

Resource Guide: Supporting Military Kids Through Trauma, Deployment & Change

Resources for Military Families and Professionals

MCEC Parent Support

[Coping After Trauma: Understanding Child Trauma, Part 1](#)

[Coping After Trauma: Resilience for Military Parents and Caregivers, Part 2](#)

Military families are strong and resilient, but the unique demands of military life can still take a toll. These webinars offer practical tools to help you support your child through military-related stress, trauma, and loss. Join us to discover practical strategies that build your child's coping skills, strengthen family relationships, and support your own well-being.

[Creating Strong Military Families](#)

Join us for an engaging webinar exploring what it means to be a military family and the qualities that build strength and resilience at home. Discover practical strategies for deepening family connections, fostering unity, and building enduring bonds that withstand the unique challenges of military life.

[Developing Positive Coping Strategies](#)

Military-connected children face unique challenges. Explore practical ways to help children navigate frequent moves, deployments, and family transitions. Discover strategies that foster healthy coping skills, encourage positive reframing of difficult experiences, and strengthen the resilience children need to thrive in the face of change.

Empowering Military-Connected Children: Building Self-Advocacy Skills

Self-advocacy is a vital skill for military-connected children, especially as they navigate frequent relocations, parental deployments, and new schools or environments. This session highlights practical approaches to help children express their needs, seek support, and face challenges with confidence.

Fostering Resilience in Military-Connected Children

How do you raise a child who can truly thrive wherever military life leads? In this dynamic webinar, grounded in Dr. Kenneth Ginsburg's research-based 7 Cs framework, you'll discover practical strategies to help your child navigate deployments, frequent moves, and school transitions with confidence. Learn how to turn everyday challenges into opportunities for growth and resilience.

Mindfulness – A Pathway to Wellbeing

The military lifestyle can bring unique stressors to families, particularly children. From frequent moves to the emotional impact of deployments, these challenges can affect a child's well-being. Amid these changes, mindfulness can play a crucial role in helping children manage stress, regulate their emotions, and foster well-being.

Raising a Confident Child in an Uncertain World

In a world that changes with every deployment, move, and mission, military-connected children face unique challenges but also incredible opportunities. This empowering webinar offers practical tools and research-informed strategies tailored to military families. Discover how to turn uncertainty into strength and give your child the confidence to grow, lead, and shine—wherever the world may take them.

Staying Connected During a Service Member's Absence

Staying connected as a family during deployments and separations can be challenging, but it's essential for maintaining strong bonds and ensuring that children feel supported, loved, and secure. Join us for strategies families use to stay connected during these difficult times, along with tips for both parents to stay involved in their child's education.

Supporting Children of National Guard and Reserve Families

Children of National Guard and Reserve families face unique challenges, often balancing the demands of military life without the daily support of an active-duty community. Join us as we explore resources, tools, and insights to help ensure National Guard and Reserve-connected children feel seen, supported, and set up for success.

Supporting the Well-being of Youth in Caregiver Roles

Military-connected youth who take on caregiving roles for injured, ill, or wounded Service Members and Veterans face unique challenges that can impact their well-being. This webinar will help military parents recognize the needs of youth caregivers and explore practical ways to support their long-term success and health.

Discover additional MCEC Parent Support webinars on the **Military Child Education Coalition YouTube** channel.

Special thanks to the Department of the Air Force School Liaison Program and Navy Child & Youth Programs for making these webinars possible.

Individualized Support Options

MCEC Military Student Consultant

As a premier resource that addresses challenges associated with the military lifestyle, an MCEC Military Student Consultant is a trusted professional resource during times of transition and throughout the deployment cycle, providing individualized support services for parents, educators, and administrators.

Cohen Veterans Network

Military OneSource Counseling

Military and Family Life Counseling

SAMHSA

Resources for Military Families and Professionals

[Child Care Aware of America](#)

[Child Mind Institute](#)

[Department of Veterans Affairs-Coping When a Family Member Goes to War](#)

[Mental Health America: Coping with War-Related Stress](#)

[Sesame Street for Military Families](#)

[Taking Care of Our People](#)

[The National Child Traumatic Stress Network](#)

[Zero To Three](#)

MCEC Professional Development Offerings

MCEC Learning HUB (Asynchronous Trainings)

In the dynamic field of education, staying up to date with the latest practices and approaches is crucial for professionals dedicated to supporting military-connected children. The MCEC Learning Hub offers professional development courses tailored to support the unique needs of military-connected children and youth. Drawing upon the latest research and best practices, the asynchronous trainings provide actionable insights and strategies that professionals can implement directly into their field of practice. Participants can download their Certificate of Completion after completing the course requirements.

Virtual or In-Person Format

Live, interactive learning sessions are led by highly qualified, skilled instructors experienced in youth development, education, counseling, social work or other related fields. Our virtual sessions are designed to engage professionals in a meaningful way in their regular learning environment to help maximize their time.

Gone is Gone: Supporting Military-Connected Children During Parental Absence

Every military family experiences times when the service member will be away. Strong communication and a web of support comprised of other caring adults is essential to help children and youth adapt and tackle the multitude of challenges that can occur when a parent or caregiver is gone. This session equips professionals with effective strategies to support children and youth in overcoming challenges related to absences and staying on track.

Military-Connected Youth in Caregiver Roles

Children who are serving in caregiver roles for service members or veterans are a unique set of military-connected children. This session is designed to assist youth-serving educators, professionals and parents in recognizing the impacts and needs of children in caregiver roles. Learn ways to support the wellbeing of these youth and discover supportive structures and services to add to the professional toolbox.

Serving Military-Connected Students

Who are military-connected students? Understand the complexities of the military lifestyle. Explore the unique strengths and challenges of students with a focus on academics, social, and emotional aspects. Discover strategies, programs, and resources to support these students.

Practical Approaches to Supporting Military-Connected Students' Well-being

Discover how fostering cognitive, emotional, and behavioral skills can positively impact the academic achievement of military-connected children and youth. Learn unique and creative ways to integrate engaging activities into your professional practice, empowering students to thrive, both in and out of the classroom.

Supporting Military-Connected Students During Deployments

When a parent deploys or is activated for service, it affects their children, impacting academic performance, behavior, and overall well-being. This session offers youth-serving professionals valuable insights into the unique challenges military-connected families face during separations. Discover strategies to create a supportive school environment and gain practical tools to help students navigate these challenges and thrive.

The Journey from “Welcome Home” to Now: Reunion, Reconnecting, Routine™

This course is designed for professionals who support military-connected children and youth. It focuses on the challenges and joys that these children experience during reintegration after a family member’s extended absence. Discover effective strategies to support students as they navigate the reunion process, rebuild connections, and reestablish routines.

We Serve, Too – National Guard and Reserve Children™

Explore the unique challenges faced by children of National Guard and Reserve families in this insightful course. Discover practical strategies, tools, and resources to effectively support these children, helping them build resilience and thrive in the face of change.

