

# MILPARENT POWER TIP 1:

## Up your playtime.

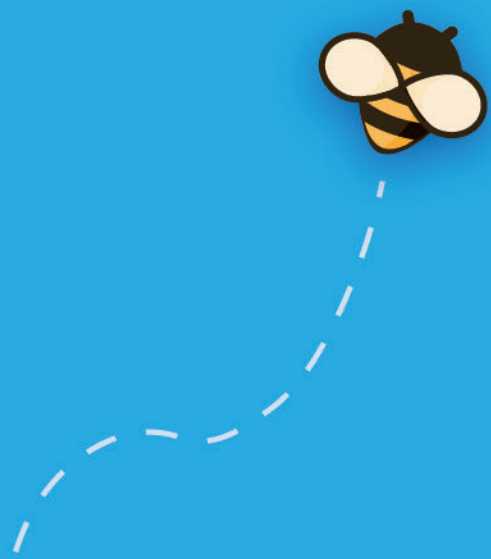
Take just 15 minutes a day to play one-on-one with your child doing what he or she wants. Engaging in positive activities together reduces the need for negative discipline. For younger children: enjoy bubbles, listen to music and sing together, or talk about what you see outside. For older children: try tic-tac-toe, Sudoku, guessing games, or board games. Looking to get moving? Organize a scavenger hunt or play a short game of kickball, soccer or basketball.



# MILPARENT POWER TIP 2:

Speak up about your love.

Let the children in your life know how much you appreciate and care for them. All children deserve to have someone who encourages them and loves them unconditionally.



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# MILPARENT POWER TIP 3:

Link up with a strong social network.

Up your resilience by connecting with people who support you and make you feel good — friends, family, neighbors, religious groups, playgroups, or parent groups that support families. If you have children under the age of 6, be sure to reach the Quantico New Parent Support Program about their monthly playgroups.



Scan QR code to visit:  
**Quantico New Parent Support Program**

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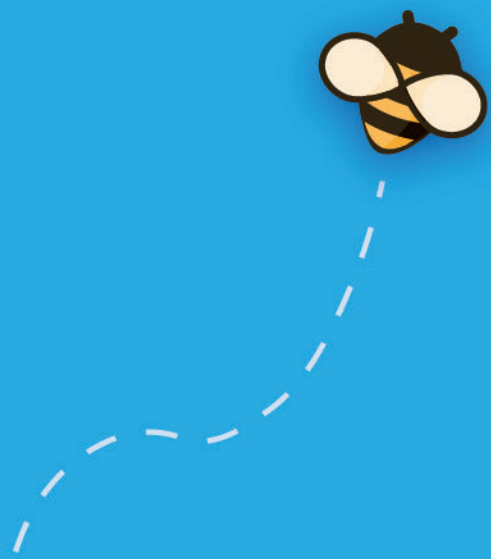
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# MILPARENT POWER TIP 4:

Power up parenting. Put down the phone.

Children learn more and feel more secure when you spend unplugged, face-to-face time together. Plus they need your attention to keep them safe. Distracted parenting is linked to an increase in injuries and accidents at home.



# MILPARENT POWER TIP 5:

## Stress up? Calm down.

Too much stress makes it hard to be an effective parent. Learning how to manage stress can improve your happiness and provides a model for children to manage their stress. Military OneSource offers stress release tips and recommended wellness apps, including Chill Drills, to help cope with stress management. Also, reach out to the Quantico Family Advocacy Program office to find out about our stress management classes.



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# MILPARENT POWER TIP 6:

Cuddle up to your baby.

Bonding with your baby is vital. The attention you give now will last forever and help your baby grow into a healthy and happy child and adult. For easy ways to bond with your baby, contact the Quantico New Parent Support Program.



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# MILPARENT POWER TIP 7:

Study up on safe sleeping.

Do you know the rules for keeping a baby safe during sleep time? Babies should sleep on their backs in a safety crib and dressed in sleep clothing with no blankets or pillows. Get more information about safe sleep by contacting the Quantico New Parent Support Program.



