



For Parents

A Guide for Helping Children Manage Anger C0098

This presentation was developed to help parents and caregivers recognize when a child is acting out through anger, when it is normal and healthy and how to recognize signs that something more serious is going on and should be addressed.

Building Partnerships with Parents P0197

This presentation will address the importance of open communication between school and home and offer suggestions to childcare providers and teachers that can help strengthen the relationship between parent and teacher.

Building Resiliency in Children: A Parent's Guide P0217

This presentation will teach participants how to recognize characteristics of resilient children as well as methods for building resilience in children by teaching coping skills, optimism, character building and more.

Building Your Child's Self Esteem P0208

This presentation covers the meaning of self-esteem, factors that effect self-esteem, the connection between self-esteem and behavior and 10 ways you can build your child's self-esteem.

Bullying: A Guide for Parents and Caregivers C0007

This presentation was developed for parents - this presentation defines bullying, how to detect bullying and how to prevent the behavior. Addressing and preventing bullying is the key to developing healthy coping mechanisms.

Children & Separations Issues of Deployment C0008

The presentation explores the common stress reactions resulting from deployment in children of different ages: preschool, elementary school age and adolescent as well as normal coping strategies.

Conflict Resolution with Children ages 4 - 12 C0018

You will find guidelines and ground rules for everyone to use when resolving conflict as well as effective problem solving techniques will be addressed. This is developed for parents.

Conflict Resolution Children ages 13-16 C0043

This presentation provides guidelines and ground rules for everyone to use when resolving conflict as well as effective problem solving techniques will be addressed. This is developed for parents.

Cyber-Bullying C0165

Cyber-bullying is on the rise due to text messaging, my Space, emails, web pages and cell phones. Children can easily fall prey to cyber-bullies and the emotional and social effects can be devastating. This presentation defines cyber-bullying and offers tips for parents for staying in touch with their children and how to address cyber-bullying if it hits home.

Developmental Stages for Children Birth to Two Years Old P0021

This presentation helps parents and caregivers understand the stages and milestones their infant will accomplish during this age as well as advise ways to pay attention of one's own needs as a way of providing the best care for all.

Developmental Stages for Children Two to Five Years Old C0102

This presentation explores the developmental milestones for children between the ages of two and five years old and what to expect (as well as what not to expect) in their growing child.

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Developmental Stages 6 - 9 C0123

This presentation discusses rate of development and growth for the 6 to 9 year old and how each child is unique.

Developmental Stages 10 - 12 C0124

This presentation discusses rate of development and growth for the 10 to 12 year old and how each child is unique.

Effective Discipline for Young Children ages 2-5 P0039

This presentation explores our job as caregivers and parents to support a positive learning environment while creating guidelines and teaching skills that promote the growing process.

Effective Discipline for School Age Children ages 6-9 P0020

This presentation addresses the developmental stage of six to nine year olds and effective tools for setting guidelines, shaping behavior, discipline and touches on the affect deployment has on this age group.

Effective Discipline for Pre-Teens ages 10-12 P0022

This workshop teaches parents and caregivers how to maintain good communication, how to discipline, how the military lifestyle briefing affects the child and more.

Effective Discipline for Teens ages 13-17 P0023

Parents and caregivers of teenagers will learn effective guidelines for setting rules, limits and consequences for their teen.

Electronics and Your Children P0201

This presentation will cover the potential negative effects of electronic media and cell phone usage as well as the importance of monitoring the use of children's electronics and access to social networking sites.

Enhancing Resiliency in Children C0091

This presentation helps parent's understand how they may ease the military lifestyle for their children, challenges that children face and ways to create a supportive environment for kids.

Fatherhood P0163

Becoming a parent is one of the most life altering changes in a person's life. *Fatherhood* talks about the many blessings and challenges inherent to becoming a parent in the military and offers ways of bonding and staying connected during deployment.

From Couplehood to Parenthood M0170

This presentation takes an honest look at the changes a couple faces upon welcoming a baby into their family and how to make the transition to welcoming the new member if the spouse is deployed.

Helping Children Cope with Post-Deployment Issues P0143

This presentation talks about a child's concerns and potential challenges with the return of a parent from deployment and suggests coping techniques that a parent can employ to support a satisfying and positive reintegration process for the entire family. Includes parent guides and activities for toddlers/preschoolers, grade-school children and teenagers.

