



A Military Child Education Coalition® Initiative

Turning Stress Into Strength

Military Child Education Coalition (MCEC) has information and resources for military families. Check to see if there is a Military Student Transition Consultant (MSTC) in your area: www.MilitaryChild.org. Check if the school has a Student 2 Student Program: <https://www.militarychild.org/audience/students>

Center for Parent and Teen Communication has many tips on combating stress. <https://parentandteen.com> Create your personal stress management plan with your child.

Stress Management Plan. The full plan is published by the American Academy of Pediatrics in "Building Resiliency in Children and Teens: Giving Kids Roots and Wings"
http://www.fosteringresilience.com/stress_management_plan.php
Fostering Resilience in children and teens. www.fosteringresilience.com

FOCUS (Families OverComing Under Stress) provides resilience training to military children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life.
<https://focusproject.org/>

Military Family Life Counselors (MFLC) provide confidential help.
<https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling>

School Liaison Officers can help with school-related questions, transitions, and exceptional needs.
<https://www.dodea.edu/Partnership/schoolLiaisonOfficers.cfm>

The **Military Interstate Children's Compact Commission (MIC3)** deals with the challenges of military children and their frequent relocations and allows for uniform treatment as military children transfer between school districts.
www.mic3.net

Military One Source also offers counseling help: 800-342-9647 or live chat 24/7.
<https://www.militaryonesource.mil/>

Military Kids Connect (MKC) is an online community for military children ages 6-17. It gives access to age-appropriate resources to support children dealing with the unique psychological challenges of military life.
<https://militarykidsconnect.dcoe.mil/>



For More Information: Parents@MilitaryChild.org



Negative and Positive Stress

Negative Stress

- Anger, fear
- Situations out of control
- Negative emotion and mood



Positive Stress

- Challenges that excite
- Happy events
- Adapting to new situations



Tips to Reduce Stress in Kids

- Stop overscheduling
- Focus on balance
- Make sleep a priority
- Teach your kids to listen to their bodies
- Manage your own stress
- Be proactive and be prepared
- Prepare your kids to deal with mistakes
- Provide positive support





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Personal Stress Management Plan

Tackling the Problem
Taking Care of My Body
Dealing with Emotions
Making the World Better



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