



U.S. Department of Health and Human Services
Administration for Children and Families
Office of Family Assistance

National
Responsible
Fatherhood Clearinghouse



NRFC Webinar Series

Supporting Military Families: Services and Resources for Active Duty and Veteran Fathers

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Helpful Resources

[Armor Down with Mindfulness](#) provides programs and techniques to help “transitioning veterans cultivate resiliency and well-being when returning to the civilian theater.”

[Boot Camp for New Dads](#) programs are available at eight military bases.

The [Clearinghouse for Military Family Readiness](#) is an applied research center that develops, implements, and evaluates programs designed to strengthen military families. One program in development is *Mission: Dad*, an interactive online program with information on child development, activities and games for fathers to play with their children, resources to track child development, and a platform for multimedia engagement among caregivers.

[FOCUS \(Families OverComing Under Stress\)](#) provides resilience training for military children and families, including [FOCUS World](#), an interactive, online educational tool to “help military families become stronger in the face of challenges by providing both parents and kids a fun place to learn and practice important skills.”

[Military Families and Veterans Pilot Prevention Program: Final Evaluation Report](#), an October 2017 report from the Child and Family Research Partnership, highlights findings and lessons learned from three programs that were designed to support military and veteran families at high risk of family violence and/or abuse and neglect.

[Military Kids Connect](#) is an online community for military children that provides access to resources for the unique challenges they face. It features a discussion board where military kids with deployed parents can connect to one another for support.

[Marriage Management](#) provides marriage education and resiliency skills classes all over the country for military members and families.

[Military One Source](#) provides parenting and relationship resources for military families, including [Baby Wheels: Rolling into Fatherhood](#) and [Talk, Listen, Connect](#), an online video guide from [Sesame Workshop](#) designed to support young children during the deployment of a parent.

The [National Military Family Association](#) provides [family retreats](#) to build communication skills and “[buddy camps](#)” for parents and children aged 5-8.

Take Time to Be a Dad Today

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The [National Resource Center for Healthy Marriage and Families](#) provides a number of resources to help service providers working with military families, including [A Support and Resource Guide for Working with Military Families](#) and [Tips for Understanding Military Couple Relationships After Deployment](#).

[On The Homefront: Reflections on Building a Strong Military Family](#), a November 2017 article from [DC Military Magazine](#), includes resources and tips for maintaining happy and resilient military families.

The [PAIRS Purpose Built Families](#) program offers classes for military couples.

[PsychArmor Institute](#) provides free online education and support for those who work with, live with, or care for military service members, Veterans, and their families.

[Strong Bonds](#) programs provide relationship education and skills training for military couples and families in retreat settings.

[Stronger Families](#) provides resources and couples seminars to help military couples maintain healthy relationships.

The [Strong Military Families](#) program provides support and parenting guidance for military and veteran families with children under the age of 8 in Minnesota, Virginia, and Wisconsin.

[United Through Reading](#) is a free service that records DVDs of service members reading books aloud so their children can experience a bedtime story during deployment and other absences.

The U.S. Department of Veterans Affairs offers [online training courses](#) for veterans, including an [online parenting course](#) to help parents deal with everyday problems and family issues that are unique to the military lifestyle.

[Zero to Three](#) has resources for military and veteran families and the professionals who serve them, including tools to help parents navigate military transitions and tips to help children before, during, and after deployment.