Parenting2Go Mobile App

Parenting2Go is a mobile application designed to help Veterans and Service members to reconnect with their families after deployment or anytime. Lengthy and multiple deployments have disrupted family life and have caused parenting challenges for millions of Veteran and Service Member parents. According to a 2011 Defense Department demographic report, more than 44 percent of military members have families. Sixty-seven percent of those families have children younger than 12 years old.

Parenting2Go provides on-the-go tools and resources to help parents navigate common parenting challenges and strengthen parenting skills. The app may be used alone or in combination with the comprehensive Parenting for Service Members and Veterans online course (www.veteranparenting.org), from which its content is derived.

The features of Parenting2Go include:

• Tools to facilitate the transition from a work mindset to being at home, ready for family life
• Practical tips for resolving parenting challenges
• Guided exercises to calm the mind and body and reduce stress
• Access to support resources including the user’s personal contacts and professional mental health resources
• Tracker for monitoring the user’s positive and negative communications with their children and strategies to promote positive communications

Parenting for Service Members and Veterans, collaboratively developed by the Departments of Veterans Affairs (VA) and Defense (DoD), is a comprehensive online self-help course providing parenting tools and resources that address both everyday problems as well as family issues that are unique to the military lifestyle, such as returning from deployment and PTSD. The modules feature stories from actual Veteran/military families and interactive activities that deal with parenting scenarios and opportunities for reconnections. Original content was developed by a committee of parenting experts, researchers, and clinicians from VA, DoD, and several academic institutions (see www.veteranparenting.org for more information).
Parenting2Go Features

This FREE, evidence-based app is available now on iTunes.

- Easy-to-access tips for managing different types of challenging parenting situations
- Convenient access to:
  - User’s personal support network
  - Professional mental health care resources
- Tool to increase positive parent-child communication
- 4 guided exercises for calming the mind and body and managing stress
- This feature allows the user to set reminders and access tools to facilitate the transition from work to home and promotes positive parenting