



DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Traumatic Brain Injury



Children of Military Service Members Resource Guide

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Introduction

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) is committed to building resilience, maximizing recovery and promoting reintegration for our nation's warriors and their families in all areas related to psychological health and traumatic brain injury.

As part of that vision, DCoE recognizes that children of military service members may demonstrate mental and emotional health needs associated with their parents' deployment, rehabilitation or reintegration. DCoE is pleased to provide the *Children of Military Service Members Resource Guide* to assist parents, other family members and health care providers in addressing the mental and emotional health needs of military children through topic-specific, age-related, public-domain literature.

The resources listed in the resource guide, compiled from DCoE's internet-based literature review and scan of public domain materials, include books, films, websites and social media and support groups.

To learn more about DCoE, please visit the website at www.dcoe.health.mil.

HOW THE RESOURCE GUIDE IS ORGANIZED

The resource guide is organized as a quick-reference tool for parents, other family members and health care providers who work with the children of military service members.

Resources are organized in the following groupings:

TOPIC

COGNITIVE AGE LEVEL

Topic Groupings

The resource guide is divided into five topic groupings based on relevant subject matter.

The topics include:

COMMUNITY

DEPLOYMENT

HOMECOMING

MENTAL/EMOTIONAL HEALTH

MOVING

Cognitive Age Level Groupings

To better identify relevant materials for children within each topic, resources are divided by cognitive age level groupings. (For the purpose of the resource guide, the term “children” refers broadly to those age two to 18. Not all topics will include relevant material for each age level.)

The age groupings include:

ALL AGES

PRESCHOOL

PRESCHOOL TO ELEMENTARY

ELEMENTARY

ELEMENTARY TO MIDDLE SCHOOL

MIDDLE SCHOOL

MIDDLE SCHOOL TO HIGH SCHOOL

HIGH SCHOOL

Resource Types

Each entry will indicate what type of resource it is.

Options include:



ACTIVITY



BOOK



FILM



GROUP



*KIT



WEB

*Some items listed as part of a kit may be available individually and listed elsewhere in the resource guide.

HOW TO ACCESS RESOURCES

Each resource in the resource guide lists key search information to help parents, other family members and health care providers access the specific resource. The following tools or methods are recommended to access a resource:

- 1. Search online using a preferred search engine
- 2. Search online or visit a preferred book/film retailer
- 3. Contact a local public library
- 4. Download/print materials as provided via relevant websites

Key search information includes:

Activity

- Title
- Organizer
- URL
- Description

Book

- Title
- Author
- Publisher
- Publication Year
- International Standard Book Number (ISBN)*
- Page Number (where available)
- Description

*The ISBN is a unique 13-digit reference number assigned to a commercial book. Some online-only books may not have an ISBN. The label “N/A” is used in lieu of an ISBN to identify such resources.

Film

- Title
- Producer
- URL
- Year Released (where available)
- Running Time (where available)
- Description

Group

- Title
- Organizer
- URL
- Description

Kit

- Title
- Organizer
- URL
- Description

Web

- Title
- Organizer
- URL
- Description

DISCLAIMER

The inclusion of content in this guide does not constitute Department of Defense (DoD) endorsement of the resources or the information, products or services contained therein. The DoD does not exercise any editorial control over the information that may be found in these resources, including websites. Any faith-based resources were included based on relevant subject matter and/or availability. Resources are neither distributed nor maintained by DoD or DCoE.

Such content is provided consistent with the stated purpose of this DCoE resource guide.

The resource guide is not intended to be an exhaustive list of literature and materials relevant to the children of military service members.

Use of these resources is left to the discretion of the parent, family member or health care provider.

Hyperlink Disclaimer

The appearance of hyperlinks does not constitute endorsement by the Department of Defense of this Web site or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation sites, the Department of Defense does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of this DoD Web site.



Community

ALL AGES



Military Youth on the Move
Department of Defense



URL: <http://apps.mhf.dod.mil/pls/psgprod/f?p=MYOM:HOME:0>

A website dedicated to providing elementary, middle and high school students with information on deployment and moving to a new location, as well as other topics, such as divorce, exercise and making money.



One Freedom: Youth Encounters
One Freedom



URL: <http://www.onefreedom.org>

Youth Encounters programs are organized and designed by One Freedom staff. Each program is taught by trained professionals and includes weekend adventures offered by local organizations.



Our Special Wish Ribbons
Military Family Books



URL: <http://www.militaryfamilybooks.com>

One package includes 31 wish ribbons. Each ribbon is 18” long and 5/8” wide and can be written on with a regular ballpoint pen, a sharp pencil or crayon and used to make a wish tree.



Young Heroes
Speak Out for Military Kids (SOMK)



URL: <http://www.operationmilitarykids.org>

TIME: 18 minutes

A group of military and non-military teens designed and produced “Young Heroes”, an 18-minute video featuring interviews with youth who have personal experience with deployment.

PRESCHOOL TO ELEMENTARY



A Marine ABC Book
K.T. Pirog and J.A. Pierce



PUBLISHER: Lifevest Publishing, Inc

YEAR: 2006

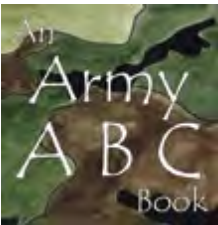
ISBN: 978-1598792218

PAGES: 32

A Marine ABC Book is directed towards children learning their ABC's. Using terms typical to the U.S. Marine Corps, children are able to learn simultaneously about the Marines and the alphabet.



An Army ABC Book
K.T. Pirog and J.A. Pierce



PUBLISHER: Lifevest Publishing, Inc.

YEAR: 2009

ISBN: 978-1598793246

PAGES: 32

An Army ABC Book is directed towards children learning their ABC's. Using terms typical to the U.S. Army, children are able to learn simultaneously about the Army and the alphabet.



Army Toddler Kit
Military Family Books

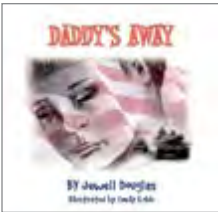


URL: <http://www.militaryfamilybooks.com>

The *Army Toddler Kit* includes two books for toddlers, including *Daddy, You're My Hero*, which helps young kids feel good about their parent's military career, and *The Army ABC Book*, which introduces young children to the alphabet from a military perspective.



Daddy's Away
J. Douglas

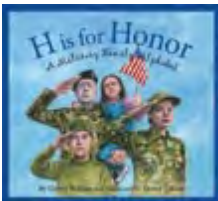


PUBLISHER: Xlibris Corp
YEAR: 2009
ISBN: 978-1436372183

An Iraqi Freedom veteran authors *Daddy's Away*, aimed at helping children understand a soldier's duty and what daily life is like while deployed.



H is for Honor: A Military Family Alphabet
D. Scillian and V. Juhasz

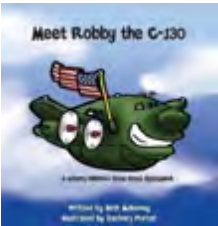


PUBLISHER: Sleeping Bear Press
YEAR: 2006
ISBN: 978-1585362929

H is For Honor: A Military Alphabet Book presents the alphabet using common military words and explaining each word. It also addresses military family questions, such as moving, living on a base, and deployment.



Meet Robby the C-130
B. Mahoney

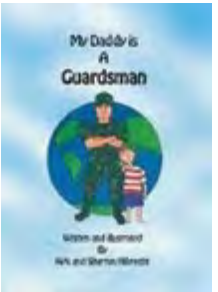


PUBLISHER: CreateSpace
YEAR: 2008
ISBN: 978-1441456595
PAGES: 32

A military wife and mother of three presents the story of Robby, the C-130 military aircraft who uses his deployment journey to help children understand the job of their soldier parent, learn about what occurs during deployment and cope with their feelings or emotional distress when a parent is away.



My Daddy is a Guardsman
K. Hilbercht

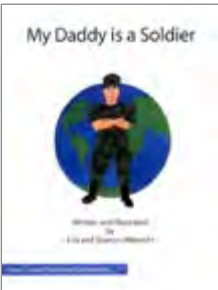


PUBLISHER: New Canaan Publishing Company Inc.
YEAR: 2002
ISBN: 978-1889658308
PAGES: 30

My Daddy is a Guardsman teaches young children about the important job that their father has as a member of the National Guard in helping and protecting people and ultimately, making the world a safer place.



My Daddy is a Soldier
K. Hilbercht and S. Hilbercht

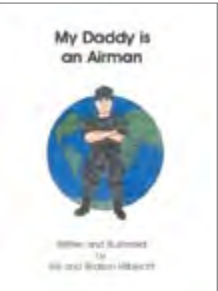


PUBLISHER: New Canaan Publishing Company Inc.
YEAR: 2001
ISBN: 978-1889658018
PAGES: 30

The first book is a series of colorful picture books intended for military children. *My Daddy is a Soldier* teaches young children about the importance of their father's job as a soldier in the U.S. military.



My Daddy is an Airman
K. Hilbercht and S. Hilbercht

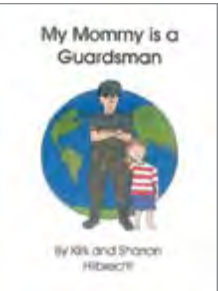


PUBLISHER: [New Canaan Publishing Company Inc.](#)
YEAR: [2005](#)
ISBN: [978-1889658384](#)
PAGES: [32](#)

A resource in the picture book series for military children, *My Daddy is an Airman*, focuses on teaching children about their father's specific job as an airman the U.S. military.



My Mommy is a Guardsman
K. Hilbercht and S. Hilbercht

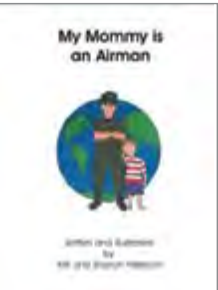


PUBLISHER: [New Canaan Publishing Company Inc.](#)
YEAR: [2003](#)
ISBN: [978-1889658339](#)
PAGES: [30](#)

My Mommy is a Guardsman teaches young children about the important job their mother has as a member of the National Guard in helping and protecting people and ultimately, making the world a safer place.



My Mommy is an Airman
K. Hilbrecht

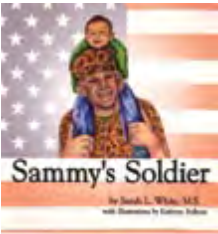


PUBLISHER: [New Canaan Publishing Company Inc.](#)
YEAR: [2004](#)
ISBN: [978-1889658360](#)
PAGES: [30](#)

A resource in the picture book series for military children, *My Mommy is an Airman*, focuses on teaching children about their mother's specific job as an airman the U.S. military.



Sammy's Soldier
S. White

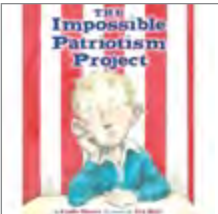


PUBLISHER: [AuthorHouse](#)
YEAR: [2007](#)
ISBN: [978-1434303646](#)
PAGES: [24](#)

Sammy's Soldier is a story about a boy whose father is in the military. The book features colorful pictures and can easily be applied to any branch of the military.



The Impossible Patriotism Project
L. Skeers and A. Hoyt



PUBLISHER: [Dial Books for Young Readers](#)
YEAR: [2007](#)
ISBN: [978-0803731387](#)

The Impossible Patriotism Project focuses on the complexities in understanding military service, patriotism, and deployment from a child's perspective. The child's understanding of the meaning of patriotism leads him to a further acceptance of his father's deployment.

ELEMENTARY



How I Know My Dad is a Soldier
D.M. Johnson



PUBLISHER: [AuthorHouse](#)
YEAR: [2007](#)
ISBN: [978-1434311818](#)
PAGES: [24](#)

How I Know My Dad is a Soldier discusses a child's pride for his father serving in the military, as well as the important role that the mother plays while the father is away.



