attached to Military Personnel). Each CHAMP has a parent serving in a different branch of the United States military. The uplifting, powerful book celebrates our Champs' contribution to our Nation, and gives voice to their military-connected challenges. At the same time, the cleverly-crafted story serves to educate the Champs' civilian classmates, friends, and neighbors about military life from kids' perspectives. The Little CHAMPS builds a bridge of understanding between our country's military world and civilian world, helping to strengthen our Nation.


This book shares the story of a 3rd grader who provides a description of living on a military post, specifically Fort Belvoir, Virginia. This is a photo essay that provides the reader with a realistic tour of what life is like for those kids living on a military installation. The historic significance of Ft. Belvoir is shared noting it was a place that young George Washington visited. This informational text includes a table of contents and a helpful glossary of terms found in the book. An index and Internet resource is also provided.

Linhart, S. M. (2010). (multiple titles) *Daddy’s Boots & Momma’s Boots & The Elementary Adventures of Jones, JEEP, Buck and Blue & But...What if? & Grandpa...What if?.* Colorado: LionHeart Group Publishing. (ages 5-12).

These books have award winning illustrations and stories, spotlighting many situations military children face and how they are able to cope.


In this story a child relates the story of their military childhood by introducing the reader to their stuffed animal collection as well as her well-loved blanket which provided her with comfort at times she was sad. She relives the places she has lived such as Kenya, Germany, South Korea, USA to name a few. She shares about what life is like with her Sergeant father and the emotions and challenges of him being deployed for 100 days and 99 nights.


The editor of this book shares that over 1.8 million children have a parent serving in the military and a quarter of those are teens. During a time of deployment students often struggle with many emotions from worry to anger to difficulty reintegrating once the family member returns. These blogs of military teens can provide insight for others regarding the hopes, fears, joys, and pride felt by these military teens.

This story is of a family who receives orders to move from the east coast to the west coast. One of the children doesn’t want to move and leave her best friend. She is worried that she won’t make new friends and feels very sad about the upcoming move. Her best friend’s mother helps ease the unhappiness by giving her daughter and Lil’ M (the main character) a “best friend” pen to help them stay connected after the move. Once the move is completed Lil’M meets a new friend and at the same time stays connected to her friend from the previous base.

Other books in the series:

**WEBSITES**

*For Children Themselves:*

MilitaryKidsConnect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return.  [https://www.militarykidsconnect.org/](https://www.militarykidsconnect.org/) (section for parent/teacher too)

Teen Central.Net: Online community and support for teens [http://teencentral.net](http://teencentral.net)

*My Life: A Kid’s Journal* (for during deployment- by Health Net Federal Services) [https://www.hnfs.net/content/hnfs/home/tn/bene/res/symbolic_links/kids_journals.html](https://www.hnfs.net/content/hnfs/home/tn/bene/res/symbolic_links/kids_journals.html)

National Guard Family Program / Guard Family Youth Website [https://www.jointservicessupport.org/FP/Default.aspx](https://www.jointservicessupport.org/FP/Default.aspx)


Tutor.com: (free, online tutoring) [www.tutor.com/military-programs](http://www.tutor.com/military-programs)


*SOAR (Student Online Achievement Resources)* practice assessments and tailored tutoring modules [http://www.soarathome.com](http://www.soarathome.com)

*For Parents and Educators:*


*Building Resilient Kids.* A course for school personnel focused on building resilience among students from military families. Johns Hopkins Bloomberg School of Public Health’s Military Child Initiative. [http://jhsph.edu/mci/training_course](http://jhsph.edu/mci/training_course) (earn 2 CEU’s FREE)

Educational information for providers and families about TBI and war injury developed by the Center for the Study of Traumatic Stress. Includes information about talking to children about war injuries.
DOD’s Military Student Program: The Military Child in Transition and Deployment
http://militaryk12partners.dodea.edu/

Helping Children Cope with Deployments and Reunions: http://www.realwarriors.net/family/children

Military Child Education Coalition: http://www.militarychild.org

http://nctsn.org/nccts/nav.do?pid=ctr_top_military

Operation Military Kids: http://www.operationmilitarykids.org

Students at the Center: An Education Resource for Families, the Military, and Schools
www.militaryk12partners.dodea.edu/studentsAtTheCenter

https://www.operationmilitarykids.org/resources/ToughTopics%20BookletFINAL.pdf

United Through Reading (deployed parents read children’s books aloud via DVD for their child to watch at home): http://www.unitedthroughreading.org/military/

Veteran Parenting Toolkits (created by the Oklahoma City VA Family Mental Health Program):
http://www.ouhsc.edu/VetParenting

http://www.welcomebackparenting.org

10 Things Military Kids Want You to Know (Revised 2010)
http://www.militaryfamily.org/assets/2010-Teen-Toolkit-PDF.pdf

VIDEOS

For Educators/Parents

A Walk in My Shoes: Military Life. This documentary provides an honest portrayal of the challenges, pride, commitment and insight of military service members and their families. It also shares important information about how schools and communities can work to better support military-connected students and their families. http://www.youtube.com/watch?v=EqvHIKjvEwU

Young Children on the Homefront, ZERO TO THREE. Military families share their unique deployment experiences and professionals offer tips and strategies for dealing with difficult issues such as grief and loss from deployment and the challenges that often arise upon reunification. Available to view at: http://www.zerotothree.org/about-us/funded-projects/military-families/children-on-the-homefront.html

For Youth