Parenting2Go Overview

Parenting2Go is a mobile phone app designed to help Service members and Veterans reconnect with their family after deployment or anytime. Parenting2Go provides Military and Veteran parents with convenient in-the-moment tools to help with parenting challenges. Parents can find strategies to switch gears between military life and home; access quick parenting advice; stop and slow down when frustrated or stressed; and improve their relationship with their children through positive communication. This tool is being disseminated as an educational, coaching app. It is not intended to replace therapy for those who need it.

The features of Parenting2Go include:

- An interactive “Be Positive” section to help users monitor and increase positive communication with their children.
- A “Switching Gears” reminder to help make the mental transition from work to home. Users are encouraged to identify activities that will help get them ready for parenting responsibilities and home-life. Reminders can be customized and the user is able to write in his personal motivation for wanting to Switch Gears.
- The “Parenting Coach” section provides short and practical advice on common parenting challenges.
- Comprehensive educational materials in the “Get Support” section, tells about resources and professional care, along with personal support where a user can add their contacts.
- “Stop and Slow Down” is a dynamic tool to use either in-the-moment to reduce stress or in preparation for a stressful situation.

The app may be used alone or in combination with the Parenting for Service Members and Veterans online course (www.veteranparenting.org), from which its content is derived. 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 is available for mobile Apple devices (iPhone, iPod Touch, and iPad) in the App Store.