

Resources for/about Military Children and Teens

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<http://coe.k-state.edu/about/military/index.html>

BOOKS

Anderson, L.H. (2014). *The impossible knife of memory*. New York: Viking.
In this novel, the main character returns to her father's home town with her father, a veteran of deployments to Iraq and Afghanistan who is struggling with PTSD. Having been previously homeschooled and "on the road" with her father, she finds herself now attending a high school in a community who knew of her dad before this struggle. She deals with ambiguous loss as she transitions into a new community and struggles with the uncertainty of her own future and her dad's condition.

Andrews, B. (2012). *Why are you so scared?: A child's book about parents with PTSD*. Washington D.C.: Magination Press.
This important book provides a wealth of information related to PTSD, defining and describing some of the behaviors and experiences that accompany life with a family member suffering from post traumatic stress disorder. The language used in this book allows this difficult topic to be very accessible and relevant to the lives of young children.

Appel, A., & Rothmiller, M. (Eds.). (2008). *My hero: Military kids write about their moms and dads*. New York: St. Martin's Press. (ages 5-adult).
These are honest and sincere essays were written by children of various ages sharing their thoughts about their parents...their heroes, the soldiers that defend our freedom. Some funny, some inspiring, some sad glimpses of the sense of pride children of military personnel feel. Children's artwork is used to support the narrative text.

Biden, J. (2012). *Don't forget, God bless our troops*. Illustrated by R. Colon. New York: Simon & Schuster. (ages 5-11).
This is a heartfelt story about a little girl and her brother whose daddy is deployed. As the holidays come and go without him, as big events (such as losing a tooth) occur the children miss their father, but with the support of friends and family they carry on until the father returns once again. Great information about additional resources are found at the end of this book.

Brisson, P. (2010). *Sometimes we were brave*. Illustrated by F. Brassard. Honesdale, PA: Boyds Mills Press. (ages 5-7)
This is the story of a family who copes with mom's deployment to sea. This shares the experience and challenges of having a mother serve on a ship regarding to responsibilities and opportunities that it brings to development strong character traits.

Brown, M.W. (2010). *The fathers are coming home*. Illustrated by S. Savage. New York: Margaret K. McElderry Books. (ages 2-5)
This gentle story tells about all the fathers coming home...the animal fathers in the woods- as well as a father in the Navy. This is a very reassuring tale of a father's commitment to returning to those who love him. This is a new story written by the beloved writer of Good Night Moon with the same lyrical, gentle quality.

Bunting, E. (2005). *The red balloon*. Illustrated by K. Life. Honesdale, PA: Boyds Mills Press. (ages 3-8)
This sweet story tells of a little boy who is going to be reunited with his daddy after deployment. Just as the sailors come in on their ship the little boy accidentally lets go of his red balloon, then worries

his father won't recognize him at the homecoming. This shares the tale of reuniting with a parent after deployment.

Cooney, C.B. (1992). *Operation: Homefront*. New York: Bantam Books.

In this story a beloved kindergarten teacher is called up with the National Guard, with barely time for a proper "goodbye" to her children, the family deals with the changes to their lives as they cope with her deployment. This book deals with the myriad of emotions that surface during the deployment cycle and provides a historic context for Operation Desert Shield.

DeFelice, C. (2011). *Wild life*. New York: Scholastic. (ages 10-14)

The character in this story struggles to cope with the deployment of both his parents to Iraq, causing him to move from friends and familiarity of New York to North Dakota to live with his grandparents. The transition isn't a smooth one, but comfort is found by rescuing a dog- only to find that he must return it to its owner...but will he? This story discusses multiple issues that can present themselves during deployment.

Edick, K., & Johnson, P.J. *We serve too!: A child's deployment book* (volume 1) Eaton, Co: Wee the People Publishing. (ages 4-8).

This delightful rhythmic, rhyming prose tells the story of deployment from the first person view of a young child. It honestly explains what is worrisome for a child, yet provides a clear purpose for why dad/mom is so far away- for our freedom. The back of the book includes "The Creed of the Soldier's Child", a wonderful bulleted list of suggested things to send "daddy", and My Prayer for Daddy which includes gestures.

Edick, K., & Johnson, P.J. *We serve too!: A child's reunion book* (volume 2) Eaton, Co: Wee the People Publishing. (ages 4-8).