My Dad’s a Hero
R. Christiansen



PUBLISHER: [Word Association Publishers](#)
YEAR: [2007](#)
ISBN: [978-1595712097](#)

This book describes the work and responsibility of a military father in a positive, uplifting light. It includes an opportunity for children to keep pictures of their own father in the book as a special keepsake.

ELEMENTARY TO MIDDLE SCHOOL



Tell Me a Story
Military Child Education Coalition



URL: <http://www.militarychild.org/>

Tell Me a Story is an initiative by the *Military Child Education Coalition* to empower our military children through literature and their stories, while fostering resilience, peer and parent connections, a sense of pride and accomplishment and a caring community.

MIDDLE SCHOOL



An American Flag for Their Father
A.H. Georgopolis



PUBLISHER: [Pub. Works](#)
YEAR: [2005](#)
ISBN: [978-1933002064](#)

An American Flag for Their Father tells the tale of a family’s homecoming when support from the community fifth-grader Jonathan and his third-grade sister, Meghan, raise money to buy a flag to welcome home their father, an active-duty soldier returning home from the Middle East.

MIDDLE SCHOOL TO HIGH SCHOOL



4-H Army Youth Development Project
4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Army youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Army.



4-H Clubs for Air Force Youth
4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Air Force youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Air Force.



4-H Navy Youth Development Project
4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Navy youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Navy.



Army Reserve Enrichment Camps
Army Reserve Family Programs



URL: <http://www.arfp.org>

Army Reserve Enrichment Camps are designed to provide a fun and rewarding experience for Army Reserve youth, ages 8 to 16. Campers interact with other Army Reserve-connected youth and learn about the unique factors associated with being in an Army Reserve family.



Club Beyond
Military Communities Youth Ministries



URL: <http://www.mcym.org/>

Club Beyond is the Military Communities Youth Ministries' program for high and middle school-aged military children. Club Beyond hosts weekly 90-minute club meetings, retreats special activity nights, lock-ins, ski trips, summer camps, and work-service projects. Club Beyond leaders also offer weekly Christianity-based study sessions.



Facebook Group: Army Children
Social media group



URL: <http://www.facebook.com>

A Facebook group for those whose parent(s) are in the Army and have to move around the world.



Facebook Group: Military Brats
Social media group



URL: <http://www.facebook.com>

A Facebook group for all children or family members of Army, Air Force, Navy, Marine Corps, and Coast Guard personnel. The group fosters relationship building and allows members to reconnect with friends and share their stories.



Facebook Group: The Military Connection
Social media group



URL: <http://www.facebook.com>

A Facebook group designed to help people reconnect and stay in touch with past and present military connections.



Facebook Group: Where IS Home?
Children/spouses of the military
Social media group



URL: <http://www.facebook.com>

A Facebook group for children and spouses of the service members where they can share personal experiences about growing up in the military while building relationships and developing a sense of community.



Military Brats Online
V. Baker



URL: <http://www.militarybrats.net/home.php>

A social network for children of military parents to reconnect with old friends, share stories about military life and culture and make new friends.



On-Line Community for Overseas Brats and Military Brats
Overseasbrats.net



URL: <http://www.overseasbrats.net/>

This online resource serves as a forum for teens to post threads and messages regarding their experiences as the children of service members and for links to applicable resources to be published. As members they can connect with contacts and friends, post pictures, and more. The community forum categorizes schools by region and country in order to facilitate connections between students from the same areas.



Operation Military Kids
U.S. Army and community organizers



URL: <http://www.operationmilitarykids.org>

Operation Military Kids, a result of the U.S. Army’s collaborative efforts with America’s communities, connects military children and youth with local resources to foster community support.



Operation Purple
National Military Family Association



URL: <http://www.militaryfamily.org>

Operation Purple, organized by the National Military Family Association, empowers military children and their families to develop and maintain healthy and connected relationships through the healing and holistic aspect of the natural world. The program is joint, or “purple,” encompassing all service branches, including the reserve components.



Student 2 Student
MilitaryChild.org



URL: <http://www.militarychild.org/>

The Student 2 Student initiative through MilitaryChild.org consists of middle and high school programs designed to provide leadership for training other students to support military children transitioning to or from their school.

HIGH SCHOOL



Brats: Our Journey Home
B. Goodwin



URL: <http://www.bratsourjourneyhome.com/>

Directed by D. Musil, *Brats: Our Journey Home* is an award-winning documentary about the lives of military children throughout history and the unique situations they encountered throughout their childhood. It discusses living around the world, moving frequently, living on military bases and the absence of parents due to deployments. (Distributed by *Brats Without Borders*)



Durable Goods

E. Berg



PUBLISHER: [Random House](#)
YEAR: [1993](#)
ISBN: [978-0812968149](#)

This teenage fictional novel, *Durable Goods*, introduces the life of two sisters, who in addition to coping with the death of their mother, are affected by the military life of their father. The girls must deal with issues, such as frequent moves, living on a military base and an emotionally distant and abusive father, all while encountering the normal growing pains of the teenage years.



Facebook Group: Military Brats Registry

Social media group



URL: <http://www.facebook.com>

A *Facebook* group for children or family members of Army, Air Force, Navy, Marine Corps and Coast Guard personnel. It includes resources, such as reunion announcements and stories by military brats and authors.



Military HOMEFRONT: HOMEFRONT Connections

Department of Defense



URL: <https://apps.mhf.dod.mil/homefrontconnections/index.jspa>

HOMEFRONT Connections is a social networking environment for service members, their families and the working professionals who support them.



Deployment

ALL AGES



Military Youth on the Move
Department of Defense



URL: http://apps.mhf.dod.mil/pls_psgprod/f?p=MYOM:HOME:0

A website dedicated to providing elementary, middle and high school students with information on deployment and moving to a new location, as well as other topics, such as divorce, exercise and making money.



One Freedom: Youth Encounters
One Freedom



URL: <http://www.onefreedom.org>

Youth Encounters programs are organized and designed by One Freedom staff. Each program is taught by trained professionals and includes weekend adventures offered by local organizations.



Our Special Wish Ribbons
Military Family Books



URL: <http://www.militaryfamilybooks.com>

One package includes 31 wish ribbons. Each ribbon is 18” long and 5/8” wide and can be written on with a regular ballpoint pen, a sharp pencil or crayon and used to make a wish tree.



Project FOCUS
Families Over Coming Under Stress (FOCUS)



URL: <http://www.focusproject.org/>

The Families Over Coming Under Stress (FOCUS) Project provides family resiliency services to military children and families at designated Navy and Marine Corps sites to address concerns related to parental combat, operational stress injuries and combat-related physical injuries. It can be accessed through focusproject.org.



Young Heroes
Speak Out for Military Kids (SOMK)



URL: <http://www.operationmilitarykids.org>

TIME: 18 minutes

A group of military and non-military teens designed and produced “Young Heroes”, an 18-minute video featuring interviews with youth who have personal experience with deployment.

PRESCHOOL



Talk, Listen, Connect: Deployment
Sesame Workshop



URL: <http://www.sesameworkshop.org>

YEAR: 2008

A Sesame Workshop bilingual ,educational, outreach initiative designed for military families and their young children. This video addresses single and multiple deployments.



Talk, Listen, Connect: Homecoming
Sesame Workshop



URL: <http://www.sesameworkshop.org>
YEAR: 2008

A Sesame Workshop bilingual educational outreach initiative designed for military families and their young children. This video addresses a parent’s combat related injury and his or her return home.

PRESCHOOL TO ELEMENTARY



A Heart Apart (Daddy Version)
M. Seligman and C. Piper



PUBLISHER: [Life Captured](#)
YEAR: 2010

A Heart Apart is a make-your-own-book resource that encourages children to build their own ‘book’ by uploading their stories and pictures into the pre-formatted template and then share it with their deployed parent. Two versions of this product exist – one directed at deployed fathers, another for deployed mothers.



A Heart Apart (Mommy Version)
M. Seligman and C. Piper

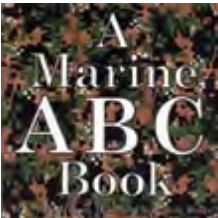


PUBLISHER: [Life Captured](#)
YEAR: 2010

A Heart Apart is a make-your-own-book resource that encourages children to build their own ‘book’ by uploading their stories and pictures into the pre-formatted template and then share it with their deployed parent. Two versions of this product exist – one directed at deployed fathers, another for deployed mothers.



A Marine ABC Book
K.T. Pirog and J.A. Pierce



PUBLISHER: [Lifestest Publishing, Inc](#)
YEAR: 2006
ISBN: [978-1598792218](#)
PAGES: 32

A Marine ABC Book is directed towards children learning their ABC’s. Using terms typical to the U.S. Marine Corps, children are able to learn simultaneously about the Marines and the alphabet.



A Paper Hug
S. Skolmoski



PUBLISHER: [Self-published](#)
YEAR: 2006
ISBN: [978-097864250](#)
PAGES: 36

A Paper Hug targets young children facing a parent being deployed. The child in the story makes a paper hug, which he sends to his father overseas. The Dad recognizes the hug in a letter sent to the family, which reinforces to the child that even in his absence his father is still thinking about him.



A Very Long Time
G. Timperley



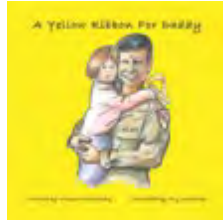
PUBLISHER: [Beavers Pond Press, Inc.](#)
YEAR: 2005
ISBN: [1592981194](#)
PAGES: 32

A Very Long Time is a picture book written by a mother and three-year-old daughter to help the young girl understand how long her father would be gone while deployed to Iraq. It also discusses separation from parents.



A Yellow Ribbon for Daddy

A. Mersiowsky



PUBLISHER: Veritas Media

YEAR: 2005

ISBN: 978-0976669807

PAGES: 24

A Yellow Ribbon for Daddy is a picture book designed to address deployment and the questions young children have when a parent leaves.



All Those Secrets of the World

J. Yolen



PUBLISHER: Little Brown & Co

YEAR: 1991

ISBN: 978-0316968959

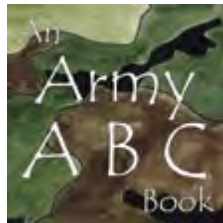
PAGES: 32

All Those Secrets of the World is written from the perspective of Janie about the childhood memories surrounding her father going to war for two years during World War II. While her father is gone, she learns the secrets of the world from the perspective of her five-year-old cousin. These “secrets” enable her to understand her father’s long absence and reunite with him upon his return.



An Army ABC Book

K.T. Pirog and J.A. Pierce



PUBLISHER: Lifevest Publishing, Inc.

YEAR: 2009

ISBN: 978-1598793246

PAGES: 32

An Army ABC Book is directed towards children learning their ABC’s. Using terms typical to the U.S. Army, children are able to learn simultaneously about the Army and the alphabet.



Boo Boo Bear’s Mission: the True Story of a Teddy Bear’s Adventures in Iraq

M.L. Sather



PUBLISHER: Beaver’s Pond Press

YEAR: 2009

ISBN: 978-1592982837

PAGES: 56

Boo Boo Bear’s Mission is intended to be a resource for parents and health care providers to help support a child’s emotional well-being as he or she deals with the stress of a family member’s military deployment. It also includes a supplemental section with parent and provider aids on tips and activities on how to best support your child during deployment.



Butterfly in the Sky: Daddy’s Little Girl

S. Musgrave



PUBLISHER: AuthorHouse

YEAR: 2008

ISBN: 978-1438922188

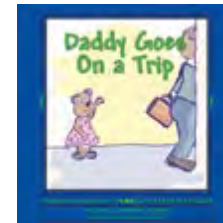
PAGES: 32

Butterfly in the Sky: Daddy’s Little Girl was written and illustrated by a military spouse and child team. This book reaches out to military children across the services to help reassure children that they are loved and cared for even though a parent may be deployed.



