



MONTH OF THE MILITARY CHILD

April 2025

How to Support Military Children:

A guide for families, educators, and communities

Military children are resilient, adaptable, and strong. But they also face unique challenges due to the demands of military life, such as frequent moves, parental deployments, and adjusting to new schools and communities. Your support can make a lasting impact on their well-being and sense of belonging. Here's how you can help:

- **Understand their challenges.**
 - Learn about common stressors military children face, such as deployment cycles, relocation, and reintegration.
 - Be sensitive to signs of anxiety, sadness, or other emotions, especially when a parent or caregiver is called away to active duty.
 - Provide safe spaces and trusted adults who listen and offer consistent support.
- **Welcome and include them.**
 - Greet military families warmly when they move into your neighborhood, school, or community organization.
 - Encourage activities where children can make friends and feel part of the group quickly.
 - Pair military children with peer buddies and adult mentors to smooth the transition at school and in other activities.
- **Celebrate them and promote awareness about their experiences and strengths.**
 - Celebrate [Month of the Military Child's](#) (April) 2025 theme "Celebrating Military Children and Youth: Building Stronger Character and Relationships" highlights the importance of supporting these children's unique experiences, challenges and personal sacrifice and important contributions of military children. Show support by wearing purple on Purple Up! Day—every year on April 15.
 - Learn about common stressors military children face, such as deployment cycles, relocation, and reintegration.
- **Connect military families to resources and show compassion.**
 - Guide military families to [child care](#), [educational support](#), and [counseling services](#).
 - Encourage participation in military-connected clubs like Student 2 Student (S2S) or Operation Purple Camps, Boy and Girls Club of America.