



Parenting2Go is a **free mobile application**. It was released by the Department of Veterans Affairs in 2014. Parenting2Go offers information and tools to help Veterans and Servicemembers improve their parenting skills. It can teach you how to manage stress and how to shift gears from work to home. It also offers tools to help returning Servicemembers reconnect with their children after a deployment.

SWITCHING GEARS

Use the app's **Switching Gears** tool to set reminders to shift your focus after work. Browse ideas for activities that will help you connect with someone, relax, or exercise, such as:

- Talking to a friend on the phone
- Taking a walk
- Listening to music

PARENTING COACH

Get parenting tips as you take on specific challenges, such as:

- Post-Deployment
- Building Relationships
- Praise & Discipline

STOP & SLOW DOWN

Parenting can be hard when everything is going well. When you're feeling stressed, it's even harder. Use the **Stop** exercise to learn to recognize the signs of stress. Then, use the app's guided exercises to help you cope with the stress. Try tools like **Breathe**, **Relax My Body**, and **Positive Imagery**.

GET SUPPORT

When faced with parenting challenges, it can be helpful to get support from another adult. Use the app to add contact information for family and friends you trust. You can also access crisis resources and find links to healthcare services.

BE POSITIVE

Experts have found that kids do best when they hear five positive comments for every one negative comment. Use the **Be Positive** tool to keep track of the number of positive and negative comments you say throughout the day.

ADDITIONAL RESOURCES

The app offers links to resources that are specifically designed to help Servicemembers, Veterans, and their families. Visit www.veterantraining.va.gov/parenting for videos and content you can use in addition to the Parenting2Go app.



REFERENCE

Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth*. doi:10.21037/mhealth.2018.05.07