



How do you support our littlest troops?

Need parenting backup? We're here to help.

It takes a community to raise our kids right. If you see a parent who needs help, reach out. And if you need support, don't be afraid to ask. Help is available. Learn about all the free resources that cater to military parents and families. Contact Military OneSource or your Family Advocacy Program office.



Together, we can keep kids healthy and safe.

800-342-9647 | www.MilitaryOneSource.mil/MilParentPower



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**MILITARY
ONE SOURCE**



Little things can make a big difference.

Get tips and tools to support our littlest troops.

Caring for kids takes grown-up skills. Do you have the intel you need to power up your parenting? Learn little things you can do every day to raise resilient, healthy kids. And discover all the free resources and support available to military parents and families. Contact Military OneSource or your Family Advocacy Program office.



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Little things can make a big difference.

Do you know how to support our littlest troops?

Do you know the everyday things that can pose big risks for little kids? Get up-to-date, inside intel made for raising healthy kids – from tots to teens. Learn about all the free resources and support available to you to power up your parenting. Contact Military OneSource or your Family Advocacy Program office.



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