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.


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/


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/
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

For More Information: Parents@MilitaryChild.org
Personal Stress Management Plan

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