



UNIVERSITY OF MINNESOTA

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**ADAPT**

After Deployment: Adaptive Parenting Tools



# ADAPT

## Parenting Program



You may be eligible to take part in a **free positive parenting program** and study for Families on JBLM!

Earn up to \$520 in gift cards while building a more positive relationship with your children. Gain new tools for *effective parenting* and *conflict resolution* as well as some fresh *new perspectives* to help pave the way!

### ELIGIBILITY REQUIREMENTS FOR YOU/YOUR SPOUSE:

- 1 → **Are a current member of the US Armed Forces**
- 2 → **Regular Army: 1 or more deployments in the last 5 years, OR Special Operations: 2 or more deployments in the last 3 years**
- 3 → **Have a child between the ages of 5-12 years old**

For more information, call Lori at (612) 257-1164 or e-mail [lgibbon@umn.edu](mailto:lgibbon@umn.edu)

**Register online at [ADAPT.umn.edu](http://ADAPT.umn.edu)**

JBLM AFCS Marketing 2017

# Promoting Effective Parenting in Military Families: *After Deployment, Adaptive Parenting Tools (ADAPT)*

ADAPT is the first research-based parenting program developed specifically to assist previously deployed military Families with school-aged children. Whether your Family is already well adjusted to deployment or you feel your parenting isn't as effective with all the uncertainties of deployment and reintegration, *ADAPT* provides parents with help:

- Identifying Family values and goals
- Gaining tools to strengthen relationships
- Developing united parenting throughout the deployment process
- Giving them tools to help manage conflict in relationships

Participants who went through the ADAPT program saw significant improvement in their parenting methods using more effective discipline than parents without ADAPT. After one year, parents reported more confidence in their parenting and less reliance on ineffective discipline tools. The program also shows improvements in children's peer adjustment and reductions in behavior problems!

**This study is short-term, but the benefits you'll receive are life-long!**  
**Call today for more information or register, at (612) 257-1164.**



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