

# My Son Wants To Quit Basic Training



# My Son Wants to Quit Basic Training: A Parent's Guide to Navigating This Difficult Time

Seeing your son struggle through basic training is tough. The physical and mental demands are immense, and it's completely understandable to feel helpless when he expresses a desire to quit. This blog post is designed to help you navigate this incredibly challenging situation. We'll explore the reasons behind your son's desire to quit, offer strategies for supporting him, and guide you through the crucial steps to take when facing this difficult decision. We'll provide you with the information and resources to help you and your son work through this, together.

## H2: Understanding Why Your Son Wants to Quit Basic Training

Before jumping to conclusions, it's vital to understand why your son wants to leave. Basic training is designed to push recruits to their limits. The intense pressure can manifest in various ways:

### H3: Physical Challenges:

**Overwhelming Physical Demands:** The sheer physical exertion can be unexpectedly difficult for some, leading to injuries, exhaustion, and a feeling of inadequacy.

**Lack of Physical Preparedness:** Some recruits may not have adequately prepared physically before starting training, making the demands even harder to manage.

**Underlying Medical Conditions:** Pre-existing medical issues, perhaps undiagnosed or underestimated, might be exacerbated by the intense training, leading to pain and frustration.

### H3: Mental and Emotional Challenges:

**Homesickness and Isolation:** The separation from family and friends, coupled with the rigorous schedule, can trigger intense feelings of loneliness and isolation.

**Mental Health Issues:** Basic training can exacerbate existing mental health conditions like anxiety or depression, leading to feelings of hopelessness and a desire to withdraw.

**Difficulty Adapting to the Military Environment:** The strict hierarchy, constant rules, and lack of autonomy can be overwhelming for some individuals, leading to feelings of frustration and resentment.

**Bullying or Harassment:** Sadly, instances of bullying and harassment can occur within the training environment, contributing to a negative experience and a desire to quit.

## H2: How to Support Your Son

Your role is crucial in helping your son navigate this difficult time. Avoid judgmental responses and instead focus on active listening and empathetic support:

**H3: Listen and Validate His Feelings:** Let your son express his concerns without interruption or judgment. Validate his feelings, even if you don't fully understand his perspective. Let him know that his feelings are legitimate.

**H3: Encourage Open Communication:** Maintain regular communication, whether through phone calls, emails, or letters. Encourage him to talk openly about his struggles and challenges.

H3: Connect Him with Resources: Inform him about available resources within the military, such as chaplains, counselors, and support groups. These professionals can provide valuable guidance and support.

H3: Seek Professional Help: If you suspect your son is struggling with a mental health condition, encourage him to seek professional help. Early intervention is crucial.

## H2: The Next Steps: Talking to the Drill Sergeants and Commanders

Approaching the chain of command is a delicate matter. It's crucial to do so with respect and a clear understanding of the procedures.

H3: Document Everything: Keep detailed records of all communications, including dates, times, and the content of conversations. This can be crucial if further action is required.

H3: Approach with Respect and Empathy: Remember that the drill sergeants and commanders are responsible for the well-being of all recruits. Approach them with respect and a desire to collaborate in finding a solution.

H3: Present a Clear Picture of the Situation: Provide a concise and factual explanation of your son's struggles and his desire to quit. Avoid emotional outbursts or placing blame.

H3: Be Prepared for Various Outcomes: The outcome might be a recommendation to continue training with additional support, a temporary leave for evaluation, or ultimately, a discharge. Be prepared for any of these possibilities.

## H2: Understanding the Implications of Quitting

It's important to understand the potential consequences of your son quitting basic training. This could impact his future career prospects and his relationship with the military. Openly discussing these implications with him can help him make an informed decision.

## Conclusion:

Supporting your son through this challenging period requires patience, empathy, and a collaborative approach. By understanding the reasons behind his desire to quit, offering consistent support, and engaging with the military chain of command, you can help him navigate this difficult transition and make the best decision for his future. Remember, seeking professional help is often crucial in these situations.

## FAQs:

1. Can my son quit basic training at any time? No, there are specific procedures and regulations that must be followed. Quitting without following proper channels can have serious consequences.
2. What are the potential consequences of quitting basic training? Consequences can range from a less-than-honorable discharge to impacting future employment opportunities.

3. Is there a way for my son to take a break from basic training? Depending on the circumstances, temporary leaves or medical evaluations may be possible. This needs to be discussed with his superiors.
4. How can I help my son cope with homesickness? Encourage regular communication, share positive stories from home, and remind him of the reasons he initially joined.
5. What if my son is experiencing bullying or harassment? Report the incident immediately through the proper channels within the military. Documentation is critical.