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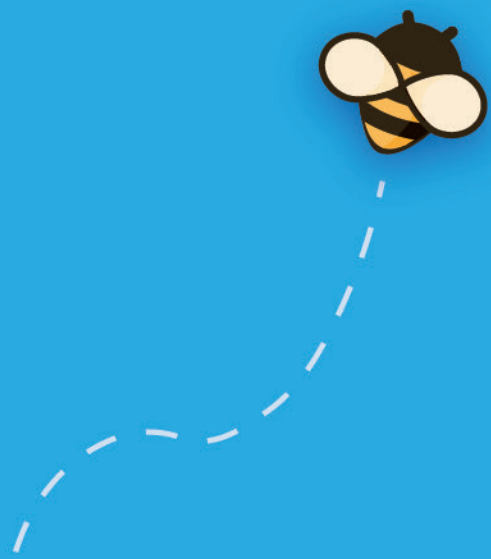


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# MILPARENT POWER TIP 8:

Talk it up with your teen.

Respect, talk and engage with your teen as much as you can. Doing things together, having face-to-face time at dinner, showing affection and interest — all these can help keep teens safe and healthy.

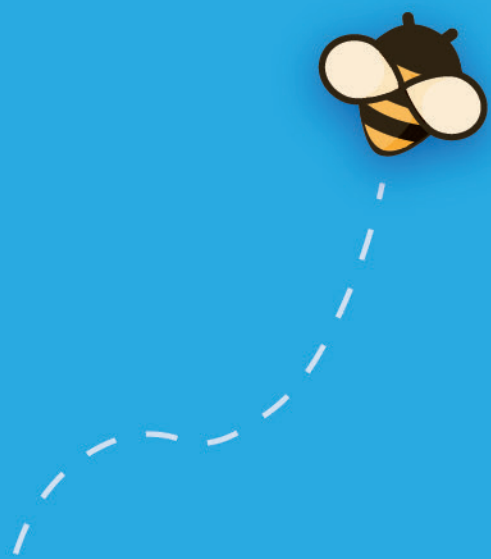




# MILPARENT POWER TIP 9:

Sign up for fun.

Youth and teens can engage in a variety of recreational opportunities, camps and more offered through the Quantico ITT center, Youth Center, and Child & Youth Program.



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# MILPARENT POWER TIP 10:

Study up on powerful parenting.

Powerful parenting can be learned throughout your child's life. Pick up tips and ideas by talking to experts like counselors, doctors, teachers, family and friends. Take a Triple P (The Power of Positive Parenting) class that is offered by the Family Advocacy Program or classes for new or expectant military parents through New Parent Support Program.



Scan QR code to visit:  
**Quantico New Parent Support Program**



Scan QR code to visit:  
**Quantico Family Advocacy Program**



# MILPARENT POWER TIP 11:

## Pick up the right foods.

Healthy eating is important to maintain a healthy family. Preparing and cooking meals together is a great bonding experience for everyone in the family. To learn more about healthy eating and tips for making healthier grocery selections, talk to Quantico's Semper Fit Dietician or tap into your Quantico Commissary for savings on healthy food choices for your family.



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**Quantico Health Promotions**

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# MILPARENT POWER TIP 12:

## Step up your activity.

Get your family moving! Being an active family can make you a fun family. Racing around the house, playing sports you all love are great ways to step up your activity but also step up your time together. There are also activities through Quantico Recreation programs which offer fitness opportunities for your children.



