

Webinar Resource List

Parenting During Times of Transition Part 1 – Challenges, Opportunities, and Resources for Parents Living with PTSD

Presenter Contact Information: Michelle Sherman, Ph.D.

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Videos:

Veterans from About Face <http://www.ptsd.va.gov/apps/AboutFace/>

Rick Collier:

<http://www.ptsd.va.gov/apps/AboutFace/questions--what-ptsd-did-to-the-people-i-love--2.html>

Arthur Jefferson:

<http://www.ptsd.va.gov/apps/AboutFace/questions--what-ptsd-did-to-the-people-i-love--4.html>

Resource books for Children and Teens Dealing with Parental PTSD:

Daddy's Home. Carolina Nadel (picture book to read to small children)

Sparrow. Dorinda Silver Williams. (board book for young children)

Why Are You So Scared? A Child's Book about Parents with PTSD. Beth Andrews (ages 6-10)

Finding My Way: A Teen's Guide to Living with a Parent who has Experienced Trauma

Michelle D. Sherman, Ph.D. and DeAnne M. Sherman [for youth ages 12-18]

www.SeedsofHopeBooks.com

Interactive Toolkits

A Veteran's Guide to Talking to Kids about PTSD – August 2015

Michelle D. Sherman, Ph.D., Kristy Straits-Troster, Ph.D., ABPP, Jessica Larsen, Ph.D.,
Jenna Gress-Smith, Ph.D.

Free, interactive booklet available for download

<http://www.mirecc.va.gov/visn16/clinicalEducationProducts.asp>

Veteran Parenting Toolkit: Together Building Strong Families, (Sherman et al., 2010)

5 age-based toolkits for OIF/OEF/OND veterans & family members

Focused on dealing with reconnecting with children after deployment

Funded by the South Central MIRECC

Free download: ww.ouhsc.edu/VetParenting

Free Online 6-module Parenting Course

- Back into the family
- Promoting positive parent-child communication
- Helping your child with difficult emotions and behaviors
- Positive approaches to discipline
- Managing stress and emotions as a parent
- Parenting with emotional and physical challenges

Developed by partnership between the DoD and VA: <http://militaryparenting.dcoe.mil>

Briefs from Military REACH Lab, University of Minnesota

Impact of Parents Wartime Military Deployment and Injury on Their Young Children's Safety and Mental Health

https://reachmilitaryfamilies.umn.edu/sites/default/files/rdoc/Hisle-Gorman.2015.DoD1_.docx.pdf

Promoting Parenting to Support Reintegrating Military Families: After Deployment, Adaptive Parenting Tools

https://reachmilitaryfamilies.umn.edu/sites/default/files/rdoc/Gewirtz%20et%20al.2014.DoD_.pdf