Helping the Service Member Reconnect with their Child RR0173

This presentation looks at the possible reactions children have to their returning Service Member parents and offers way that can help the child reconnect.

How Children Grieve C0101

This presentation offers parents and caregivers tools for assisting children at all developmental stages through the death of a loved one.

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How to Talk to Parents: Effective Parent/Caregiver Communication P0010

This was developed for caregivers on the art of addressing a parent regarding issues their child may be having in the classroom or other care environment. Also Included are guidelines for long-term relationship building.

Introducing a New Baby P0196

This presentation will help participants understand their child's possible reaction to a new sibling as well as helpful ways to prepare a child for a new sibling.

Issues Families Face When the Military Deploys D0028

This presentation helps families recognize the symptoms of deployment stress and teaches personal strategies that cope with stress.

Issues with Child Visitation P0176

This presentation addresses the many possible issues involving child visitation including transportation issues, maintaining consistency, rules and discipline as well as solutions and coping skills that can help.

Parent/Child Communication C0038

This presentation introduces the benefits of effective communication and how parents can develop healthy communication in their relationships to reinforce strong child/parent bonds. Addresses each age level

Parenting Skills for the Single Service Member P0131

This comprehensive presentation addresses the many aspects of single parenting in the military including: letting go of guilt, helping your child understand the importance of your job, how to effectively parent while deployed and much more.

Parenting Teens P0027

This presentation discusses the developmental milestones teenagers reach, provides an understanding of their development and what parents can do to best support their young adult.

Potty Training C0200

This presentation will help parents and caregivers understand the potty training process, identify potty training readiness and learn potty training methods that can be utilized in daycare and preschool settings.

Power Struggles C0127

This presentation addresses the normal and inevitable (and healthy) power struggles that every parent/teacher and/or caregiver will find themselves in with children. Learn where these stem from and some effective tools for navigating through these challenges.

Preparing Your Child for Kindergarten P0215

Starting kindergarten is an important milestone for children. Participants will learn what behavioral, academic and social skills children should know prior to starting kindergarten as well as ways to help children prepare for their big day.

Preparing Your Child for Middle School P0213

Starting middle school is a big step--and can sometimes leave children feeling uneasy or afraid. This presentation will help participants understand the challenges of transitioning to middle school and ways to help their children make a smooth transition.

Responding to Toddlers Who Bite & Hit P0133

This presentation reviews young child behavior like biting and hitting and suggests effective discipline actions.

Sibling/Parent Relationships: Building Healthy Relationships C0111

This presentation explores relationships between each member, provides tools to deal with conflict and communication as a means for overcoming conflict and strengthening the bond.

Supporting Children of Divorce:

Activities Based Program for Children Ages 3-5 C0081

Curriculum, activities and handouts to guide young children through the emotional challenges and many changes of divorce.

Supporting Children of Divorce:

Activities Based Program for School-Aged Children Ages 6-9 C0108

Six session curriculum, activities and handouts to guide school-aged children through the emotional challenges and many changes of divorce.

Supporting Children of Divorce:

Activities Based Program for Preteen Children Ages 10 - 12 C0167

Six session curriculum, activities and handouts to guide preteen children through the emotional challenges and many changes of divorce.

Step Parenting C0104

This presentation was developed for parents of blended families, provides insight to each member's possible struggles as well as guidelines for encouraging blended family bonding and long-term success.

Teaching Children How to Get Along P0185

With a roomful of young children, conflict isn't a surprise. This presentation offers information on the caregiver's role describes some difficult behaviors and suggests problem solving skills that can help keep the peace. Includes a workbook of activities.

Teaching Parents How to Support Their Children through Divorce P0159

Divorce doesn't just affect a husband and wife - the lives of children are greatly impacted by the decision. This presentation and workbook activity guide is designed to help parents help children - address the many changes and issues that can arise.

The Sandwich Generation ML0152

This presentation addresses the sandwich generation - that is, a family situation where a parent raising small children may also be caring for their aging parents and the complexity that the military lifestyle adds.

Tips for Teachers: Working with Children during Deployment C0112

This presentation discusses ways for teachers to alleviate the stress for both the child and the parent and suggest positive coping behaviors that can help children successfully make it through a parent's deployment and extended absence.