Daddy Goes on a Trip: Dealing with Travel and Deployment

W. Bentrin and C. Schofield



PUBLISHER: CreateSpace

YEAR: 2009

ISBN: 978-1449539733

PAGES: 24

Using illustrated bears, *Daddy Goes on a Trip: Dealing with Travel and Deployment*, helps explain big concepts, like deployment, to small children; what it means, what to expect, and how to keep in contact with the parent.



Daddy Got His Orders
K. Mitchell and E. Hergenroeder



PUBLISHER: T.J. Pub.
YEAR: 2004
ISBN: 978-0976081104
PAGES: 16

Daddy Got His Orders is a short book designed to help young children understand deployment. It answers common questions and concerns children have before a parent leaves.



Daddy, You're My Hero
M. Ferguson-Cohn

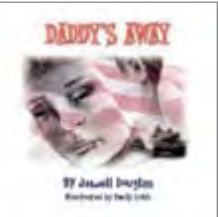


PUBLISHER: Little Redhaired Girl Pub Inc
YEAR: 2001
ISBN: 978-1436372183
PAGES: 12

Daddy, You're My Hero addresses deployment issues from a young child's perspective, including feelings and experiences of separation, abandonment and helplessness.



Daddy's Away
J. Douglas

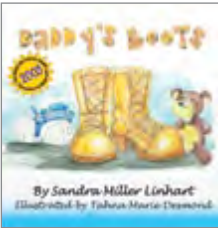


PUBLISHER: Xlibris Corp
YEAR: 2009
ISBN: 978-1436372183

An Iraqi Freedom veteran authors *Daddy's Away*, aimed at helping children understand a soldier's duty and what daily life is like while deployed.



Daddy's Boots
S.M. Linhart



PUBLISHER: LionHeart Group Publishing
YEAR: 2010
ISBN: 978-0984512706
PAGES: 36

A father and child story, *Daddy's Boots*, talks about why daddy has to leave and why the son cannot go with him. A similar book entitled *Momma's Boots* also exists by the same author.



Daddy's in Iraq, But I Want Him Back
C.R. Hoyt



PUBLISHER: Trafford Publishing
YEAR: 2005
ISBN: 978-1412060424
PAGES: 24

Written by a Navy wife and mother, *Daddy's in Iraq, but I Want Him Back* aims to explain deployment and address young children's fears, insecurities and anxieties about a military parent's separation resulting from a military deployment.



Dear Baby, I'm Watching Over You
C. Casey



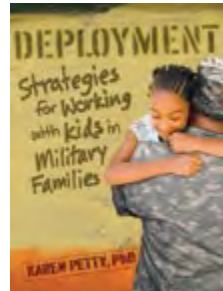
PUBLISHER: Dear Baby Books
YEAR: 2010
ISBN: 978-0982097236
PAGES: 32

Dear Baby, I'm Watching Over You is a picture book designed to help very small children whose parents have deployed understand that they are loved and explain why the parent must go away.



Deployment: Strategies for Working with Military Families

K. Petty



PUBLISHER: Redleaf Press
YEAR: 2009
ISBN: 978-1425989859
PAGES: 28

In *Deployment: Strategies for Working with Military Families*, Dr. Karen Petty works “to provides a voice” for children in military families. Geared towards parents and adults who work with children, this resource discusses both reactions to expect from children at all age levels regarding separation (deployment or other), as well as provides strategies to mitigate their concerns.



God’s Going Too: His Promises for Kids During Deployment

C. Pierce-Lunderman



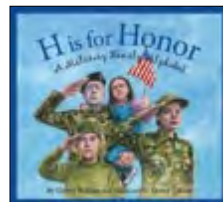
PUBLISHER: AuthorHouse
YEAR: 2009
ISBN: 978-1438916125

God’s Going Too: His Promises for Kids During Deployment is a compilation of children’s stories that provide Christianity-based ideas and activities to encourage children during parental deployment.



H is for Honor: A Military Family Alphabet

D. Scillian and V. Juhasz



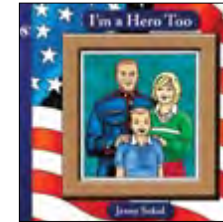
PUBLISHER: Sleeping Bear Press
YEAR: 2006
ISBN: 978-1585362929

H is For Honor: A Military Alphabet Book presents the alphabet using common military words and explaining each word. It also addresses common military family questions, such as moving, living on a base, and deployment.



I’m a Hero Too

J. Sokol



PUBLISHER: AuthorHouse
YEAR: 2007
ISBN: 978-1425989859
PAGES: 28

I’m a Hero Too depicts the full spectrum of emotions felt by a young child when his or her father is deployed. The story emphasizes the importance of family during times of separation.



Love, Lizzie: Letters to a Military Mom

L.T. McElroy and D. Paterson



PUBLISHER: Whitman
YEAR: 2005
ISBN: 978-1585362929
PAGES: 32

Love, Lizzie: Letters to a Military Mom follows 9-year-old Lizzie as she writes to her mother, who is deployed overseas. Child-like handwriting and colorful illustrations are used as Lizzie tells her mother about what is happening at home in her absence. The end of the book identifies recommendations for helping children cope with deployment and being part of a military family.



Meet Robby the C-130

B. Mahoney



PUBLISHER: CreateSpace
YEAR: 2008
ISBN: 978-1441456595
PAGES: 32

A military wife and mother of three presents the story of Robby, the C-130 military aircraft who uses his deployment journey to help children understand the job of their soldier parent, learn about what occurs during deployment and cope with their feelings or emotional distress when a parent is away.



Mommy, You’re My Hero
M. Ferguson-Cohn



PUBLISHER: Little Redhaired Girl Pub Inc
YEAR: 2001
ISBN: 978-0972926423
PAGES: 12

Mommy, You're My Hero addresses deployment issues from a young child’s perspective, including feelings and experiences of separation, abandonment and helplessness.



My Dad’s Deployment: A Deployment and Reunion Activity Book for Young Children
J. Labelle

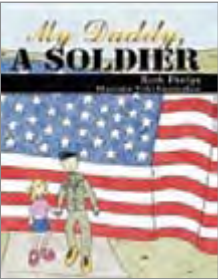


PUBLISHER: Elva Resa Publishing
YEAR: 2009
ISBN: 978-1934617076
PAGES: 112

This 112-page activity book contains mazes, matching and coloring to illustrate and present common deployment and reunion topics. The activities reinforce concepts young children are already learning and encourage children to ask questions, understand their feelings and connect to their deployed parent.



My Daddy, a Soldier
R. Phelps

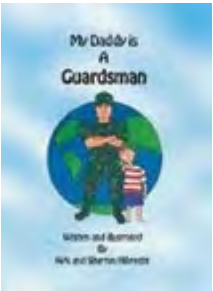


PUBLISHER: AuthorHouse
YEAR: 2009
ISBN: 978-1438975696
PAGES: 100

My Daddy, a Soldier is a story of a young girl who watches her father leave for war. Readers see deployment through a child’s eyes on topics ranging from how children calculate time away to coping with strong emotions and fears.



My Daddy is a Guardsman
K. Hilbercht



PUBLISHER: New Canaan Publishing Company
YEAR: 2002
ISBN: 978-1889658308
PAGES: 30

My Daddy is a Guardsman teaches young children about the important job that their father has as a member of the National Guard in helping and protecting people and ultimately, making the world a safer place.



My Daddy is a Soldier
S. Campbell

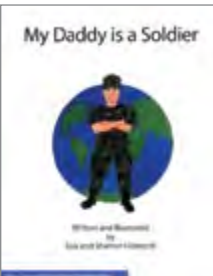


PUBLISHER: PUBLISHAMERICA
YEAR: 2009
ISBN: 978-1615467242
PAGES: 32

My Daddy is a Soldier uses simple words and images to help young children understand what it means when parents say, “Daddy is going away.”



My Daddy is a Soldier
K. Hilbercht and S. Hilbercht



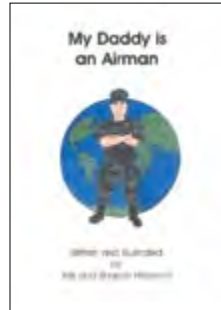
PUBLISHER: New Canaan Publishing Co
YEAR: 2001
ISBN: 978-1889658018
PAGES: 30

The first book is a series of colorful picture books intended for military children. *My Daddy is a Soldier* teaches young children about the importance of their father’s job as a soldier in the U.S. military.



My Daddy is an Airman

K. Hilbercht and S. Hilbercht



PUBLISHER: [New Canaan Publishing Co](#)

YEAR: 2005

ISBN: 978-1889658384

PAGES: 32

A resource in the picture book series for military children, *My Daddy is an Airman*, focuses on teaching children about their father's specific job as an airman the U.S. military.



My Dad is Going Away, but He Will be Back One Day

J. Thomas



PUBLISHER: [Trafford Publishing](#)

YEAR: 2004

ISBN: 978-1412034265

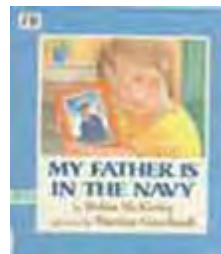
PAGES: 16

My Dad is Going Away, but He Will be Back One Day is written about a Navy family whose father is away at sea. The story explains to the young children what life will be like while their father is away and includes activity pages for children to complete.



My Father is in the Navy

R. McKinley



PUBLISHER: [Greenwillow Books](#)

YEAR: 1992

ISBN: 978-0688106393

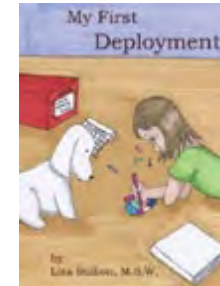
PAGES: 112

My Father is in the Navy is a picture book that addresses how young children may feel about having a deployed parent and their potential worry about not remembering that parent prior to their reunion. The emotions expressed in the story are based on the life experiences of the author, whose father was also in the Navy.



My First Deployment (Volume 1)

L. Stillion



PUBLISHER: [Stillion Publications](#)

YEAR: 2006

ISBN: 978-0978547813

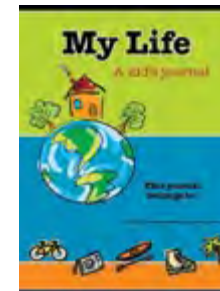
PAGES: 36

My First Deployment offers practical coping strategies for young children dealing with separation through the story of a young girl dealing with her father's deployment.



My Life: A Kid's Journal

Health Net Federal Services



PUBLISHER: [Health Net Federal Services](#)

ISBN: N/A

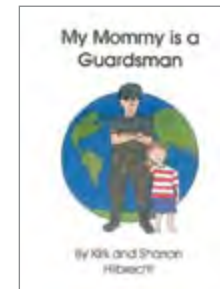
PAGES: 44

This 44-page journal helps children work through thoughts and emotions around deployment. It provides a means of positive coping strategies by giving children a place to write about what is occurring in their own lives and what they hope to see and share when their parent returns. It can be accessed through www.hnfs.net.



My Mommy is a Guardsman

K. Hilbercht and S. Hilbrecht



PUBLISHER: [New Canaan Publishing Company](#)

YEAR: 2003

ISBN: 978-1889658339

PAGES: 30

My Mommy is a Guardsman teaches young children about the important job their mother has as a member of the National Guard in helping and protecting people and, ultimately, making the world a safer place.



My Mommy is an Airman
K. Hilbrecht



PUBLISHER: [New Canaan Publishing Company Inc.](#)
YEAR: [2004](#)
ISBN: [978-1889658360](#)
PAGES: [30](#)

A resource in the picture book series for military children, *My Mommy is an Airman*, focuses on teaching children about their mother’s specific job as an airman the U.S. military.



My Mommy Wears Combat Boots
S. McBride

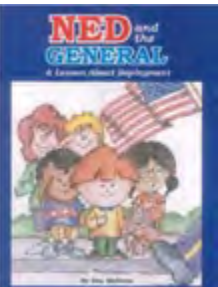


PUBLISHER: [AuthorHouse](#)
YEAR: [2008](#)
ISBN: [978-1434351647](#)
PAGES: [24](#)

Written by a mother and U.S. veteran of 13 years, *My Mommy Wears Combat Boots* describes the author’s personal experience in addressing her child’s emotions and negative feelings towards her deployments in an effort to help other military children and families cope with deployment.



