

Additional support for military children

Children who have parents serving in the British Armed Forces can face unique challenges that impact their wellbeing. If you are a healthcare professional who is working with a military child who you think would benefit from additional support that is specific to Armed Forces life then the charity Little Troopers may be able to help.

Who classes as a military child?

Military children are any children who have one or both parent(s) serving in the British Armed Forces – the Royal Navy, British Army and Royal Air Force – both regular and reserve. There are estimated to be approximately 100,000 military children in the British Armed Forces community.

What are the challenges that military children face?

- Regular and prolonged separation from their serving parent due to military operations and other commitments.
- Moving home and school regularly due to military postings.

How can Little Troopers help?

Little Troopers Therapy Programme

The Little Troopers Therapy Programme is funded by the National Lottery Community Fund and is a bespoke early intervention programme providing face-to-face therapy for military children to help them navigate some of the more challenging aspects of military life. All the sessions are delivered by qualified clinicians from The Owl Therapy Centre, a CQC approved therapy centre.

Healthcare professionals can refer individual children of school age (reception to Year 13) for six one-hour therapy sessions. This course of therapy is delivered face-to-face either in the child's home, the clinician's office or other agreed space in the community. During the course, each child will explore the topics of emotional regulation, uncertainty and change, relationships, resilience and life-story work, all within the context of growing up in the Armed Forces.

To be eligible to receive support, children need to have a parent who is **currently serving** in the British Armed Forces or reserves. This is an early intervention programme and is not aimed at children in crisis. Children who are on a Children and young people's mental health services (CYPMHS) waiting list will be prioritised.

At present, the programme is only available in England, although if you are working with a military child in Wales who you think would benefit from the programme, please email info@littletroopers.net as the charity may be able to refer your case on.

The Therapy Programme also includes one-off group face-to-face sessions for military teenagers and an on-demand parent session.

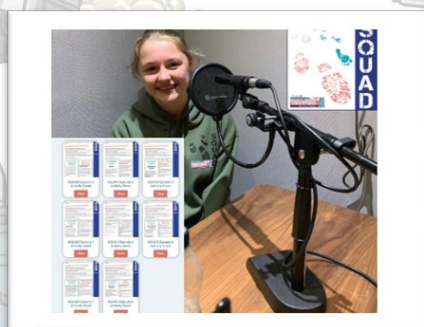
For more information and to refer a child to the programme, please visit www.littletroopers.net/little-troopers-therapy-programme



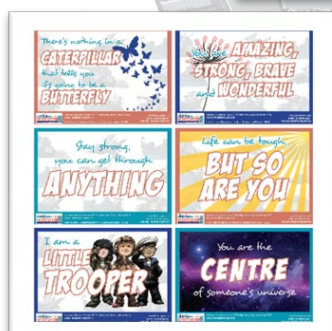
What other resources are there?

Little Troopers has lots of other resources that you can signpost children, families and schools to for military-specific support. Visit www.littletroopers.net for more details. Here are a few examples linked for direct access:

- **SQUAD:** A podcast for military teenagers. Across eight episodes, 15 teenagers talk about their own experiences of growing up in the Armed Forces community and some of the challenges they have encountered. Each episode comes with an activity sheet that young people can complete at home or in school.
- **Mindfulness pack:** A free downloadable pack featuring five mindfulness activities.
- **X-Ray of Feelings:** A series of illustrations and accompanying worksheets that have been created by an Educational Psychologist to help children unpack their emotions in relation to some of the most challenging aspects of military life: moving home, moving school and having a parent deployed.
- **Affirmation cards:** 35 free printable affirmation cards, including some specific to military life. Families and schools can download and print them off to encourage a positive mindset. The pack comes with an overview featuring ideas on how to use the cards.
- **Expert View:** A series of bitesize video clips in which an Educational Psychologist delves deeper into some of the topics discussed on the SQUAD podcast and offers advice to parents and professionals working with military children.
- **The Little Troopers Military Child Wellbeing Course for Primary Schools:** A seven-week course that schools or healthcare professionals can deliver with small groups of children to encourage them to talk about their feelings and emotions associated with military situations.
- **The Little Troopers Military Child Wellbeing Course for Secondary Schools:** A six-week course for schools or healthcare professionals exploring the topics of belonging, resilience, self-expression, mindfulness and emotional awareness in the context of Armed Forces life.
- **All Together Deployment Club:** Little Troopers runs a deployment club for military children of all ages including online sessions for under tens, adventure days for 7-13 year olds and residential weekends for children aged 14+. You can signpost families to the Little Troopers website for the latest information.



WEEK 1 BELONGING • Facilitator Notes • Slides • Activity Sheet - Who am I? • Personal Cards • Activity Sheet - Positives • Activity Sheet - Family Tree	WEEK 2 CREATIVE WRITING • Facilitator Notes • Slides • Activity Sheet - What do you see? • Activity Sheet - What do you feel? • Activity Sheet - Create a character • Activity Sheet - Letter writing	WEEK 3 RESILIENCE • Facilitator Notes • Slides • Activity Sheet - What does resilience mean to you? • Activity Sheet - Put on your own tinted glasses
WEEK 4 HAVE YOUR DOODLE SAY • Facilitator Notes • Slides • Activity Sheet - Warm up • Activity Sheet - Thinking about our doodles • Activity Sheet - Doodle head • Activity Sheet - Doodle say	WEEK 5 EMOTIONAL AWARENESS • Facilitator Notes • Slides • Activity Sheet - Our emotions • Activity Sheet - Physical signs • Activity Sheet - (How are I feeling today?) • Activity Sheet - Full of emotion (USA)	WEEK 6 MINDFULNESS • Facilitator Notes • Slides • Activity Sheet - Internal weather • Activity Sheet - Letters • Mindfulness Activity Pack (4 x weeks)



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Little Troopers Registered charity no. (England and Wales) 1149258

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