**my son wants to quit basic training: The Heart of a Military Mom** Army Mom Strong, Elaine Brye, 2017-04-11 Do you need someone encouraging you, especially when you are learning to let go of your child to military service? How about when they are difficult places or in harm's way? Do you feel stressed or worried? You are not alone. Elaine Brye and Army Mom Strong have combined their efforts to create a powerful, emotional and inspirational pictorial book of encouragement and support for military moms of all branches. The authors are veteran military moms who have supported many moms through the challenges that come with sending a child into harm's way. The Heart of a Military Mom gives you valuable insights to help you to stand strong in the face of fear and on the home front. It is the first in a series of supportive books to inspire you to create a more fulfilling journey as a military mom.

**my son wants to quit basic training: Grown and Flown** Lisa Heffernan, Mary Dell Harrington, 2019-09-03 PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

**my son wants to quit basic training: Be Safe, Love Mom** Elaine Lowry Brye, 2015-03-31 This essential guide for all military families provides helpful advice and reassurance on topics ranging from boot camp, to deployment, to PTSD, from a former Army brat turned mother of four military kids. When you enlist in the United States military, you don't just sign up for duty; you also commit your loved ones to lives of service all their own. No one knows this better than Elaine Brye, an Army brat turned military wife and the mother of four officers—one each in the Army, Navy, Air Force, and Marine Corps. For more than a decade she's endured countless teary goodbyes, empty chairs at Thanksgiving dinners, and sleepless hours waiting for phone calls in the night. She's navigated the complicated tangle of emotions that are part and parcel of life as a military mother. Be Safe, Love Mom braids together Elaine's own personal experiences with those of fellow parents she's met along the way. She offers gentle guidance and hard-earned wisdom on topics ranging from that first anxious goodbye to surrendering all control of your child, from finding comfort in the support of

the military community and the healing power of faith to coping with the enormous sacrifices life as a military mother requires. With hard-to-come-by information and encouragement that is like advice from a wise and trusted friend, *Be Safe, Love Mom* is an essential handbook to membership in a strong and special sisterhood.

**my son wants to quit basic training:** *Oh Crap! Potty Training* Jamie Glowacki, 2015-06-16 From potty-training expert and social worker Jamie Glowacki, who's already helped over half a million families successfully toilet train their preschoolers, comes a newly revised and updated guide that's "straight-up, parent-tested, and funny to boot" (Amber Dusick, author of *Parenting: Illustrated with Crappy Pictures*). Worried about potty training? Let Jamie Glowacki, potty-training expert, show you how it's done. Her six-step, proven process to get your toddler out of diapers and onto the toilet has already worked for tens of thousands of kids and their parents. Here's the good news: your child is probably ready to be potty trained EARLIER than you think (ideally, between 20-30 months), and it can be done FASTER than you expect (most kids get the basics in a few days—but Jamie's got you covered even if it takes a little longer). If you've ever said to yourself: -How do I know if my kid is ready? -Why won't my child poop in the potty? -How do I avoid "potty power struggles"? -How can I get their daycare provider on board? -My kid was doing so well—why is he regressing? -And what about nighttime?! *Oh Crap! Potty Training* can solve all of these (and other) common issues. This isn't theory, you're not bribing with candy, and there are no gimmicks. This is real-world, from-the-trenches potty training information—all the questions and all the answers you need to do it once and be done with diapers for good.

**my son wants to quit basic training:** *Changing the Game* John O'Sullivan, 2013-12-01 The modern day youth sports environment has taken the enjoyment out of athletics for our children. Currently, 70% of kids drop out of organized sports by the age of 13, which has given rise to a generation of overweight, unhealthy young adults. There is a solution. John O'Sullivan shares the secrets of the coaches and parents who have not only raised elite athletes, but have done so by creating an environment that promotes positive core values and teaches life lessons instead of focusing on wins and losses, scholarships, and professional aspirations. *Changing the Game* gives adults a new paradigm and a game plan for raising happy, high performing children, and provides a national call to action to return youth sports to our kids.

