

## Managing Bumps in the IECMH Road

The following resources may include both free and fee-based resources and inclusion in this list does not constitute endorsement by DoD or USDA.

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### Other Resources:

[12 Posters to Combat Stress](#)

[101 Activities No Screen-time Home Activities](#) A list of 101 activities to do with toddlers and preschool children.

[Childhood Stress and Trauma](#)

[Dealing with Parental Guilt](#)

[GoNoodle](#) GoNoodle is free and engages kids with movement and mindfulness videos.

Military OneSource [Chill Drills](#)

[Promote play with this at-home activity guide](#) from Zero to Three

[Relaxation Exercises](#)

[Seasonal activities by month that promote child development](#) from Zero to Three  
[Stress Log Template](#)  
[Supporting Children Through Challenging Family Situations](#)  
[Talk Back to your Unhelpful Thoughts](#) tip sheet  
[Zero To Three: Infant and Early Childhood Mental Health](#)

**OneOp Family Stress Resources:**

[3 Types of Caregiver Stress](#) [blog post]  
[After a Permanent Change of Station \(PCS\): Rebuilding Family Resilience](#) [blog post]  
[FOCUSing on Strengthening Military Families from a Family Systems Perspective](#) [podcast]  
[From Diapers to Diplomas: Exploring Resilience in Military Children](#) [on-demand webinar]  
[From the Front Lines to the Front Door: Going Back to Family Life After Deployment](#) [blog post]  
[Helping Service Members Overcome Stress and Anxiety Challenges](#) [blog post]  
[Hidden Heroes: Caregiver Stress and What to Do About It](#) [on-demand webinar]  
[How Networks Can Help Reduce Stress](#) [podcast]  
[I just don't understand! Military family stressors and the role of providers](#) [blog post]  
[Kids Need Support Too! Self-Care for Military Kids](#) [blog post]  
[Knowing Yourself is Key to Reducing Caregiver Stress](#) [blog post]  
[Navigating Deployment: Strategies to Help Military Families](#) [on-demand webinar]  
[Promoting Physical, Mental, and Emotional Wellness for Military Families](#) [blog post]  
[Resource Discovery: Chill Drills to Practice Mindfulness and Relieve Stress](#) [blog post]  
[Staying Positive: The Link Between Being Positive & Stress](#) [blog post]  
[Supporting Military Fathers Throughout the Deployment Cycle](#) [blog post]  
[The D-Word – Part 1: Preparing Military Families for Deployment](#) [blog post]  
[The D-Word – Part 2: Assisting Military Families Through Deployment](#) [blog post]  
[Ways to Help Young Military-Connected Children During Stressful Times](#) [blog post]