



## April 2020: Month of the Military Child

### Take Action to Celebrate Month of the Military Child

#### 1. Talk up the MilKid kit

Tell families about the free Military Child Appreciation Kits available at [MilitaryOneSource.mil/Stand-With-MilKids](https://MilitaryOneSource.mil/Stand-With-MilKids).

#### 2. Promote Purple Up Day

Encourage military families to participate in Purple Up Day by wearing purple and sharing their photos on social media with #PurpleUp20.

#### 3. Show You Stand With MilKids

Use the Stand With MilKids campaign emblem on promotional materials and use the hashtags being leveraged across the Department of Defense, #TeamMilKids, #PurpleUp20 and #MOMC20.



## Standing Together for Military Kids

In observance of the Month of the Military Child, the Office of Military Community and Family Policy is collaborating with key partners to celebrate and support military children. Together, we're featuring the following resources from across programs to help families discover more support they can turn to throughout the year.

#### Positive parenting and stress management courses

Online and in-person THRIVE courses teach parents a range of empowering skills. Content spans developmental stages for different age groups.

#### Personalized coaching sessions from a parenting expert

New MilParent specialty consultations offer expecting and new parents tips for everything from potty-training to self-care. For parents of children up to age 5.

#### An online community for military kids

Military Kids Connect is a platform that helps military kids stay engaged and connected. It's a source of support for military-specific challenges like frequent moves.

#### Customizable support for military families

Military and Family Support Centers offer Exceptional Family Member Program resources for families with special needs, affordable quality child care, youth programs and more.

#### Free non-medical counseling and support

Child and youth behavioral counselors from the Military and Family Life Counseling Program provide confidential counseling services that can help children and families improve social skills, manage family transitions, manage stress and cope with loss. Military OneSource is also available 24/7 from anywhere in the world to offer connection to counseling services and other support.

To learn more, go to [MilitaryOneSource.mil](https://MilitaryOneSource.mil) and search "Month of the Military Child Toolkit."



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