**my son wants to quit basic training:** *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin

Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

**my son wants to quit basic training:** Eat the Apple Matt Young, 2018-02-27 The Iliad of the Iraq war (Tim Weiner)--a gut-wrenching, beautiful memoir of the consequences of war on the psyche of a young man. *Eat the Apple* is a daring, twisted, and darkly hilarious story of American youth and masculinity in an age of continuous war. Matt Young joined the Marine Corps at age eighteen after a drunken night culminating in wrapping his car around a fire hydrant. The teenage wasteland he fled followed him to the training bases charged with making him a Marine. Matt survived the training and then not one, not two, but three deployments to Iraq, where the testosterone, danger, and stakes for him and his fellow grunts were dialed up a dozen decibels. With its kaleidoscopic array of literary forms, from interior dialogues to infographics to prose passages that read like poetry, Young's narrative powerfully mirrors the multifaceted nature of his experience. Visceral, ironic, self-lacerating, and ultimately redemptive, Young's story drops us unarmed into Marine Corps culture and lays bare the absurdism of 21st-century war, the manned-up vulnerability of those on the front lines, and the true, if often misguided, motivations that drove a young man to a life at war. Searing in its honesty, tender in its vulnerability, and brilliantly written, *Eat the Apple* is a modern war classic in the making and a powerful coming-of-age story that maps the insane geography of our times.

**my son wants to quit basic training:** Elevating Child Care Janet Lansbury, 2024-04-30 A modern parenting classic—a guide to a new and gentle way of understanding the care and nurture of infants, by the internationally renowned childcare expert, podcaster, and author of *No Bad Kids* “An absolute go-to for all parents, therapists, anyone who works with, is, or knows parents of young children.”—Wendy Denham, PhD A Resources for Infant Educators (RIE) teacher and student of pioneering child specialist Magda Gerber, Janet Lansbury helps parents look at the world through the eyes of their infants and relate to them as whole people who have natural abilities to learn without being taught. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and connect with our child. A collection of the most-read articles from Janet's popular and long-running blog, *Elevating Child Care* focuses on common infant issues, including: • Nourishing our babies' healthy eating habits • Calming your clingy, fearful child • How to build your child's focus and attention span • Developing routines that promote restful sleep Eschewing the quick-fix tips and tricks of popular parenting culture, Lansbury's gentle, insightful guidance lays the foundation for a closer, more fulfilling parent-child relationship, and children who grow up to be authentic, confident, successful adults.

**my son wants to quit basic training:** *Go Diaper Free* Andrea Olson, 2021-02-17 Stop changing diapers?start pottting your baby. Over half the world's children are potty trained by one year old, yet the average potty training age in the United States is currently three years old. This leaves parents wondering: What did people do before diapers? and How do I help my own baby out of diapers sooner?Elimination Communication, also known as EC, is the natural alternative to full-time diapers and conventional toilet training. Although human babies have been pottied from birth for all human history, we've modernized the technique to work in today's busy world.Go Diaper Free shows parents of 0-18 month babies, step-by-step, how to do EC with confidence, whether full time or part time, with diapers or without. Diaper-free doesn't mean a naked baby making a mess everywhere - it actually means free from dependence upon diapers. With this book, new parents can avoid years of messy diapers, potty training struggles, diaper rash, and unexplained fussiness. Also helpful for those considering EC, in the middle of a potty pause, or confused about how to begin.This 6th edition includes a new section on The Dream Pee, a full text and graphic revision, more photos of EC in action, and a complete list of further resources.MULTIMEDIA EDITION: includes the book and access to private video library, helpful downloads, additional troubleshooting, and our private online support group run by our Certified Coaches. For less than the cost of a case of diapers, you can learn EC hands-on, the way it's meant to be learned.

**my son wants to quit basic training:** *The Idle Parent* Tom Hodgkinson, 2009-03-05 The Idle

Parent is Tom Hodgkinson's radical parenting remedy against stifled, mollicoddled children. Modern life is wrecking childhood. Why can't we just leave our kids alone? If you've ever wondered why so many of today's children are unhappy, spoilt, stressed and selfish, then the answers and the remedy are to be found in *The Idle Parent*. Tom Hodgkinson wants us to leave our kids be, to give them the space and time to grow into self-reliant, confident, inquisitive, happy and free people. Full of practical tips of what to do and (more importantly) what not to do, Tom will not only help your kids be happier, but also help you, their parents, live happier and more fulfilled lives. 'Wise, practical, funny, personal, it will make you a much better parent' Oliver James 'An inspiring book, genuinely subversive. Time to put away silly adult things and embrace childhood in all its messy glory' London Lite 'A recipe for bright, happy people with need of neither television nor shrink. Who could ask for more?' Evening Standard 'An original, thought-provoking book' Toby Young, Mail on Sunday Tom Hodgkinson is the founder and editor of *The Idler* and the author of *How to be Idle*, *How to be Free*, *The Idle Parent* and *Brave Old World*. In spring 2011 he founded The Idler Academy in London, a bookshop, coffeehouse and cultural centre which hosts literary events and offers courses in academic and practical subjects - from Latin to embroidery. Its motto is 'Liberty through Education'. Find out more at [www.idler.co.uk](http://www.idler.co.uk).

