Take the other courses in this series

- Essentials of Injury Communication with Young Children
- Discussing Family Roles and Differences with Kids
- Supporting Children Who Support Veterans
- Working with the Community

Conversation Starters

Ask your children these questions:

1. Why is your daddy a hero to you?
2. Why is your mommy a hero to you?
3. In what ways are you a hero in your family?
We hope you use our resource list to continue to grow your real-life family story. There are tools to help give you the language on how to prepare, what to say, and how to manage strong feelings that may come up in family conversations and even everyday life.

Resources

Book
- Hero at Home | amazon.com

Websites
- Military One Source | militaryonesource.mil
- National Military Family Association | militaryfamily.org
- Operation We Are Here | operationwearehere.com
- The National Resource Directory | nrd.gov
- The Carrying On Project | carryingonproject.org

Easterseals
- Make the First Five Count | easterseals.com
- Little Warriors | easterseals.com
- The Steven A. Cohen Military Family Clinic at Easterseals | easterseals.com