



2023 RESEARCH HIGHLIGHTS



1,115 grant recipient families responded



Over 2,150 children represented



OUR MISSION

Our Military Kids recognizes the sacrifice of children of deployed National Guard, deployed Reserve, or post 9/11 combat-injured service members by offering extracurricular activity grants that build the child's self-confidence, enhance family wellness, and strengthen a shared sense of community.



Both National Guard and Reserve families and those with a severely injured service member do not always have the same access to resources and the military community that active-duty families do, making deployments and recovery more difficult.

“

My husband is in the National Guard so **we don't have the same military support that Active Duty soldiers receive.** OMK is a great support in letting [my daughter] know that she is not alone.

”



“

Because my husband can make more money with his civilian job, our finances change when he deploys. He did not join the military for the money. It really was to serve this country. It's been a harder commitment than we anticipated and **the National Guard is often overlooked.**

”





MANY GRANT RECIPIENTS EXPERIENCED AT LEAST ONE SYMPTOM OF PSYCHOLOGICAL STRESS DUE TO A PARENT'S DEPLOYMENT OR RECOVERY.

66% of children with a combat injured parent

66% of children with a deployed parent

reported that their child experienced psychological stress due to their parent's military service.



Crying/Depression

24% | 37%



Acting Out/Aggression

28% | 31%



Attention Difficulties

34% | 27%



NOTABLE DIFFERENCES

Children with a combat injured parent experienced social withdrawal at a higher rate than children with a deployed parent.

34% | 16%



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HAVING A PARENT DEPLOYED OR IN RECOVERY CAN ALSO
IMPACT A CHILD'S ACADEMIC PERFORMANCE.



33%

Combat Injured
Program Families

26%

Deployed
Program Families

reported that academic performance had worsened somewhat or greatly during a parent's deployment or combat injury recovery.



“ It helped them get energy out in an activity that they would normally do with dad. Getting the energy out made it easier for them to focus and behave at school. ”



PARTICIPATION IN GRANT ACTIVITIES CAN
IMPROVE A CHILD'S MENTAL HEALTH.

95% of children with a
combat injured parent

86% of children with a
deployed parent

reported that their child's grant activity
resulted in reduced psychological stress.

“

My children were withdrawn, sad and
angry all the time. Since receiving grants
from Our Military Kids, **my children have
been happier, doing better in school
and love going to martial arts.**

”



“

They understand their role in supporting
our nation as their dad takes leave. I think
**they flipped from feeling abandoned to
feeling involved and proud to be
military kids** getting the packets in the
mail. The activity made them excited to
learn science!

”



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PARTICIPATION IN GRANT ACTIVITIES CAN ALSO
IMPROVE A CHILD'S ACADEMIC PERFORMANCE.



81% of children with a
combat injured parent

44% of children with a
deployed parent

reported improved academic performance
after their child began their grant activity.

“The OMK Sponsored activities allow the children to **develop beyond the basic academics provided at school**. These activities enhance parts of their brains through music and gymnastics, which in turn has helped them do even better in school.”



BENEFITS OF PARTICIPATING IN GRANT ACTIVITIES REACH BEYOND ACADEMICS AND MENTAL HEALTH.

78%

Combat Injured Program Families

93%

Deployed Program Families

Helped children stay active or keep busy

84%

Combat Injured Program Families

81%

Deployed Program Families

Gave children something to look forward to

“OMK helped our family tremendously! Our spirits were lifted since the children were able to participate in their activities. **They were able to escape the stress of worrying about the deployment and just be kids** participating in their favorite activity.”



NOTABLE DIFFERENCES

Children with a **combat injured parent** were more likely to report that the grant activities:

Helped Build Self-Confidence 88% | 67%

Gave children space to "be a kid" 72% | 49%

“

I feel like I didn't have a way of bonding with my child before [this grant]. I have also used the grant to get swim lessons which was huge for me because it gets very stressful around water with high energy kids. It gives me and my child something to be proud of and breaks apart from just the school day which has become so regimented.

”



96%

Combat Injured
Program Families



95%

Deployed Program
Families

reported **improvement in overall family well-being** after receiving the grant.



89%

Combat Injured
Program Families



91%

Deployed Program
Families

reported that the **service member's morale improved** as a result of their child's grant.





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**BUILDING COMMUNITY:
GRANT RECIPIENTS**

Made Friends and/or Found a Sense of Community



88%

**Combat Injured
Program Families**

82%

**Deployed Program
Families**

“

Due to my husband's injuries we became a homeschooling family. **Soccer allows our kids to interact, problem solve, and work as a team with others.** Even when times are difficult, it allows us an opportunity to teach them.

”

Connected with a Mentor



74%

**Combat Injured
Program Families**

68%

**Deployed Program
Families**

Their child(ren)'s activity grant(s) made parents feel more connected to:

The Military Community



91%

Combat Injured Program Families

87%

Deployed Program Families

Their Local Community



87%

Combat Injured Program Families

82%

Deployed Program Families



“ Our Military Kids helped us get connected with a local Taekwondo community who has supported my son throughout this deployment. Not only did we find an activity that my son loves and thrives in, **we also found a support system who encourages him to grow many skills and positive attributes.** ”



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ADDITIONALLY, GRANTS HELP FAMILIES FEEL APPRECIATED AND FOSTER GREATER CONNECTION

Receiving the grant helped their family feel appreciated.



87%

Combat Injured Program Families

90%

Deployed Program Families

Grant activities helped maintain a sense of normalcy.



74%

Combat Injured Program Families

74%

Deployed Program Families

Grant activities fostered connection between children and service members.



69%

Combat Injured Program Families

72%

Deployed Program Families

Being engaged in sports and friends keeps [my daughters] from being home and feeling sad that I'm not there. **It also helps with my husband's social life which in turns helps his mental/emotional health while I'm gone.**

NONE OF THIS WOULD BE POSSIBLE WITHOUT

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98%

**Combat Injured
Program Families**

89%

**Deployed Program
Families**

would not have been able to afford their child's chosen activity or it would have caused financial strain without Our Military Kids.