Scan QR code to visit:  
**Quantico Rec and Fitness**

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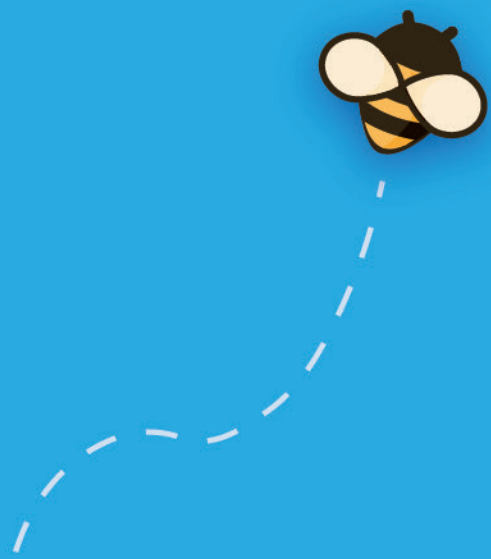


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# MILPARENT POWER TIP 13:

## Talk Up a Positive Parent.

Compliment a father — someone you know or someone in public — on something positive you see him do with his children. Dads contribute uniquely to children's development (and could use the props). Moms, too! When you see parents doing a great job, let them know they rock!



# MILPARENT POWER TIP 14:

## Prop up another parent.

A helping hand from a neighbor or friend can make a huge difference for a family under stress. Offer to babysit for the child of a friend, neighbor or family member, even if it's just to help them rest or recharge for an hour or two. It's also important to support a military family in the middle of a move.



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# MILPARENT POWER TIP 15:

Thumbs up for military.

Military life presents unique challenges and opportunities. Smart parents take full advantage of perks like child care, tutoring, employment support, and 24/7 counseling. Check out all of the resources for families here on Quantico at:  
[www.quantico.usmc-mccs.org](http://www.quantico.usmc-mccs.org).



Scan QR code to visit:  
**MCCS Quantico**

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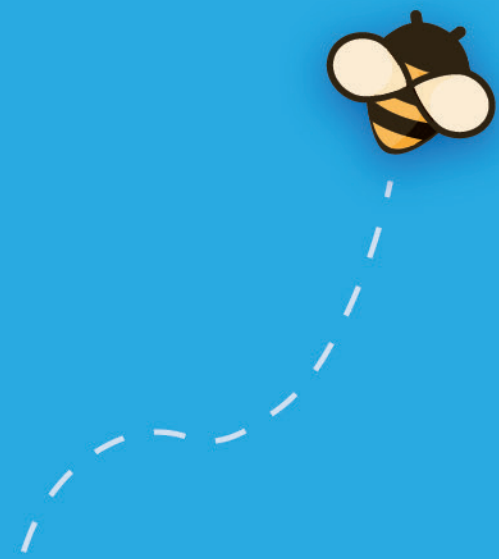


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# MILPARENT POWER TIP 16:

Stay ahead of problems that may add up over time.

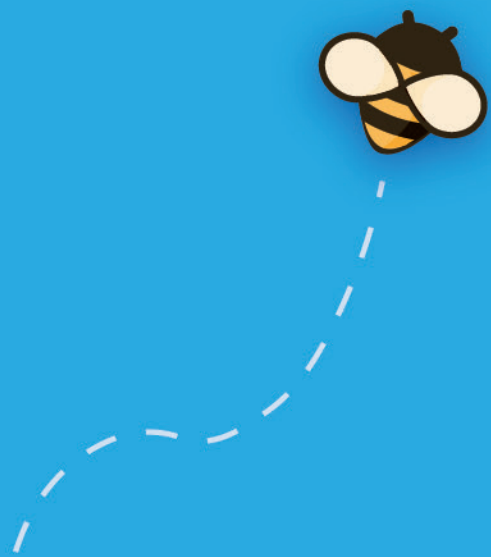
Child abuse and neglect have long-term consequences for children, families and communities. That's why it's important to learn how to protect your children from health risks by building family resilience, as well as recognize healthy versus unhealthy behaviors in your children and youth.



# MILPARENT POWER TIP 17:

Stand up and protect your teen.

Nobody likes to think about the dangers of bullying, cyberbullying, teen dating violence, sexual assault, or child trafficking — but it can happen in any family. Learn the signs, symptoms and how to keep your teen safe. It's also important to encourage your teen to create safe and healthy relationships.





