



Resources

ESSENTIALS OF INJURY COMMUNICATION WITH CHILDREN

Parental Points

Thank you for taking the course “Essentials of Injury Communication with Children,” brought to you by The Independence Fund. We would also like to thank the Department of Veterans Affairs Family Services for their help with this course.

Take the other courses in this series

- [Discussing Family Roles and Differences with Kids](#)
- [Hero at Home](#)
- [Supporting Children Who Support Veterans](#)
- [Working with the Community](#)

Conversation Starters

Where are you on the Injury-Recovery Journey?

1. The Veteran is receiving initial or acute medical care.
2. The Veteran is in the hospital receiving medical care.
3. The Veteran is transitioning out of the hospital and into outpatient care.

4. The Veteran is rehabilitating and learning to adapt to their injuries.

Injury and Recovery Process

1. Am I being an active listener?
2. Am I able to express love and affection every day?
3. Am I focusing on the positive and remaining hopeful?
4. Am I providing non-judgmental support?

A Caregiver's Perspective

"When you are immersed in caring for an injured Veteran, it is often a very isolating time and other than clinicians, your children are sometimes the only people whom you speak to in a day. Be careful about oversharing and expecting children to help you process your adult emotions. It's easy to begin expecting older kids to take on extra roles, especially "substitute" parenting with younger kids and that it's OK to ask for help rather than put too much on children/teens. It's also OK for children to talk to other people about the injuries if that is easier for them such as a pastor, therapist, military chaplain, or just other adults they know and trust. Kids aren't always comfortable unpacking all of their feelings with their parents and depending on the injuries involved, may not want to ask the parents something that they might worry about as being perceived as hurtful or upsetting to their parents."

Resources

Websites

- FOCUS World † focusproject.org
- Military One Source † militaryonesource.mil
- Family of a Vet † familyofavet.com
- Wounded Warrior Project † woundedwarriorproject.org
- The Soldiers Project † thesoldiersproject.org
- The National Resource Directory † nrd.gov

Articles

- "Talking to Children about TBI" † dvbic.dcoe.mil
- "How to Talk to Kids About a Parent's Brain Injury" † childmind.org

Toolkits

- "A Veteran's Guide to Talking with Kids About PTSD" ⓘ mirecc.va.gov
- Veteran Parenting Toolkits based on the age of the child ⓘ ouhsc.edu
- Defense and Veterans Brain Injury Center's "Taking Care of Yourself while Caring for Others" booklet ⓘ dvbic.dcoe.mil

Online Education

- Department of Veterans Affairs course "Parenting for Service Members & Veterans" ⓘ veterantraining.va.gov and VA's "Parenting for Service Members and Veterans" tip sheet
- Art therapy ideas ⓘ positivepsychologyprogram.com

App

- VA's free Parenting2Go app ⓘ itunes.apple.com

Veterans Crisis Line

- **The Veterans Crisis Line** connects service members and Veterans in crisis, as well as their family members and friends, with qualified, caring VA responders through a confidential toll-free hotline, [online chat](#), or text-messaging service. Dial 1-800-273-8255 and Press 1 to talk to someone.



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