Ned and the General: A Lesson About Deployment
R. Madison and D. Covolo



PUBLISHER: [Ned’s Head Productions](#)
YEAR: [2004](#)
ISBN: [978-1887206242](#)
PAGES: [26](#)

This book uses a rhyming format to help children understand the military and specific uncertainties of deployment.



Red, White, and Blue Good-bye
S.W. Tomp and A. Barrow

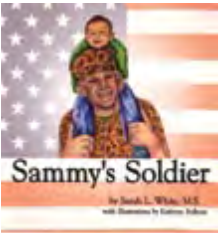


PUBLISHER: [Walker & Co.](#)
YEAR: [2005](#)
ISBN: [978-0802789617](#)

The story, *Red, White, and Blue Good-bye*, is designed for young children who are concerned they will not remember their parent after they leave for deployment. The father in the story points out common items at home to help his young daughter remember him, which allows her to realize, ultimately, that even though he is gone, she is still connected to him.



Sammy’s Soldier
S. White



PUBLISHER: [AuthorHouse](#)
YEAR: [2007](#)
ISBN: [978-1434303646](#)
PAGES: [24](#)

Sammy’s Soldier is a story about a boy whose father is in the military. The book features colorful pictures and can easily be applied to any branch of the military.



Sometimes We Were Brave
P. Brisson



PUBLISHER: [Boyds Mill Press](#)
YEAR: [2010](#)
ISBN: [978-1590785867](#)
PAGES: [32](#)

Sometimes We Were Brave follows the experiences of a young boy, Jerome, whose mother has deployed, as he learns to adjust to life with only his father and friendly dog.



The Christmas Box
J.A.S. Wetzel



PUBLISHER: Alfred A. Knopf
YEAR: 1992
ISBN: 978-0679817895

The Christmas Box follows the lives of two children after their father is sent to Japan in the early 1950's. The story occurs across the fall months in order to capture the passage of time. Additionally, the portion regarding Christmas clearly demonstrates how loved ones are missed on special occasions.



The Impossible Patriotism Project
L. Skeers and A. Hoyt



PUBLISHER: Dial Books for Young Readers
YEAR: 2007
ISBN: 0803731388

The Impossible Patriotism Project focuses on the complexities in understanding military service, patriotism, and deployment from a child's perspective. The child's understanding of the meaning of patriotism leads him to a further acceptance of his father's deployment.



The Soldier's Tree
S.L. Pickup



PUBLISHER: T A O Army Kids Publisher
YEAR: 2004
ISBN: 978-0976245803
PAGES: 18

The Soldier's Tree is designed to help young children deal with separation from a parent during the holiday season. The story features many pictures to help guide the reader.



The Wishing Tree
M. Redman and C. Rodriguez

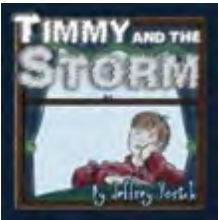


PUBLISHER: Elva Resa Pub.
YEAR: 2008
ISBN: 978-1934617021
PAGES: 32

The Wishing Tree, written by a military spouse, discusses the wishes and concerns a child has for her father while he is away. The construction of a wishing tree becomes the girl's coping mechanism for dealing with the absence of her father. Instructions on how to make your own tree are included.



Timmy and the Storm
J. Yosick



PUBLISHER: Narrow Path Publishing
YEAR: 2008
ISBN: 978-1606436936
PAGES: 28

Young Timmy does not understand why his father must leave to go to war. His mother relates the story of three bunnies in a rainstorm, which ultimately enables Timmy to understand why his father must leave.



Uncle Sam's Kids: When Duty Calls
A.S. Rehak



PUBLISHER: Abidenme Books Publishing
YEAR: 2004
ISBN: 978-0971451513
PAGES: 40

Uncle Sam's Kids: When Duty Calls introduces deployment, discusses roles of the deployed parent while away, and normalizes common concerns expressed by children of deployed parents. Additionally, it presents deployment in a stage-like process, with topics that often present themselves at each juncture.



What Will I Play While You Are Away?

J. Thomas and J. Norton



PUBLISHER: [TRAFFORD PUBLISHING](#)

YEAR: 2010

ISBN: 978-1426929243

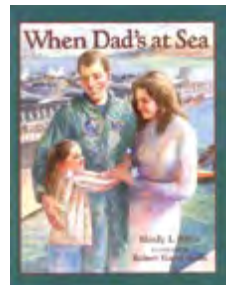
PAGES: 28

Written with elementary children in mind, *What Will I Play While You Are Away?* provides a variety of ideas in a light-hearted, storybook format of ideas for children's activities and games while a parent is away.



When Dad's at Sea

W.L. Pelton



PUBLISHER: [Albert Whitman & Company](#)

YEAR: 2004

ISBN: 978-0807563397

PAGES: 30

Emily copes with her dad leaving for a six-month deployment as a Navy pilot. Throughout the story, she introduces coping mechanisms to deal with his absence. The story uses sensory details, allowing even the youngest readers to relate with Emily and the positive and negative emotions that she feels.



While You Were Away

E. Spinelli



PUBLISHER: [Hyperion Books for Children](#)

YEAR: 2004

ISBN: 978-0786809721

PAGES: 32

With encouraging illustrations, *While You Were Away* is written from the perspective of three young children as they wait for their parents to return from deployment. Each of the three parents is a member of a different branch of service, therefore making it applicable for most deployment situations.



You and Your Military Hero: Building Positive Thinking Skills During Your Hero's Deployment

S. Fritz, P. Johnson and T. Zitzow



PUBLISHER: [Bookhouse](#)

YEAR: 2009

ISBN: 978-1592982684

PAGES: 61

You and Your Military Hero: Building Positive Thinking Skills During Your Hero's Deployment is an activity book that utilizes games, calendars and exercises to help children to identify and understand their feelings about deployment and learn positive coping skills.

ELEMENTARY



But...What If?

S.M. Linhart



PUBLISHER: [LIONHEART GROUP PUBLISHING](#)

YEAR: 2010

ISBN: 978-0984512720

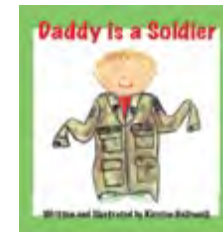
PAGES: 36

Homecomings can be wonderful family reunions, but children may have questions leading up to seeing the returning parent again. *But... What If?* addresses the sincere, tender questions that may go through a child's mind as he or she prepares for the return of a deployed parent.



Daddy is a Soldier

K. Hallowell



YEAR: 2004

ISBN: 978-1412018531

PAGES: 16

Written from a young boy's perspective, *Daddy is a Soldier* explains the concept and reasons for deployment of a military parent in a language that is easy for young children to understand.



How I Know My Dad is a Soldier
D.M. Johnson



PUBLISHER: [AuthorHouse](#)
YEAR: [2007](#)
ISBN: [978-1434311818](#)
PAGES: [24](#)

How I Know My Dad is a Soldier discusses a child's pride for his father serving in the military as well as the important role that the mother plays while the father is away.



I am Red, White, & Blue...Are You Feeling it Too?
D.L. Cole



PUBLISHER: [Strong Military Families](#)
YEAR: [2008](#)
ISBN: [978-1604026849](#)

Written from the perspective of a child writing to a loved soldier, *I am Red, White, & Blue...Are You Feeling it Too?* encourages children to talk about fears and feelings about deployment.



My Dad's a Hero
R. Christiansen



PUBLISHER: [Word Association Publishers](#)
YEAR: [2007](#)
ISBN: [978-1595712097](#)

This book describes the work and responsibility of a military father in a positive, uplifting light. It includes an opportunity for children to keep pictures of their own father in the book as a special keepsake.



My Daddy is a Hero
C. Childers



PUBLISHER: [Lulu.com](#)
YEAR: [2007](#)
ISBN: [978-1430321958](#)
PAGES: [32](#)

My Daddy is a Hero explains the reason and process of a parent's deployment from a child's perspective.



My Red Balloon
E. Bunting and K. Life



PUBLISHER: [Boyd's Mills Press](#)
YEAR: [2005](#)
ISBN: [978-159078263](#)

My Red Balloon addresses the return of a military parent following deployment by telling the story of a little boy waiting with excitement and apprehension for his Navy father's return home after being at sea.



Night Catch
B. Ehrmantraut



PUBLISHER: [Bubble Gum Pr](#)
YEAR: [2005](#)
ISBN: [978-0972983396](#)
PAGES: [32](#)

Night Catch tells the story of how a deployed father stays connected with his son while they are physically separated.



Pilot Mom

K.B. Duple and A. Marks



PUBLISHER: Charlesbridge

YEAR: 2003

ISBN: 978-1570915550

Pilot Mom presents the story of Jenny and her best friend as they accompany Jenny's mother, a tanker pilot in the Air Force, to the air base and share in the experience as Jenny's mother prepares for deployment.



The Night Before Christmas in the Military

S. Carabine, S.M. Kawasaki and Miniature Book Collection



PUBLISHER: Gibbs Smith

YEAR: 2003

ISBN: 978-0972983396

The Night Before Christmas in the Military addresses deployment and separation issues by telling the story of how Santa Claus, after receiving many letters from children of military parents, decides to do something special for the military troops who are away from home this holiday season.



We Serve Too! A Child's Deployment Book

K. Edlick



PUBLISHER: Wee the People Publishing

YEAR: 2008

ISBN: 978-0980038712

PAGES: 32

We Serve Too! A Child's Deployment Book is a resource book designed to help children express and understand their feelings during a parent's deployment. Additionally, it teaches the importance of their parent's sacrifice in serving our country.



We Serve Too! 2—A Child's Reunion Book

K. Edlick



PUBLISHER: Wee the People Publishing

YEAR: 2009

ISBN: 978-0980038729

PAGES: 32

This book is a sequel resource book to *We Serve Too!—A Child's Deployment Book*, and focuses on the post-deployment reunion experience from a child's perspective.

ELEMENTARY TO MIDDLE SCHOOL



A Year Without Dad

J. Brunson



PUBLISHER: Ithaca Press

YEAR: 2003

ISBN: 0974068314

PAGES: 40

A Year Without Dad is a story to help children cope with military separation, whether for war- or peace-time deployment. The characters in the story, Ryan and Anna, describe to children how to adapt when a parent is away and ease their fears regarding the separation.



Almost Forever

M. Testa



PUBLISHER: Candlewick Press

YEAR: 2003

ISBN: 978-0763619961

PAGES: 69

Almost Forever takes place during the Vietnam War, following a 6-year-old girl and her family after her father, a doctor, is sent to Vietnam. The story addresses life at home, concern for the parent, and a full spectrum of emotions surrounding the deployment.



Camp Desert Kids

Families United



URL: <http://www.familiesunitedmission.com>

The *Camp Desert Kids* program through Families United helps military children cope with deployment by allowing children to share similar experiences while cultivating an appreciation of Middle Eastern heritage.



Daddy's on a Chip: Deployment Through a Child's Eyes

J. Silva



PUBLISHER: BookSurge Publishing

YEAR: 2006

ISBN: 978-1419628986

PAGES: 25

Based on personal experience, the author of *Daddy's on a Chip: Deployment Through a Child's Eyes* explores children's understanding, and a few misconceptions, of what deployment means.



Deployment: It's Not a Game

Speak Out for Military Kids



URL: <http://www.operationmilitarykids.org>

Deployment: It's Not a Game was developed by the teen members of Iowa's Speak Out for Military Kids (SOMK) to help educate military kids about the deployment cycle in the form of a board game, while incorporating real-life issues and challenges experienced by children with parents in the military. It is available at [operationmilitarykids.org](http://www.operationmilitarykids.org).



