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.

“This grant allowed our daughter to participate in an activity and take her mind off her Dad’s deployment. There is not much help for the Reserves, and this was very appreciated.”

“We are in the Air National Guard, meaning that the community is not as invested as communities which typically surround military bases. Few people understand the impact of a deployment. So, it was nice to feel appreciated.”
MANY GRANT RECIPIENTS EXPERIENCED AT LEAST ONE SYMPTOM OF PSYCHOLOGICAL STRESS DUE TO A PARENT’S DEPLOYMENT OR RECOVERY.

69% of children with a severely 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: 32% | 35%
Acting Out/Aggression: 31% | 33%
Attention Difficulties: 35% | 27%

“...Our oldest daughter has shown signs of secondary PTSD from her dad. Having a physical outlet like Jiu Jitsu and dance gives her an opportunity to release the tension in a positive way into something she really enjoys.”
"[This grant] has significantly helped our children focus more and be more attentive. This has allowed them to improve at school and be more connected at home."

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

36% Severely Injured Program Families

27% Deployed Program Families

reported that academic performance had worsened somewhat or greatly during a parent’s deployment or recovery.
PARTICIPATION IN GRANT ACTIVITIES CAN IMPROVE A CHILD’S MENTAL HEALTH.

89% of children with a severely injured parent
76% of children with a deployed parent

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

“Military kids take on a lot of stress, as much as we try to keep it off of them. 
Dance has allowed our children to try something new, be kids and move that stress out of their bodies. Movement is crucial to so many aspects of health.”

“My children were crying every single day. Once we received the grant and got my kids enrolled in karate, their attitude and emotions got better. This grant helped them utilize their emotions and feelings through their sport.”
PARTICIPATION IN GRANT ACTIVITIES CAN ALSO IMPROVE A CHILD’S ACADEMIC PERFORMANCE.

85% of children with a severely injured parent and 51% of children with a deployed parent reported improved academic performance after their child began their grant activity.

I don’t know what I would have done without this scholarship that allowed my kids to participate in extracurricular activities. Not only has it improved their school studies, but their attitudes as well.
<table>
<thead>
<tr>
<th>Benefit</th>
<th>Severely Injured</th>
<th>Deployed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Built self-confidence</td>
<td>92%</td>
<td>70%</td>
</tr>
<tr>
<td>Learned valuable life skills and/or values</td>
<td>76%</td>
<td>50%</td>
</tr>
</tbody>
</table>

[The grant] allowed my sons to play baseball with their classmates and friends. It helped with purpose, teamwork, energy, and a host of other things. Plus, it gave them something to talk to their mom about while she was deployed.

**Notable Differences**

- For Severely Injured families, the grant activities gave children **space to “be a kid”**
- For deployed families, the activities helped children **stay active and/or busy** during the deployment/activation
Due to the impact my service has had on me, I do not maintain activities for myself or my children outside of school. Therefore, this program has been a great success in socializing them and me. It has also given them the opportunity to do extracurricular activities they would otherwise not be able to, due to my restricted financial situation. I am forever grateful for Our Military Kids and don't know where we would be without them!

- 97% Severely Injured
- 92% Deployed

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

- 85% Severely Injured
- 94% Deployed

reported that the service member’s morale improved as a result of their child’s grant.
[The grant] allowed my kids to play baseball with their classmates and friends. It helped with purpose, teamwork, energy, and a host of other things. Plus, it gave them something to talk to their mom about while she was deployed.
Their child(ren)’s activity grant(s) made parents feel more connected to:

**The Military Community**
- 92% Severe Injured
- 85% Deployed

**Their Local Community**
- 89% Severe Injured
- 81% Deployed

“I have a hard time making friends with other parents and at times this makes it harder for my younger kids to develop closer relationships with their friends. **Relationship building is part of hockey because of team dinners, tournaments, and camaraderie.** All I had to do was show up with my kids and these other parents welcomed me into their group.”
The piano lessons were a creative outlet that provided one-on-one time for my daughters with a trusted adult, that they enjoy. It gave them something to practice each day, something to talk to their father about and "show" him on video calls, and it provided some normalcy to our lives.
The grants my children received allowed us to keep them in summer activities and child care when I was making less money during deployment. This allowed me to focus more on my mission and less on financial burdens at home. 

would not have been able to afford the activity or it would have caused financial strain without Our Military Kids.
2021: 17 Years of Service to Those Who Serve

Sports | 43,117 GRANTS

Fine Arts | 18,252

Camp | 7,742

Tutoring & STEM | 5,964

Enrichment | 532

76,000 grants given

$28 Million in grant funding

States with the most grants:
- California: 4,522
- Texas: 4,925
- Florida: 3,952
- Florida: 2,805
- Minnesota: 2,799
- Ohio: 3,071
- Pennsylvania: 2,254
- Virginia: 2,729
- North Carolina: 2,268
- Utah: 2,810
Our sixth consecutive 4-star rating, putting OMK in the top 11% of all charities!