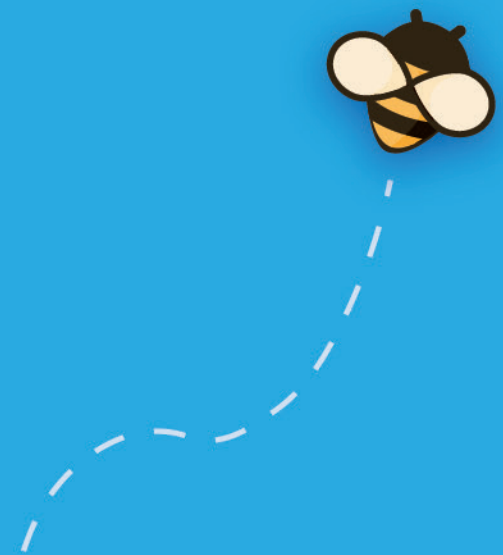
# MILPARENT POWER TIP 18:

## Help get tots set up for deployment.

Babies and toddlers can sense stress in their homes. As a caregiver, you can help them manage their strong emotions. Attend to your emotional health as well, so you can better care for your children.

Help your child prepare for deployment, support your children during deployment by exploring, “When a Parent Deploys”, “Sesame Street for Military Families”, or “Talk, Listen, Connect”.

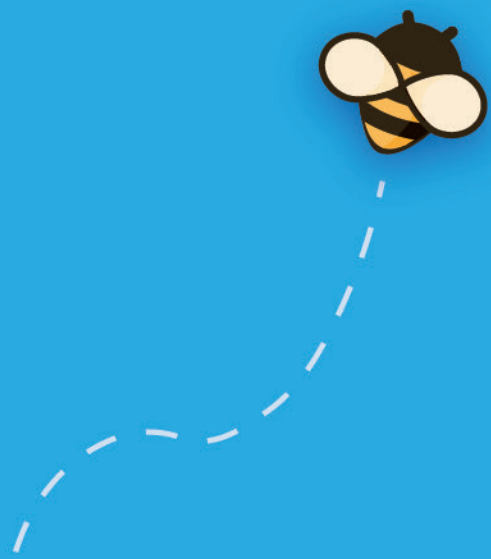
These resources are designed to help military families and their young children cope with deployments, changes and grief.



# MILPARENT POWER TIP 19:

Listen up if your child is LGBTQ+.

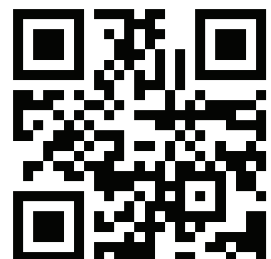
For youth who identify as LGBTQ+, fears of rejection are at the front of their minds. Acceptance from the family can have a positive effect on a youth's self-esteem but also on their health and well-being. Listen, talk, and learn more.



# MILPARENT POWER TIP 20:

Step up and help a child.

Strong communities strengthen families. You can help by being informed, attentive and supportive. If you are concerned about the safety or well-being of a child, help is readily available. To find out how to report suspected child abuse, you can contact or visit the Quantico Family Advocacy Program or scan the QR Code for more information.



Scan QR code to visit:  
**Quantico Family Advocacy Program**

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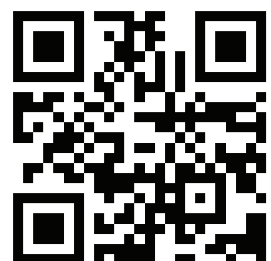


# MILPARENT POWER TIP:

## Child Supervision Guidelines

Did you know there is no “official” age that means a child has the skills and maturity level to be left alone? Every child is different. They mature and develop life skills at different ages. However, Prince William County and MCB Quantico has guidelines on when children can be left home alone.

**Children 8 years and younger** should always be in the care of a responsible person. Children this age should not be left unsupervised anywhere (homes, cars, playgrounds, yards, etc.)

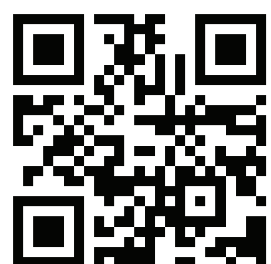


Scan QR code for more information about the guidelines

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# #MilIParentsRock



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