This is a story of deployment that includes dad's homecoming from deployment. It tells from a child's point the difficulty found in adjusting to a soldier returning home and family relationships in transition due to redeployment and reintegration. The father in the story provides a simple analogy relating to "cleaning up a mess"- it takes hard work, patience, and understanding to bring a sense of order once a family is reunited.

Fink, J., & Fink, D. *The Little C.H.A.M.P.S.* Illustrated by W. Blackwell. Bethesda, MD: Harmony Hearth LLC. (ages 5-11).

*This book is about a bond between five **CHAMPS** (Child Heroes Attached to Military Personnel). Each CHAMP has a parent serving in a different branch of the United States military. The uplifting, powerful book celebrates our Champs' contribution to our Nation, and gives voice to their military-connected challenges. At the same time, the cleverly-crafted story serves to educate the Champs' civilian classmates, friends, and neighbors about military life from kids' perspectives. The Little CHAMPS builds a bridge of understanding between our country's military world and civilian world, helping to strengthen our Nation.*

Holmes, S. L. (2009). *Operation Yes*. New York: Arthur A. Levine Books. (ages 10-15).

This novel, set in a sixth-grade classroom near an Air Force Base during the Iraq War, highlights the impact a teacher can make using innovative strategies to meet the needs of her students. The students then band together to assist their teacher when her brother goes missing in Afghanistan. This story provides insight into the way a community of learners can be empowered while providing support for both students and teacher.

Jackson, V. (2014). *Danny dogtags: Dealing with deployment*. Herndon, VA: Mascot Books.

This book, written by Tampa Bay Buccaneer, Vincent Jackson, who is the son of two military parents is designed to help children cope with the emotions that accompany deployment of a family member. Jackson has also created the Action 83 Foundation to support the “educational, emotional, and physical” well-being of children of military parents and proceeds from this book are used to support the work of the foundation.

Kastle, S. (2015). *Why is dad so mad & Why is mom so mad*. Chicago: Tall Tale Press. (ages 4-8). *These two books were written to help families explain PTSD to children, this book provides a great tool to facilitate conversations on this difficult topic. This book was written by a soldier to help his children understand why he was different upon returning from war.*

Kehoe, S.W. (2000). *I live at a military post*. New York: Rosen Publishing Group. *This book shares the story of a 3rd grader who provides a description of living on a military post, specifically Fort Belvoir, Virginia. This is a photo essay that provides the reader with a realistic tour of what life is like for those kids living on a military installation. The historic significance of Ft. Belvoir is shared noting it was a place that young George Washington visited. This informational text includes a table of contents and a helpful glossary of terms found in the book. An index and Internet resource is also provided.*

Linhart, S. M. (2010). (multiple titles) *Daddy’s Boots & Momma’s Boots & The Elementary Adventures of Jones, JEEP, Buck and Blue & But...What if? & Grandpa...What if?*. Colorado: LionHeart Group Publishing. (ages 5-12). *These books have award winning illustrations and stories, spotlighting many situations military children face and how they are able to cope.*

Madison, A. (2008). *100 days and 99 nights*. Illustrated by J. Denos. New York: Little Brown & Co. (ages 8-12). *In this story a child relates the story of their military childhood by introducing the reader to their stuffed animal collection as well as her well-loved blanket which provided her with comfort at times she was sad. She relives the places she has lived such as Kenya, Germany, South Korea, USA to name a few. She shares about what life is like with her Sergeant father and the emotions and challenges of him being deployed for 100 days and 99 nights.*

Parry, R. (2009). *Heart of a shepherd*. New York: Yearling. (ages 8-12). *In this story, Ignatius, the youngest of five brothers from a military family is left to care for the family ranch while his father is deployed to Iraq. While his grandparents are there to provide support and assistance, he deals with many emotions as he tries to live up to the expectations he has placed on himself. His experience leads him to gain a greater understanding of who he is and the strength he possesses.*

Sherman, M.D.(Ed.) (2009). *My story: Blogs by four military teens*. available at www.SeedsofHopeBooks.com. (ages 10-18). *The editor of this book shares that over 1.8 million children have a parent serving in the military and a quarter of those are teens. During a time of deployment students often struggle with many emotions from worry to anger to difficulty reintegrating once the family member returns. These blogs of military teens can provide insight for others regarding the hopes, fears, joys, and pride felt by these military teens.*

Sportelli-Rehak, A. (2004). *Uncle Sam’s kids: Moving again Mom*. Illustrated by G. Hinlicky. Island Heights, NJ: Abidenme Books. (ages 5-12).