Klinger: A Story of Honor and Hope

B. Beard



PUBLISHER: Tragedy Assistance Program for Survivors

YEAR: 2010

ISBN: 978-0578054315

Klinger: A Story of Honor and Hope is a fictional book written in support of the Tragedy Assistance Program for Survivors (TAPS). It follows the life of a young horse that wants a life in the spotlight, but after abruptly separated from his parents, grows up to find satisfaction in supporting military heroes and their families.



Mega Military Kids Kit

Military Family Books



URL: <http://www.militaryfamilybooks.com>

A collection of books for military kids, including: *Night Catch*, *The Impossible Patriotism Project*; *Love, Lizzie: Letters to a Military Mom*, *When Dad's at Sea*, *My Red Balloon*, *Deployment Journal for Kids*, and stickers from [deploymentkids.com](http://www.deploymentkids.com).



Mr. Poe and Friends Discuss Reunion After Deployment

The American Academy of Pediatrics



URL: <http://www.aap.org>

Developed by military pediatricians and adolescent-medicine specialists, this animated film, hosted by Mr. Poe, is designed to provide guidance to children and family members as they discuss deployment.



My Dad is a Marine
K. Coe



PUBLISHER: ITHACA PRESS
YEAR: 2007
ISBN: 978-0978711313

My Dad is a Marine uses personal stories of parental deployment and family upheaval to illustrate ways to address common questions, concerns and fears of children.



Never Far Apart
G. Stenson



PUBLISHER: Lieutenant Gary; Distributed by Xlibris
YEAR: 2007
ISBN: 978-1425749835
PAGES: 25

Written by a Navy seal, is intended for military parents and their families in order to illustrate the importance of maintaining family relationships during periods of separation.



Our Daddy is Invincible
S. Maxwell and L. Biggers



PUBLISHER: 4th Division Press
YEAR: 2011
ISBN: 978-1617510038
PAGES: 36

Written from a child's point of view by the wife of a wounded soldier with traumatic brain injury, *Our Daddy is Invincible*, helps children understand what happens when a parent returns wounded from war. It discusses fear, uncertainty and change, and encourages hope and healing by focusing on the family love that will strengthen them all.



Tell Me a Story
Military Child Education Coalition



URL: <http://www.militarychild.org/>

Tell Me a Story is an initiative by the *Military Child Education Coalition* to empower our military children through literature and their stories, while fostering resilience, peer and parent connections, a sense of pride and accomplishment and a caring community.



When Your Dad Goes to War: Helping Children Cope with Deployment and Beyond
M. Makekau



PUBLISHER: Makekau
YEAR: 2010
ISBN: 978-0982660188
PAGES: 36

When Your Dad Goes to War is part of the *Little Patriot Books* series, which provides families with ideas and approaches for dealing with difficult concepts and situations, like deployment and family separation.



When Your Mom Goes to War: Helping Children Cope with Deployment and Beyond
M. Makekau



PUBLISHER: Makekau
YEAR: 2010
ISBN: 978-0982660195
PAGES: 36

When Your Mom Goes to War is part of *Little Patriot Books* series, which provides families with ideas and approaches for dealing with difficult concepts and situations, like deployment and family separation.

MIDDLE SCHOOL



100 Days and 99 Nights
A. Madison



PUBLISHER: Little, Brown Books for Young Readers
YEAR: 2010
ISBN: 978-0316117982
PAGES: 144

Through various experiences and scenarios, a family of four learns to adjust to life while the father is deployed.



Deployment Journal for Kids
R. Robertson



PUBLISHER: Elva Resa Pub
YEAR: 2005
ISBN: 978-0965748308
PAGES: 96

The Deployment Journal for Kids provides suggested frameworks for journaling, facts about deployment and the military, and access to the companion website to help children express themselves while their parent is away.



Dove Song
K.L. Franklin



PUBLISHER: Candlewick Press
YEAR: 1999
ISBN: 978-0763604097
PAGES: 190

Dove Song presents the story of 11-year-old Bobbie Lynn who, along with her 13-year-old brother, must learn to cope with their own despair, as well as their mother's breakdown, after their father is reported missing in action in Vietnam.



I Miss You!: A Military Kid's Book About Deployment
B. Andrews



PUBLISHER: Prometheus Books
YEAR: 2007
ISBN: 978-1591025344
PAGES: 56

This book is designed to help children and their parents deal with the many emotions related to deployment. The book encourages children to discuss their feelings and to draw pictures to express themselves. The parents' guide helps validate parents' feelings and provides suggestions for helping children cope with deployment.



Love You, Soldier
A. Hest and S. Lamut

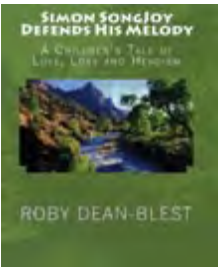


PUBLISHER: CANDLEWICK PRESS
YEAR: 2000
ISBN: 978-0763609436
PAGES: 80

Love You, Soldier is a novel that presents the story of 7-year-old Katie, a Jewish girl living in New York City during World War II. Over a three-year period of waiting for her father to return home from the war, Katie experiences many changes in her family, including the ultimate loss of her father.



Simon SongJoy Defends his Melody:
A Children's Tale of Love, Loss and Heroism
R. Dean-Blest

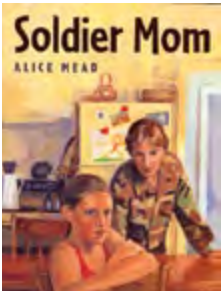


PUBLISHER: CreateSpace
YEAR: 2009
ISBN: 978-1442132818

Written by the daughter of a Vietnam veteran, this book discusses with compassion the reality of a loved one returning home from war with post-traumatic stress disorder and related issues. Though directed at children, this book may be helpful to those of any age struggling in such scenarios.



Soldier Mom
A. Mead



PUBLISHER: Farrar Straus Giroux
YEAR: 1999
ISBN: 978-0374371241
PAGES: 151

Soldier Mom is from the perspective of 11-year-old Jasmyrn Williams, while her single-mom is deployed to the Persian Gulf. After moving in with her mother’s boyfriend and her infant half-brother, she must confront issues regarding: concern for her mother’s safety, dealing with deployment, new responsibilities at home and maturing as an individual.

MIDDLE SCHOOL TO HIGH SCHOOL



4-H Army Youth Development Project
4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Army youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Army.



4-H Clubs for Air Force Youth
4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Air Force youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Air Force.



4-H Navy Youth Development Project
4-H



URL: <http://www.4-h.org/>

4-H provides predictable programming and a safe, nurturing environment for Navy youth, who often move frequently and experience difficulties around lengthy and frequent deployments. This program supports positive youth development education for youth whose parents are serving in the Navy.



And Then Mom Joined the Army
J. Hagy and D.K. Stone



PUBLISHER: Abingdon Press
YEAR: 1976
ISBN: 978-0687013791
PAGES: 143

And Then Mom Joined the Army tells the story of Scott, a boy who is lonely after his recent move. His loneliness, embarrassment and misguided new friends lead Scott to a state of moral distress.



Army Reserve Enrichment Camps
Army Reserve Family Programs



URL: <http://www.arfp.org>

Army Reserve Enrichment Camps are designed to provide a fun and rewarding experience for Army Reserve youth, ages 8 to 16. Campers interact with other Army Reserve-connected youth and learn about the unique factors associated with being in an Army Reserve family.



Club Beyond
Military Communities Youth Ministries



URL: <http://www.mcym.org/>

Club Beyond is the Military Communities Youth Ministries' program for high and middle school-aged military children. Club Beyond hosts weekly 90-minute club meetings, retreats special activity nights, lock-ins, ski trips, summer camps, and work-service projects. Club Beyond leaders also offer weekly Christianity-based study sessions.



Facebook Group: Army Children
Social media group



URL: <http://www.facebook.com>

A Facebook group for those whose parent(s) are in the Army and have to move around the world.



Facebook Group: Military Brats
Social media group



URL: <http://www.facebook.com>

A Facebook group for all family members of Army, Air Force, Navy, Marine Corps and Coast Guard personnel. The group fosters relationship building and allows members to reconnect with friends and share their stories.



Facebook Group: The Military Connection
Social media group



URL: <http://www.facebook.com>

A Facebook group designed to help people reconnect and stay in touch with past and present military connections.



Facebook Group: Where IS Home?
Children/spouses of the military
Social media group

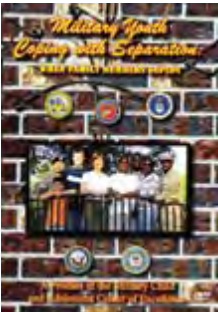


URL: <http://www.facebook.com>

A Facebook group for children and spouses of service members where they can share personal experiences about growing up in the military while building relationships and developing a sense of community.



**Military Youth Coping with Separation:
When Family Members Deploy**
The American Academy of Pediatrics



URL: <http://www.aap.org>

TIME: 92 minutes

Developed by military pediatricians and adolescent-medicine specialists, this film is designed for older children and adolescents to help them learn coping strategies for dealing with emotions during deployment challenges.



Off to War: Voices of Soldiers' Children

D. Ellis



PUBLISHER: [Groundwood Books](#)

YEAR: 2008

ISBN: 978-0888998941

PAGES: 144

Off to War: Voices of Soldiers' Children is a nonfiction book that presents interviews with American and Canadian children whose parents served in Iraq and Afghanistan. It discusses difficult topics, including deployment, post-deployment changes and the death of a parent.



On-Line Community for Overseas Brats and Military Brats

[Overseasbrats.net](#)



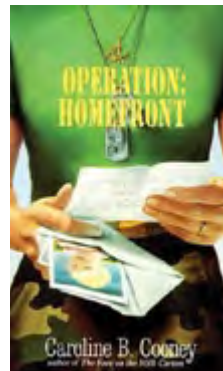
URL: <http://www.overseasbrats.net>

This online resource serves as a forum for teens to post threads and messages regarding their experiences as the children of service members and for links to applicable resources to be published. As members they can connect with contacts and friends, post pictures, and more. The community forum categorizes schools by region and country in order to facilitate connections between students from the same areas.



Operation Homefront

C.B. Cooney



PUBLISHER: [Laurel Leaf](#)

YEAR: 1992

ISBN: 978-0440226895

PAGES: 211

This fictional novel presents a story of three children coping with life and a variety of emotions after their mother, who is part of the National Guard, is sent to Saudi Arabia.



Operation Military Kids

U.S. Army and community organizers



URL: <http://www.operationmilitarykids.org>

Operation Military Kids, a result of the U.S. Army's collaborative efforts with America's communities, connects military children and youth with local resources to foster community support.



Operation Purple

National Military Family Association



URL: <http://www.militaryfamily.org>

Operation Purple, organized by the National Military Family Association, empowers military children and their families to develop and maintain healthy and connected relationships through the healing and holistic aspect of the natural world. The program is joint, or "purple," encompassing all service branches, including the reserve components.



Teen Deployment Class

Army Reserve Child and Youth Services



URL: <http://www.operationmilitarykids.org>

The online Teen Deployment Class, offered by the Army Reserve Child and Youth Services (ARCYS), is designed for children over 12 to learn what to expect when someone they love is deployed. Topics include contacting the deployed person, feelings and emotions regarding the situation, stress management and support programs and organizations.



The Interactive Military Youth Stress Management Plan

The American Academy of Pediatrics

URL: <http://www.aap.org>

NO IMAGE
AVAILABLE

Designed as a supplement to the video program, "A Military Youth Coping with Separation: When Family Members Deploy," the plan is an interactive tool designed to help teens identify stressors and develop effective coping methods.



Youth Session: From Your Hands...to Their Hearts

E. Dumler

URL: <http://www.imalreadyhomeagain.com>



This training program is designed for children and their parents in order to encourage children to share their feelings and experiences about deployment-related distance from their parents and loved ones.

