Resources

SUPPORTING CHILDREN WHO SUPPORT VETERANS

Parental Points

Thank you for taking the course “Supporting Children Who Support Veterans” brought to you by The Independence Fund. We would like to thank the Elizabeth Dole Foundation, the National Military Family Association, the Department of Veterans Affairs Family Services, Camp Corral, and the American Association of Caregiving Youth for their help with this course.

Take the other courses in this series

- Essentials of Injury Communication with Children
- Discussing Family Roles and Differences with Kids
- Hero at Home
- Working with the Community

Conversation Starters

How to Support Your Child

1. Are your giving your children age-appropriate tasks?
2. Does your child understand their injured parent’s condition?
3. Do you encourage your child to practice self-care and self-love?
4. Do you express appreciation for their time and dedication to helping your family?
5. Are you taking care of yourself, too?
6. Are you and the kids getting enough sleep?
7. Are you checking in with your child often?

Warning Signs

- Has your child resisted going to the babysitter or daycare, or being separated from you?
- Have you noticed sudden mood changes or regression in your child?
- Has your child withdrawn from family and friends?
- Has your child exhibited bullying behavior or are they being bullied?
- Has your child been throwing tantrums?

* If you checked any of these boxes, please consider getting your child some professional counseling.

Resources

Counseling websites

- NAMI Homefront  |  nami.org
- Military One Source  |  militaryonesource.mil
- Give an Hour  |  giveanhour.org
- Department of Veterans Affairs counseling at Vet Centers  |  vetcenter.va.gov

Additional websites

- National Military Family Association  |  militaryfamily.org
- Operation Purple  |  militaryfamily.org
- Elizabeth Dole Foundation  |  elizabethdolefoundation.org
- VA Caregiver Support  |  caregiver.va.gov
- Bob Woodruff Foundation  |  bobwoodrufffoundation.org
- Chore Chart by age  |  aacap.org
- Military Kids Connect  |  militarykidsconnect.dcoe.mil
- Our Military Kids  |  ourmilitarykids.org
- The American Association of Caregiving Youth  |  aacy.org
- Camp Corral \( \text{campcorral.org} \)
- Homework help \( \text{military.tutor.com} \)
- The General’s Kids \( \text{thegeneralskids.org} \)
- Easter Seals \( \text{easterseals.com} \)
- The National Resource Directory \( \text{nrd.gov} \)

**Toolkit**

- The Comfort Crew: “Taking Care of You-- Support for Kids of Injured Heroes” \( \text{comfortcrew.org} \)

**Meditation**

- Deep breathing exercises \( \text{maps.anxietycanada.com} \)

**Related PsychArmor Course**

- Caring for Veterans, Children, and Yourself \( \text{psycarmor.org} \)