

## Parenting Resources

### Bounce Back: How to Be a Resilient Kid

In this book by Wendy Moss, PhD, readers learn about the definition of resiliency and how to become a resilient individual. The book contains practical tools and strategies, including real-life stories of resilience and self-reflective quizzes. Recommended by the American Psychological Association.

### Army Family Readiness Group (FRG)

Staffed by volunteer spouses, this website provides command information, community resources, a network of spouses, and announcements about activities and social gatherings related to your command.

### Hug a Hero Dolls

This website offers numerous “comfort” items for your child during deployment. Send in a photo of the deploying parent and they will create a soft doll in the likeness of the parent for the child to cuddle while mom or dad is away. Also available are pillows, blankets, photo-necklaces with dog tags, and 20-second voice recordings that can be inserted into any comfort item with a message from the absent parent. [www.hugahero.com/](http://www.hugahero.com/)

### FOCUS World

An interactive, online educational tool that helps military families become stronger in the face of challenges by providing both parents and children a fun place to learn and practice important skills, such as: understanding and managing feelings, goal setting, and communication during both deployment and reintegration. This webpage offers videos, downloadable worksheets, and a calendar of 28 days of family building activities. [focusproject.org/focus-world](http://focusproject.org/focus-world)

### Military Onesource and Army OneSource

Crammed with resources on parenting children from infancy through teen years. [www.militaryonesource.mil/parenting](http://www.militaryonesource.mil/parenting) and at the Army Family Web Portal [www.armyfamilywebportal.com/](http://www.armyfamilywebportal.com/)

### Operation We Are Here

This website provides a comprehensive list of resources for military families and focuses on the families of the deployed and how to support them. There are also numerous links to educational materials for home-front loved ones. [www.operationwearehere.com](http://www.operationwearehere.com)



## Resilience Guide for Parents and Teachers

A guide for helping adults understand the stresses of deployment for children and students that offers ways to help build their resilience during the experience.

[www.apa.org/helpcenter/resilience.aspx](http://www.apa.org/helpcenter/resilience.aspx)

## Sesame Street Online

Upbeat videos, activities, and print outs for school age children created to help military children adjust to and thrive during the multiple transitions of military life.

[www.sesamestreet.org/toolkits/veterans](http://www.sesamestreet.org/toolkits/veterans)

## American Academy of Pediatrics Sleep Guidelines

[www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/safe-sleep/Pages/Safe-Sleep-Recommendations.aspx](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/safe-sleep/Pages/Safe-Sleep-Recommendations.aspx)

<i>Age</i>	<i>Time Sleeping per 24 Hours</i>
Infant 4-12 months:	12-16 hours
Toddler 1-2 years:	11-14 hours (includes naps)
Child 3-5 years:	10-13 hours (includes naps)
Child 6-12 years:	9-12 hours
Teen 13-18 years	8-10 hours