HIGH SCHOOL



Brats: Our Journey Home

B. Goodwin



URL: <http://www.bratsourjourneyhome.com/>

Directed by D. Musil, *Brats: Our Journey Home* is an award-winning documentary about the lives of military children throughout history and the unique situations they encountered throughout their childhood. It discusses living around the world, moving frequently, living on military bases and the absence of parents due to deployments. (Distributed by *Brats Without Borders*)



Facebook Group: Military Brats Registry

Social media group



URL: <http://www.facebook.com>

A *Facebook* group for family members of Army, Air Force, Navy, Marine Corps and Coast Guard personnel. It includes resources, such as reunion announcements and stories by military brats and authors.



Finding My Way

M.D. Sherman and D.M. Sherman



PUBLISHER: [Seeds of Hope Books](#)

YEAR: 2005

ISBN: 978-1592981175

Finding My Way targets teens who are dealing with a parent who has experienced trauma. Divided into three parts, the book discusses the basics of PTSD, as well as living with a parent who has experienced trauma. It also introduces support resources and coping tools for teens.



Military HOMEFRONT: HOMEFRONT Connections

Department of Defense



URL: <https://apps.mhf.dod.mil/homefrontconnections/index.jspa>

HOMEFRONT Connections is a social networking environment for service members, their families and the working professionals who support them.



My Story: Blogs by Four Military Teens
M.D. Sherman and D.M. Sherman



PUBLISHER: [Beavers Pond Press](#)
YEAR: [2009](#)
ISBN: [978-1592983032](#)

My Story: Blogs by Four Military Teens is written from the perspective of four teens as they deal with the deployment of one of their parents. It features complex issues surrounding deployment, including teen depression, reconnecting after deployment, parental challenges and divorce. Although the teens in the blogs are fictional, the stories are in fact real life experiences submitted by military children.



Homecoming



PRESCHOOL



Talk, Listen, Connect: Homecoming
Sesame Workshop

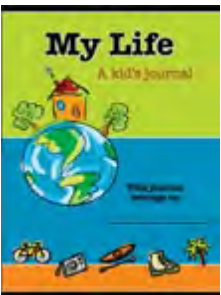


URL: <http://www.sesameworkshop.org>
YEAR: 2008

A Sesame Workshop bilingual, educational, outreach initiative designed for military families and their young children. This video addresses a parent’s combat-related injury and his or her return home.



My Life: A Kid’s Journal
Health Net Federal Services



PUBLISHER: [Health Net Federal Services](#)
ISBN: N/A
PAGES: 44

This 44-page journal helps children work through thoughts and emotions around deployment. It provides a means of positive coping strategies by giving children a place to write about what is occurring in their own lives and what they hope to see and share when their parent returns. It can be accessed through www.hnfs.net.

PRESCHOOL TO ELEMENTARY



My Dad’s Deployment: a Deployment and Reunion
Activity Book for Young Children
J. Labelle



PUBLISHER: [Elva Resa Publishing](#)
YEAR: 2009
ISBN: 978-1934617076
PAGES: 112

This 112-page activity book contains mazes, matching and coloring to illustrate and present common deployment and reunion topics. The activities reinforce concepts young children are already learning and encourage children to ask questions, understand their feelings and connect to their deployed parent.



While You Were Away
E. Spinelli

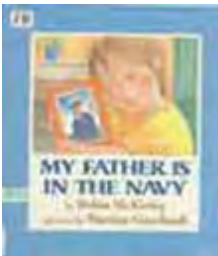


PUBLISHER: [Hyperion Books for Children](#)
YEAR: 2004
ISBN: 978-0786809721
PAGES: 32

With encouraging illustrations, *While You Were Away* is written from the perspective of three young children as they wait for their parents to return from deployment. Each of the three parents is a member of a different branch of service, therefore making it applicable for most deployment situations.



My Father is in the Navy
R. McKinley



PUBLISHER: [Greenwillow Books](#)
YEAR: 1992
ISBN: 978-0688106393

My Father is in the Navy is a picture book that addresses how young children may feel about having a deployed parent and their potential worry about not remembering that parent prior to their reunion. The emotions expressed in the story are based on the life experiences of the author, whose father was also in the Navy.



But...What If?
S.M. Linhart



PUBLISHER: [LionHeart Group Publishing](#)
YEAR: 2010
ISBN: 978-0984512720
PAGES: 36

Homecomings can be wonderful family reunions, but children may have questions leading up to seeing the returning parent again. *But.. What If?* addresses the sincere, tender questions that may go through a child’s mind as he or she prepares for the return of a deployed parent.

ELEMENTARY

MIDDLE SCHOOL



Is He Really Coming Home!
L. Rhimer



PUBLISHER: Trafford Publishing
YEAR: 2010
ISBN: 978-1426931093
PAGES: 20

Written from a child's perspective, *Is He Really Coming Home* addresses the issue of a parent coming home from war and possible battle injuries that can affect the entire family.



My Red Balloon
E. Bunting and K. Life



PUBLISHER: Boyds Mills Press
YEAR: 2005
ISBN: 978-159078263

My Red Balloon addresses the return of a military parent following deployment by telling the story of a little boy waiting with excitement and apprehension for his Navy father's return home after being at sea.



We Serve Too! 2—A Child's Reunion Book
K. Edlick



PUBLISHER: Wee the People Publishing
YEAR: 2009
ISBN: 978-0980038729
PAGES: 32

This book is a sequel resource book to *We Serve Too!—A Child's Deployment Book*, and focuses on the post-deployment reunion experience from a child's perspective.



An American Flag for Their Father
A.H. Georgopolis



PUBLISHER: Pub. Works
YEAR: 2005
ISBN: 978-1933002064

An American Flag for Their Father tells the tale of a family's homecoming when support from the community helps fifth-grader Jonathan and his third-grade sister, Meghan, raise money to buy a flag to welcome home their father, an active-duty soldier returning home from the Middle East.



The Fathers are Coming Home
M. Brown



PUBLISHER: Margaret K. McElderry
YEAR: 2010
ISBN: 978-0689833458
PAGES: 32

The Fathers are Coming Home discusses homecoming through both animal and human scenarios of fathers returning home to their families after an absence.



Mental/Emotional Health



ALL AGES



Project FOCUS
Families Over Coming Under Stress (FOCUS)



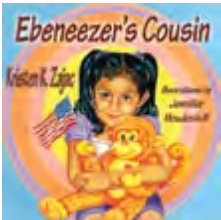
URL: <http://www.focusproject.org/>

The Families Over Coming Under Stress (FOCUS) Project provides family resiliency services to military children and families at designated Navy and Marine Corps sites to address concerns related to parental combat, operational stress injuries and combat-related physical injuries. It can be accessed through focusproject.org.

PRESCHOOL



Ebeneezer's Cousin
K. Zajac



PUBLISHER: Guardian Angel Publishing, Inc
YEAR: 2010
ISBN: 978-1616330453

Ebeneezer's Cousin is the fictional story of young Maria Jimenez, who remembers the strong relationship she had with her father pre-deployment and the efforts she makes to help him readjust to life at home post-deployment.



Talk, Listen, Connect: Changes
Sesame Workshop



URL: <http://www.sesameworkshop.org>
YEAR: 2008

A Sesame Workshop bilingual, educational, outreach initiative designed for military families and their young children. This video addresses the sensitive subject of an injured parent.



Talk, Listen, Connect: Deployment
Sesame Workshop



URL: <http://www.sesameworkshop.org>
YEAR: 2008

A Sesame Workshop bilingual, educational, outreach initiative designed for military families and their young children. This video addresses single and multiple deployments.



Talk, Listen, Connect: Homecoming
Sesame Workshop



URL: <http://www.sesameworkshop.org>
YEAR: 2008

A Sesame Workshop bilingual, educational, outreach initiative designed for military families and their young children. This video addresses a parent's combat-related injury and his or her return home.



The Hero in My Pocket
M. Lee



PUBLISHER: Early Light Press, LLC
YEAR: 2005
ISBN: 978-1419601521
PAGES: 36

The Hero in My Pocket is an interactive book designed to encourage children to recognize and express their thoughts, feelings and memories as they honor and grieve the loss of a family member serving in the military.

PRESCHOOL TO ELEMENTARY



Boo Boo Bear’s Mission: the True Story of a Teddy Bears Adventures in Iraq

M.L. Sather



PUBLISHER: Beaver’s Pond Press
YEAR: 2009
ISBN: 978-1592982837
PAGES: 56

Boo Boo Bear’s Mission is intended to be a resource for parents and health care providers to help support a child’s emotional well-being as he or she deals with the stress of a family member’s military deployment. It also includes a supplemental section with parent and provider aids on tips and activities on how to best support your child during deployment.



Daddy’s Home

C. Nadel



PUBLISHER: Mookind Press
YEAR: 2010
ISBN: 978-0979276132
PAGES: 32

Through the experiences of a young boy and his post-deployment father, *Daddy’s Home* teaches young children about post-traumatic stress disorder in simple, compassionate terms.



Daddy You’re My Hero

M. Ferguson-Cohn



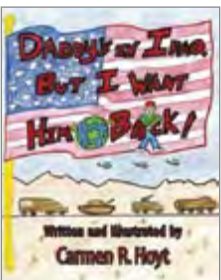
PUBLISHER: Little Redhaired Girl Pub Inc
YEAR: 2001
ISBN: 978-0972926409
PAGES: 12

Daddy, You’re My Hero addresses deployment issues from a young child’s perspective, including feelings and experiences of separation, abandonment and helplessness.



Daddy’s in Iraq, But I Want Him Back

C.R. Hoyt



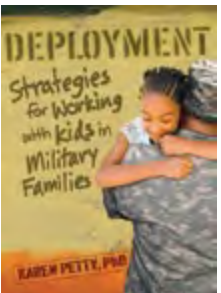
PUBLISHER: Trafford Publishing
YEAR: 2005
ISBN: 978-1412060424
PAGES: 24

Written by a Navy wife and mother, *Daddy’s in Iraq, but I Want Him Back* aims to explain deployment and address young children’s fears, insecurities and anxieties about a military parent’s separation resulting from a military deployment.



Deployment: Strategies for Working with Military Families

K. Petty



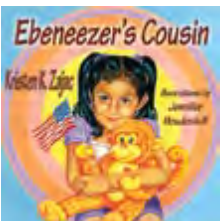
PUBLISHER: Redleaf Press
YEAR: 2009
ISBN: 978-1933653744
PAGES: 108

In *Deployment: Strategies for Working with Military Families*, Dr. Karen Petty works “to provides a voice” for children in military families. Geared towards parents and adults who work with children, this resource both discusses reactions to expect from children at all age levels regarding separation (deployment or other) and provides strategies to mitigate their concerns.



Ebeneezer’s Cousin

K. Zalac



PUBLISHER: Guardian Angel Publishing, Inc
YEAR: 2010
ISBN: 978-1616330453

Ebeneezer’s Cousin is the fictional story of young Maria Jimenez, who remembers the strong relationship she had with her father pre-deployment and the efforts she makes to help him readjust to life at home post-deployment.



Love, Lizzie: Letters to a Military Mom
L.T. McElroy and D. Paterson



PUBLISHER: Whitman
YEAR: 2005
ISBN: 978-0807547779
PAGES: 32

Love, Lizzie: Letters to a Military Mom follows 9-year-old Lizzie as she writes to her mother, who is deployed overseas. Child-like handwriting and colorful illustrations are used as Lizzie tells her mother about what is happening at home in her absence. The end of the book identifies recommendations for helping children cope with deployment and being part of a military family.



Meet Robby the C-130
B. Mahoney

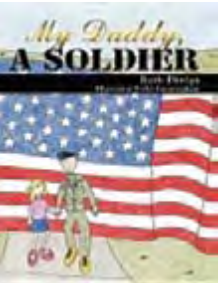


PUBLISHER: Create Space
YEAR: 2008
ISBN: 978-1441456595
PAGES: 32

A military wife and mother of three presents the story of Robby, the C-130 military aircraft who uses his deployment journey to help children understand the job of their soldier parent, learn about what occurs during deployment and cope with their feelings or emotional distress when a parent is away.



