Learn everyday ways to keep children safe and healthy.

It’s often the little things that pose the biggest risks. Do you know how to protect your children?

Get up-to-date, inside information designed for military families on these topics and many more:

- Ways to keep your baby safe during sleep
- The right age to leave kids on their own
- Positive ways to discipline at every age
- Coping skills and self-care strategies for parents

Parents: Share support, ask for support.

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 from our military community – especially for new families.

Contact Military OneSource or your New Parent Support Program to access resources including:

- Home visits for new or expectant parents – learn about safe sleep, nutrition, behavior and more, all at home.
- Referrals to resources – learn what’s available at your installation and in the community.
- Prenatal care, parenting classes and playgroups – we can help you connect with local resources.

Find more MilParent Power tips and ideas for improving your parenting skills at www.MilitaryOneSource.mil/MilParentPower

Contract your local Family Advocacy Program office or call Military OneSource at 800-342-9647 | www.MilitaryOneSource.mil