Transitioning Children between Activities P0190

Transitioning groups of small children between activities can be a difficult process. This presentation offers solutions for successful transition between activities as well as addresses difficult behaviors that can act as barriers to successful transitioning and solutions to those.

Traumatic Event Stress Response for Children ML0199

This presentation discusses children's fears and possible reactions to trauma as well as tips for talking to children and helping them cope and handle their feelings.

Understanding Grief: Education for Caregivers ML0088

This presentation walks participants through the stages of grief, provides an in-depth discussion around the meaning of grief and how it can fluctuate depending on many factors including age, gender and closeness of the loved one lost.

Welcome Home! Reconnecting with your Child RR0116

This presentation will walk through potential issues the returning parent will face as a result and tips for easing the situation and making homecoming an enjoyable and healthy transition for the whole family.

When a Parent Deploys ages 2-5 C0103

This presentation addresses the relevant developmental issues, how to prepare young children for deployment and suggestions for helping children cope with the separation.

When Your Son or Daughter Deploys P0179

This presentation addresses how parents of grown children can support their son and/or daughter through deployment along with find coping skills to take care of themselves while their son and/or daughter is deployed.

Child/Youth Focused

Activities for Children's Reunion ages 6-12 C0097

These activities encourage children to recognize and address their feelings and issues around their deployed Service Member's homecoming.

All Feelings are OK C0126

This set includes 5 materials: All Feelings Are Okay: group curriculum, group handouts 1, group handouts 2, leader tools and group activities to guide children through different "easy" and "hard" feelings and understand that feelings are a normal and healthy part of life.

Anger Management for Teens AM0003

A presentation to help teens understand different types of anger, which type they exhibit, healthy ways to manage anger and when to seek help if their anger feels out of control.

Appropriate School Bus Behavior C0219

This presentation will teach children about behaviors that are appropriate and safe when riding the bus. Participants will also learn how inappropriate behavior on a school bus can potentially distract the driver and possible cause an accident.

Bully Busting Activities (1st - 8th grade instructor's guide) C0017

The purpose of this presentation is to guide children through three processes of discovery, positive action and resolution in terms of bullying.

Challenges of Changing Schools C0186

It's tough to start at a new school! All new people, old friends left behind, who knows where this group is with their text books? This presentation addresses each of these challenges and offers suggestions for making new friends and keeping your grades up through the process.

Communication for Teens C0014

This presentation provides reassurance to teens regarding common teenage struggles and teaches skills for effective communication including how to listen and healthy ways to communicate anger.

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Conflict Resolution for Middle School C0193

This presentation is designed to help middle school-age kids understand what conflict is, different responses to conflict, communication skills that can help prevent conflict and beneficial ways of handling and resolving conflict.

Emotional Intelligence Activities for Children Ages 5-7

Emotional Intelligence Activities for Children Ages 8-10

Emotional Intelligence Activities for Children Ages 11-12

Emotional Intelligence Activities for Children Ages 13-18

These Activity Guides offer age appropriate resources that are helpful in teaching children about emotions surrounding a parent's deployment.

Entering the World of Work Focus on Teens C0100

This presentation talks about how to start, where to apply, how to present yourself and what you deserve as a teenager in the workforce.

How to Handle Peer Pressure C0110

This presentation provides an inside look at peer pressure - what it is and why kids sometimes give in. This presentation will also offer some ideas on how to say no to peer pressure.

Self-Esteem for Teens S10050

It is not easy being a teenager - fashion, peers, sports, and expectations not to mention the frequent relocations within an active military lifestyle. This workshop provides an understanding of self-esteem and its key role in a healthy and happy life.

Stress Management for Teens C0120

This presentation helps teens understand stress from the signs and symptoms to the sources and ways teens can manage stress positively.

Study Skills for Middle School C0189

This presentation teaches middle school-aged children important study habits to take through their educational career.

Teens and the Power of Peer Pressure C0110

This presentation defines peer pressure and its causes, why teens sometimes succumb to peer pressure, addresses positive peer pressure. Developed for teens.

Time Management and Organization for Teens S10092

This workshop is designed to help teens prioritize and organize all their responsibilities and leave enough time for fun.