My Daddy, a Soldier
R. Phelps



PUBLISHER: Author House
YEAR: 2009
ISBN: 978-1438975696
PAGES: 100

My Daddy, a Soldier is a story of a young girl who watches her father leave for war. Readers see deployment through a child's eyes on topics ranging from how children calculate time away to coping with strong emotions and fears.



My First Deployment (Volume 1)
L. Stillion

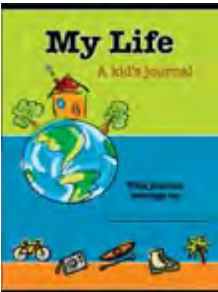


PUBLISHER: Stillion Publications
YEAR: 2006
ISBN: 978-0978547813
PAGES: 36

My First Deployment offers practical coping strategies for young children dealing with separation through the story of a young girl dealing with her father's deployment.



My Life: A Kid's Journal
Health Net Federal Services

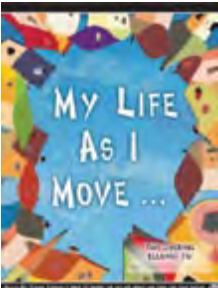


PUBLISHER: Health Net Federal Services
ISBN: N/A
PAGES: 44

This 44-page journal helps children work through thoughts and emotions around deployment. It provides a means of positive coping strategies by giving children a place to write about what is occurring in their own lives and what they hope to see and share when their parent returns. It can be accessed through www.hnfs.net.



My Life as I Move
Health Net Federal Services



PUBLISHER: Health Net Federal Services
ISBN: N/A
PAGES: 44

Moving can produce strong and difficult emotions, particularly for younger children. This journal provides an outlet for kids to write down, address and manage these feelings. It can be accessed through www.hnfs.net.



My Mommy Wears Combat Boots
S. McBride



PUBLISHER: [AuthorHouse](#)
YEAR: [2008](#)
ISBN: [978-1434351647](#)
PAGES: [24](#)

Written by a mother and U.S. veteran of 13 years, *My Mommy Wears Combat Boots* describes the author’s personal experience in addressing her child’s emotions and negative feelings towards her deployments in an effort to help other military children and families cope with deployment.



Sometimes We Were Brave
P. Brisson



PUBLISHER: [Boyd's Mill Press](#)
YEAR: [2010](#)
ISBN: [978-1590785867](#)
PAGES: [32](#)

Sometimes We Were Brave follows the experiences of a young boy, Jerome, whose mother has deployed, as he learns to adjust to life with only his father and friendly dog.



The Hero in My Pocket
M. Lee



PUBLISHER: [Early Light Press, LLC](#)
YEAR: [2005](#)
ISBN: [978-1419601521](#)
PAGES: [36](#)

The Hero in My Pocket is an interactive book designed to encourage children to recognize and express their own thoughts, feelings and memories as they honor and grieve the loss of a family member serving in the military.



The Wishing Tree
M. Redman and C. Rodriguez



PUBLISHER: [Elva Resa Pub.](#)
YEAR: [2008](#)
ISBN: [978-1934617021](#)
PAGES: [32](#)

The Wishing Tree, written by a military spouse, discusses the wishes and concerns a child has for her father while he is away. The construction of a wishing tree becomes the girl’s coping mechanism for dealing with the absence of her father. Instructions on how to make your own tree are included.



What Will I Play While You Are Away?
J. Thomas and J. Norton

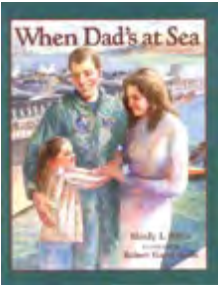


PUBLISHER: [Trafford Publishing](#)
YEAR: [2010](#)
ISBN: [978-1426929243](#)
PAGES: [28](#)

Written with elementary children in mind, *What Will I Play While You Are Away?* provides a variety of ideas in a light-hearted, storybook format of ideas for children’s activities and games while a parent is away.



When Dad’s at Sea
W.L. Pelton



PUBLISHER: [Albert Whitman & Company](#)
YEAR: [2004](#)
ISBN: [978-0807563397](#)
PAGES: [30](#)

Emily copes with her dad leaving for a six-month deployment as a Navy pilot. Throughout the story, she introduces coping mechanisms to deal with his absence. The story uses sensory details, allowing even the youngest readers to relate with Emily and the positive and negative emotions that she feels.



Uncle Sam’s Kids: Moving Again Mom
A.S. Rehak



PUBLISHER: Abidenme Books Publishing
YEAR: 2004
ISBN: 978-0971451520
PAGES: 40

Uncle Sam’s Kids: Moving Again Mom tells the story of a child who is moving to a new military base. The book focuses on the concerns children often have prior to moving and helps turn a move into an adventure, while lessening the apprehension related to the move.



Uncle Sam’s Kids: When Duty Calls
A.S. Rehak

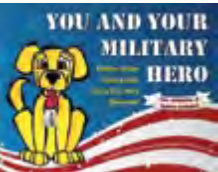


PUBLISHER: Abidenme Books Publishing
YEAR: 2004
ISBN: 978-0971451513
PAGES: 40

Uncle Sam’s Kids: When Duty Calls introduces deployment, and roles of the deployed parent while away, and normalizes common concerns expressed by children of deployed parents. Additionally, it presents deployment in a stage-like process, with topics that often present themselves at each juncture



You and Your Military Hero: Building Positive Thinking Skills During Your Hero’s Deployment
S. Fritz, P. Johnson and T. Zitzow



PUBLISHER: Bookhouse
YEAR: 2009
ISBN: 978-1592982684
PAGES: 61

You and Your Military Hero: Building Positive Thinking Skills During Your Hero’s Deployment is an activity book that utilizes games, calendars and exercises to help children to identify and understand their feelings about deployment and learn positive coping skills.

ELEMENTARY



I am Red, White, & Blue...Are You Feeling it Too?
D.L. Cole



PUBLISHER: Strong Military Families
YEAR: 2008
ISBN: 978-1604026849

Written from the perspective of a child writing to a loved soldier, I am Red, White, & Blue...Are You Feeling it Too? encourages children to talk about fears and feelings about deployment.



Is He Really Coming Home!
L. Rhimer



PUBLISHER: Trafford Publishing
YEAR: 2010
ISBN: 978-1426931093
PAGES: 20

Written from a child’s perspective, Is He Really Coming Home! addresses the issue of a parent coming home from war and possible battle injuries that can affect the entire family.

ELEMENTARY TO MIDDLE SCHOOL



A Year Without Dad
J. Brunson



PUBLISHER: Ithaca Press
YEAR: 2003
ISBN: 978-0974068312
PAGES: 40

A Year Without Dad is a story to help children cope with military separation, whether for war- or peace-time deployment. The characters in the story, Ryan and Anna, describe to children how to adapt when a parent is away and ease their fears regarding the separation.



Almost Forever

M. Testa



PUBLISHER: Candlewick Press

YEAR: 2003

ISBN: 978-0763619961

PAGES: 69

Almost Forever takes place during the Vietnam War, following a 6-year-old girl and her family after her father, a doctor, is sent to Vietnam. The story addresses life at home, concern for the parent, and a full spectrum of emotions surrounding the deployment.



Camp Desert Kids

Families United



URL: <http://www.familiesunitedmission.com>

The *Camp Desert Kids* program through Families United helps military children cope with deployment by allowing children to share similar experiences while cultivating an appreciation of Middle Eastern heritage.



My Life Continued

Health Net Federal Services



PUBLISHER: Health Net Federal Services

ISBN: N/A

PAGES: 44

This bereavement journal provides a positive coping opportunity for military children who have lost a parent to work through their thoughts and feelings and to honor the memory of their loved one. It can be accessed through www.hnfs.net.



Tell Me a Story

Military Child Education Coalition



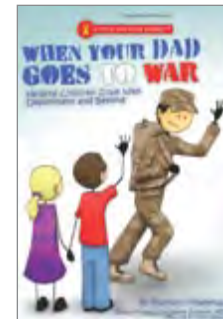
URL: <http://www.militarychild.org/>

Tell Me a Story is an initiative by the *Military Child Education Coalition* to empower our military children through literature and their stories, while fostering resilience, peer and parent connections, a sense of pride and accomplishment and a caring community.



When Your Dad Goes to War: Helping Children Cope with Deployment and Beyond

M. Makekau



PUBLISHER: Makekau

YEAR: 2010

ISBN: 978-0982660188

PAGES: 36

When Your Dad Goes to War is part of the Little Patriot Books series, which provides families with ideas and approaches for dealing with difficult concepts and situations, like deployment and family separation.



When Your Mom Goes to War: Helping Children Cope with Deployment and Beyond

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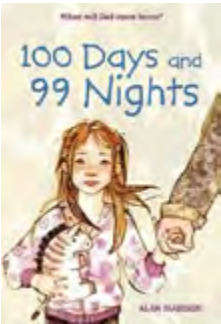
PAGES: 36

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MIDDLE SCHOOL



100 Days and 99 Nights
A. Madison



PUBLISHER: Little, Brown Books for Young Readers
YEAR: 2010
ISBN: 978-0316117982
PAGES: 144

Through various experiences and scenarios, a family of four learns to adjust to life while the father is deployed.



Deployment Journal for Kids
R. Robertson



PUBLISHER: Elva Resa Pub
YEAR: 2005
ISBN: 978-0965748308
PAGES: 96

The Deployment Journal for Kids provides suggested frameworks for journaling, facts about deployment and the military, and access to the companion website to help children express themselves while their parent is away.



Dove Song
K.L. Franklin

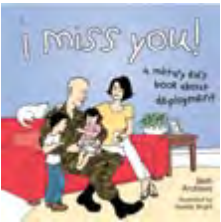


PUBLISHER: Candlewick Press
YEAR: 1999
ISBN: 978-0763604097
PAGES: 190

Dove Song presents the story of 11-year-old Bobbie Lynn who, along with her 13-year-old brother, must learn to cope with their own despair, as well as their mother's breakdown, after their father is reported missing in action in Vietnam.



I Miss You!: A Military Kid's Book About Deployment
B. Andrews



PUBLISHER: Prometheus Books
YEAR: 2007
ISBN: 978-1591025344
PAGES: 56

This book is designed to help children and their parents deal with the many emotions related to deployment. The book encourages children to discuss their feelings and to draw pictures to express themselves. The parents' guide helps validate parents' feelings and provides suggestions for helping children cope with deployment.



Love You, Soldier
A. Hest and S. Lamut

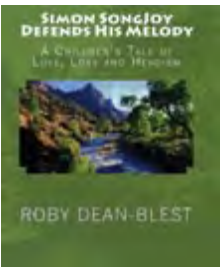


PUBLISHER: Candlewick Press
YEAR: 2000
ISBN: 978-0763609436
PAGES: 80

Love You, Soldier is a novel that presents the story of 7-year-old Katie, a Jewish girl living in New York City during World War II. Over a three-year period of waiting for her father to return home from the war, Katie experiences many changes in her family, including the ultimate loss of her father.



Simon SongJoy Defends his Melody:
A Children's Tale of Love, Loss and Heroism
R. Dean-Biest



PUBLISHER: CreateSpace
YEAR: 2009
ISBN: 978-1442132818

Written by the daughter of a Vietnam veteran, this book discusses with compassion the reality of a loved one returning home from war with post-traumatic stress disorder and related issues. Though directed at children, this book may be helpful to those of any age struggling in such scenarios.

MIDDLE SCHOOL TO HIGH SCHOOL



Soldier Mom
A. Mead

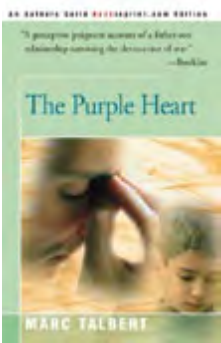


PUBLISHER: Farrar Straus Giroux
YEAR: 1999
ISBN: 978-0374371241
PAGES: 151

Soldier Mom is written from the perspective of 11-year-old Jasmyn Williams while her single-mom is deployed to the Persian Gulf. After moving in with her mother’s boyfriend and her infant half-brother, she must confront issues regarding: concern for her mother’s safety, dealing with deployment, new responsibilities at home and maturing as an individual.