This story is of a family who receives orders to move from the east coast to the west coast. One of the children doesn't want to move and leave her best friend. She is worried that she won't make new friends and feels very sad about the upcoming move. Her best friend's mother helps ease the unhappiness by giving her daughter and Lil' M (the main character) a "best friend" pen to help them stay connected after the move. Once the move is completed Lil' M meets a new friend and at the same time stays connected to her friend from the previous base.

Other books in the series:

Uncle Sam's Kids: When Duty Calls. (2003)

WEBSITES

For Children Themselves:

MilitaryKidsConnect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. <https://www.militarykidsconnect.org/> (section for parent/teacher too)

Teen Central.Net: Online community and support for teens <http://teencentral.net>

My Life: A Kid's Journal (for during deployment- by Health Net Federal Services)
https://www.hnfs.net/content/hnfs/home/tn/bene/res/symbolic_links/kids_journals.html

National Guard Family Program / Guard Family Youth Website
<https://www.jointservicessupport.org/FP/Default.aspx>

Sesame Street Connections <http://www.sesamestreetfamilyconnections.org/login/>

Tutor.com: (free, online tutoring) www.tutor.com/military-programs

VA Kids: <http://www.va.gov/kids/>

SOAR (Student Online Achievement Resources) practice assessments and tailored tutoring modules
<http://www.soarathome.com>

For Parents and Educators:

American Association of School Administrators Toolkit: Supporting the Military Child.
<http://www.aasa.org/content.aspx?id=9008>

Building Resilient Kids. A course for school personnel focused on building resilience among students from military families. Johns Hopkins Bloomberg School of Public Health's Military Child Initiative.
http://jhsphe.edu/mci/training_course (earn 2 CEU's FREE)

Courage to Care, Courage to Talk About War Injuries. www.couragetotalk.org/index.php:
Educational information for providers and families about TBI and war injury developed by the Center for the Study of Traumatic Stress. Includes information about talking to children about war injuries.

DOD's Military Student Program: The Military Child in Transition and Deployment
<http://militaryk12partners.dodea.edu/>

Helping Children Cope with Deployments and Reunions: <http://www.realwarriors.net/family/children>

Military Child Education Coalition: <http://www.militarychild.org>

National Child Traumatic Stress Network's Military Children and Youth Resource Page.
http://nctsn.org/nccts/nav.do?pid=ctr_top_military

Operation Military Kids: <http://www.operationmilitarykids.org>

Students at the Center: An Education Resource for Families, the Military, and Schools
www.militaryk12partners.dodea.edu/studentsAtTheCenter

Tackling Tough Topics: An Educator's Guide to Working with Military Kids. Washington State Office of Superintendent of Public Instruction.
<https://www.operationmilitarykids.org/resources/ToughTopics%20BookletFINAL.pdf>

United Through Reading (deployed parents read children's books aloud via DVD for their child to watch at home): <http://www.unitedthroughreading.org/military/>

Veteran Parenting Toolkits (created by the Oklahoma City VA Family Mental Health Program):
<http://www.ouhsc.edu/VetParenting>

Welcome Back Parenting: A Guide for Reconnecting Families after Military Deployment.
<http://www.welcomebackparenting.org>

10 Things Military Kids Want You to Know (Revised 2010)
<http://www.militaryfamily.org/assets/2010-Teen-Toolkit-PDF.pdf>

VIDEOS

For Educators/Parents

A Walk in My Shoes: Military Life. This documentary provides an honest portrayal of the challenges, pride, commitment and insight of military service members and their families. It also shares important information about how schools and communities can work to better support military-connected students and their families. <http://www.youtube.com/watch?v=EqvHKJvEWtU>

Young Children on the Homefront, ZERO TO THREE. Military families share their unique deployment experiences and professionals offer tips and strategies for dealing with difficult issues such as grief and loss from deployment and the challenges that often arise upon reunification. Available to view at: <http://www.zerotothree.org/about-us/funded-projects/military-families/children-on-the-homefront.html>

For Youth

Talk, Listen, Connect: Deployments, Homecomings, Changes. Sesame Street DVDs for families with youth ages 2-5. Available through MilitaryOneSource.com OR
<http://www.sesameworkshop.org/what-we-do/our-initiatives/military-families/>