

Real Life Heroes!

By Dr. Linda Carson, founder of Choosy Kids, LLC

As we get ready for another holiday that brings friends and families together for picnics, parades, and fireworks, let's take just a moment to acknowledge real life heroes---those who have served or are currently serving in our military. Recognizing how busy and stressed we all feel at times, for our Fourth of July this year, let's lift up military families with young children as our personal heroes for the stress and sacrifice that they make on behalf of us each day while trying to nurture their own families.

Forty percent of military children are under the age of five, and the unique circumstances and challenges facing military families make early childhood years even more vulnerable. Having a parent sent to an active combat zone with an undetermined return date may rank as one of the most stressful events of childhood. And the spouse back at home has to cope with the personal stress of deployment and the insecurities of the youngest children over parental separation.

So, U.S. military families everywhere, we salute you and thank you for your many sacrifices that impact your entire family.