The Purple Heart
M. Talbert



PUBLISHER: Willa Periman Books
YEAR: 1992
ISBN: 978-0060204280
PAGES: 135

The Purple Heart is designed to help pre-adolescents understand Luke’s experiences after his father returns from Vietnam. The mystery surrounding the Purple Heart allows the child to uncover information about his father and better understand him and his experiences now that he is home.



War? I’m Scared!
We Write Kids



PUBLISHER: Wewrite Corp
YEAR: 2001
ISBN: 978-1576350577
PAGES: 60

War? I’m Scared! was written by children for children in order to explain September 11, 2001, in a sensitive, but realistic manner. It helps children learn positive coping skills and how to help make the world a better place.



And Then Mom Joined the Army
J. Hagy and D.K. Stone



PUBLISHER: Abingdon Press
YEAR: 1976
ISBN: 978-0687013791
PAGES: 143

And Then Mom Joined the Army tells the story of Scott, a boy who is lonely after his recent move. His loneliness, embarrassment and misguided new friends lead Scott to a state of moral distress.



Club Beyond
Military Communities Youth Ministries



URL: <http://www.mcym.org/>

Club Beyond is the Military Communities Youth Ministries' program for high and middle school-aged military children. Club Beyond hosts weekly 90-minute club meetings, retreats special activity nights, lock-ins, ski trips, summer camps, and work-service projects. Club Beyond leaders also offer weekly Christianity-based study sessions.



Military Youth Coping with Separation:
When Family Members Deploy
The American Academy of Pediatrics



URL: <http://www.aap.org>
TIME: 92 minutes

Developed by military pediatricians and adolescent-medicine specialists, this film is designed for older children and adolescents to help them learn coping strategies for dealing with emotions during deployment challenges.



Off to War: Voices of Soldiers' Children
D. Ellis



PUBLISHER: [Groundwood Books](#)
YEAR: 2008
ISBN: 978-0888998941
PAGES: 144

Off to War: Voices of Soldiers' Children is a nonfiction book that presents interviews with American and Canadian children whose parents served in Iraq and Afghanistan. It discusses difficult topics, including deployment, post-deployment changes and the death of a parent.



Operation Homefront
C.B. Cooney



PUBLISHER: [Laurel Leaf](#)
YEAR: 1992
ISBN: 978-0440226895
PAGES: 211

This fictional novel presents a story of three children coping with life and a variety of emotions after their mother, who is part of the National Guard, is sent to Saudi Arabia.



Operation Purple
National Military Family Association



URL: <http://www.militaryfamily.org>

Operation Purple, organized by the National Military Family Association, empowers military children and their families to develop and maintain healthy and connected relationships through the healing and holistic aspect of the natural world. The program is joint, or "purple," encompassing all service branches, including the reserve components.



Searching for Atticus
J. Marino



PUBLISHER: [Simon & Schuster Books for Young Readers](#)
YEAR: 1997
ISBN: 978-0689800665
PAGES: 182

In the fictional novel *Searching for Atticus*, fifteen-year-old Tessa becomes a parent in taking care of her father and helping him cope with his memories and psychological trauma after returning from Vietnam. At the same time, Tessa desperately seeks the attention that she hasn't received from her father in so long and ends up involved with a dangerous older boy.



Teen Deployment Class
Army Reserve Child and Youth Services



URL: <http://www.operationmilitarykids.org>

The online Teen Deployment Class, offered by the Army Reserve Child and Youth Services (ARCYS), is designed for children over 12 to learn what to expect when someone they love is deployed. Topics include contacting the deployed person, feelings and emotions regarding the situation, stress management and support programs and organizations.



The Interactive Military Youth Stress Management Plan
The American Academy of Pediatrics



URL: <http://www.aap.org>

Designed as a supplement to the video program, "A Military Youth Coping with Separation: When Family Members Deploy," the plan is an interactive tool designed to help teens identify stressors and develop effective coping methods.

HIGH SCHOOL



Durable Goods
E. Berg



PUBLISHER: Random House
YEAR: 1993
ISBN: 978-0812968149

This teenage fictional novel, *Durable Goods*, introduces the life of two sisters, who in addition to coping with the death of their mother, are affected by the military life of their father. The girls must deal with issues, such as frequent moves, living on a military base and an emotionally distant and abusive father, all while encountering the normal growing pains of the teenage years.



Finding My Way: A Teen’s Guide to Living with
a Parent Who Has Experienced Trauma
M.D. Sherman and D.M. Sherman



PUBLISHER: Seeds of Hope Books
YEAR: 2005
ISBN: 978-159298175

This award-winning book addresses real questions and issues teens face as they acclimate to a parent post-deployment who has post-traumatic stress disorder, various addictions or other behavioral health struggles.



I’m Not Alone: A Teen’s Guide to Living with
a Parent Who Has a Mental Illness
M.D. Sherman and D.M. Sherman

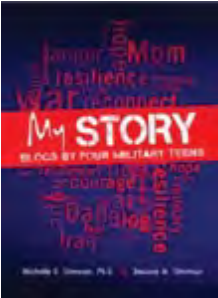


PUBLISHER: Beavers Pond Press, Inc.
YEAR: 2006
ISBN: 978-1592981182

I'm Not Alone targets teens who have a parent with a mental illness. Divided into three parts, the book discusses the basics of mental illness, how to work with that parent and introduces coping tools for teens, including support resources.



My Story: Blogs by Four Military Teens
M.D. Sherman and D.M. Sherman



PUBLISHER: Beavers Pond Press, Inc.
YEAR: 2009
ISBN: 978-1592983032

My Story: Blogs by Four Military Teens is written from the perspective of four teens as they deal with the deployment of one of their parents. It features complex issues surrounding deployment, including teen depression, reconnecting after deployment, parental challenges and divorce. Although the teens in the blogs are fictional, the stories are in fact real life experiences submitted by military children.



Rebel Powers
R. Bausch



PUBLISHER: Houghton Mifflin/Seymour Lawrence
YEAR: 1993
ISBN: 978-0395595084

Rebel Powers is a novel about 40-year old Thomas Boudreaux, who still struggles with events that occurred when he was 17 and his parents divorced. Thomas uses a journal to better understand the complex nature of his father, an Air Force man and former POW.



PAGES 94-97

Moving



ALL AGES



Military Youth on the Move
Department of Defense



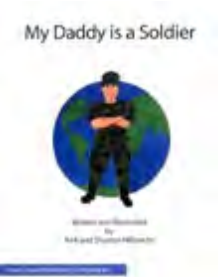
URL: <http://apps.mhf.dod.mil/pls/psgprod/f?p=MYOM:HOME:0>

A website dedicated to providing elementary, middle and high school students with information on deployment and moving to a new location, as well as other topics, such as divorce, exercise and making money.

PRESCHOOL TO ELEMENTARY



My Daddy is a Soldier
K. Hilbercht and S. Hilbercht

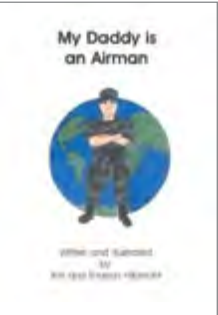


PUBLISHER: [New Canaan Publishing Company Inc.](#)
YEAR: 2001
ISBN: 978-1889658018
PAGES: 30

The first book is a series of colorful picture books intended for military children. *My Daddy is a Soldier* teaches young children about the importance of their father's job as a soldier in the U.S. military.



My Daddy is an Airman
K. Hilbercht and S. Hilbercht

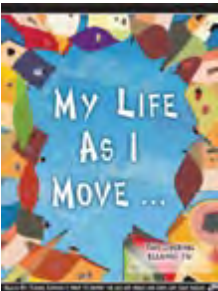


PUBLISHER: [New Canaan Publishing Co](#)
YEAR: 2005
ISBN: 978-1889658384
PAGES: 32

A resource in the picture book series for military children, *My Daddy is an Airman*, focuses on teaching children about their father's specific job as an airman the U.S. military.



My Life as I Movie
Health Net Federal Services

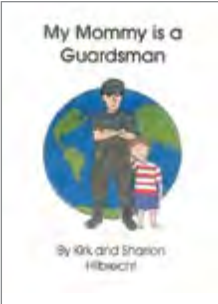


PUBLISHER: [Health Net Federal Services](#)
ISBN: N/A
PAGES: 44

Moving can produce strong and difficult emotions, particularly for younger children. This journal provides an outlet for kids to write down, address and manage these feelings. It can be accessed through www.hnfs.net.



My Mommy is a Guardsman
K. Hilbercht and S. Hilbrecht

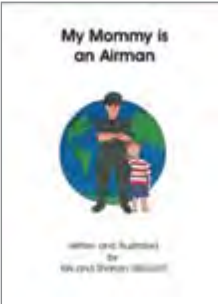


PUBLISHER: [New Canaan Publishing Company](#)
YEAR: 2003
ISBN: 978-1889658339
PAGES: 30

My Mommy is a Guardsman teaches young children about the important job their mother has as a member of the National Guard in helping and protecting people and, ultimately, making the world a safer place.



My Mommy is an Airman
K. Hilbrecht



PUBLISHER: [New Canaan Publishing Company Inc.](#)
YEAR: 2004
ISBN: 978-1889658360
PAGES: 30

A resource in the picture book series for military children, *My Mommy is an Airman*, focuses on teaching children about their mother's specific job as an airman the U.S. military.



Uncle Sam’s Kids: Moving Again Mom
A.S. Rehak



PUBLISHER: Abidenme Books Publishing
YEAR: 2004
ISBN: 978-0971451520
PAGES: 40

Uncle Sam’s Kids: Moving Again Mom tells the story of a child who is moving to a new military base. The book focuses on the concerns children often have prior to moving and helps turn a move into an adventure, while lessening the apprehension related to the move.



Student 2 Student
MilitaryChild.org



URL: <http://www.militarychild.org/>

The Student 2 Student initiative through MilitaryChild.org consists of middle and high school programs designed to provide leadership for training other students to support military children transitioning to or from their school.

ELEMENTARY TO MIDDLE SCHOOL



Tell Me a Story
Military Child Education Coalition



URL: <http://www.militarychild.org/>

Tell Me a Story is an initiative by the Military Child Education Coalition to empower our military children through literature and their stories, while fostering resilience, peer and parent connections, a sense of pride and accomplishment and a caring community.



Brats: Our Journey Home
B. Goodwin



URL: <http://www.bratsourjourneyhome.com/>

Directed by D. Musil, Brats: Our Journey Home is an award-winning documentary about the lives of military children throughout history and the unique situations they encountered throughout their childhood. It discusses living around the world, moving frequently, living on military bases and the absence of parents due to deployments. (Distributed by Brats Without Borders)

MIDDLE SCHOOL TO HIGH SCHOOL



And Then Mom Joined the Army
J. Hagy and D.K. Stone

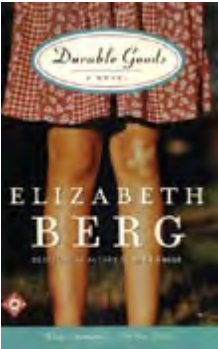


PUBLISHER: Abingdon Press
YEAR: 1976
ISBN: 978-0687013791
PAGES: 143

And Then Mom Joined the Army tells the story of Scott, a boy who is lonely after his recent move. His loneliness, embarrassment, and misguided new friends lead Scott to a state of moral distress.



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E. Berg



PUBLISHER: Random House
YEAR: 1993
ISBN: 978-0812968149

This teenage fictional novel, Durable Goods, introduces the life of two sisters, who in addition to coping with the death of their mother, are affected by the military life of their father. The girls must deal with issues, such as frequent moves, living on a military base and an emotionally distant and abusive father, all while encountering the normal growing pains of the teenage years.

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