**my son wants to quit basic training:** *Making the Corps* Thomas E. Ricks, 1998 Inside the marine corps and what it takes to become One of the few, the proud, the Marines.

**my son wants to quit basic training:** *The Good Soldiers* David Finkel, 2009-09-15 The Prequel to the Bestselling *Thank You for Your Service*, Now a Major Motion Picture With *The Good Soldiers*, Pulitzer Prize-winning reporter David Finkel has produced an eternal story — not just of the Iraq War, but of all wars, for all time. It was the last-chance moment of the war. In January 2007, President George W. Bush announced a new strategy for Iraq. It became known as the surge. Among those called to carry it out were the young, optimistic army infantry soldiers of the 2-16, the battalion nicknamed the Rangers. About to head to a vicious area of Baghdad, they decided the difference would be them. Fifteen months later, the soldiers returned home — forever changed. The chronicle of their tour is gripping, devastating, and deeply illuminating for anyone with an interest in human conflict.

**my son wants to quit basic training:** *Disability Separation* , 1982

**my son wants to quit basic training:** *I Love Jesus, But I Want to Die* Sarah J. Robinson, 2021-05-11 A compassionate, shame-free guide for your darkest days "A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized."—Kay Warren, cofounder of Saddleback Church What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to "choose joy" and "pray more." So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

**my son wants to quit basic training:** *Diaper-Free Before 3* Jill Lekovic, M.D., 2010-02-10 Conventional wisdom tells parents that they should delay potty training to toddler age, and only after seeing signs of readiness. But is that really the best way? In *Diaper-Free Before 3*, Dr. Jill Lekovic presents the new case that early training--beginning as early as nine months olds--is most natural, healthy, and beneficial for your child, based on medical evidence. By incorporating the potty

into your child's routine early on, toilet training becomes far less stressful for both parent and child. Dr. Lekovic's method, which she has used successfully with her own kids and recommends to patients, helps children become better aware of their body's signals, boosts confidence, and decreases the risk of urinary health problems. The guide includes informative chapters on bedwetting, accidents, and adapting the method for day care, special-needs children, and older toddlers. Offering a technique that really works and turns toilet training into a positive experience, *Diaper-Free Before 3* is sure to become a new parenting classic.

**my son wants to quit basic training:** *The Dolphin Way* Shimi Kang, 2014-05-01 In this inspiring book, Harvard-trained child and adult psychiatrist and expert in human motivation Dr. Shimi Kang provides a guide to the art and science of inspiring children to develop their own internal drive and a lifelong love of learning. Drawing on the latest neuroscience and behavioral research, Dr. Kang shows why pushy “tiger parents” and permissive “jellyfish parents” actually hinder self-motivation. She proposes a powerful new parenting model: the intelligent, joyful, playful, highly social dolphin. Dolphin parents focus on maintaining balance in their children’s lives to gently yet authoritatively guide them toward lasting health, happiness, and success. As the medical director for Child and Youth Mental Health community programs in Vancouver, British Columbia, Dr. Kang has witnessed firsthand the consequences of parental pressure: anxiety disorders, high stress levels, suicides, and addictions. As the mother of three children and as the daughter of immigrant parents who struggled to give their children the “best” in life—Dr. Kang’s mother could not read and her father taught her math while they drove around in his taxicab—Dr. Kang argues that often the simplest “benefits” we give our children are the most valuable. By trusting our deepest intuitions about what is best for our kids, we will in turn allow them to develop key dolphin traits to enable them to thrive in an increasingly complex world: adaptability, community-mindedness, creativity, and critical thinking. Life is a journey through ever-changing waters, and dolphin parents know that the most valuable help we can give our children is to assist them in developing their own inner compass. Combining irrefutable science with unforgettable real-life stories, *The Dolphin Way* walks readers through Dr. Kang’s four-part method for cultivating self-motivation. The book makes a powerful case that we are not forced to choose between being permissive or controlling. The third option—the option that will prepare our kids for success in a future that will require adaptability—is the dolphin way.

**my son wants to quit basic training:** *Letters to Boot Camp* Hayden Hodges, 2012-05-23 From July to Sept. 2014 all book sales will go to housing our homeless veterans here in the US. Check out <http://www.gofundme.com/b34yes> for more information. Thank you! *Letters to Boot Camp* provides the reader with a heart wrenching and awe inspiring look into the lives of a mother and her son as he made his way through Boot Camp on Parris Island. - Once they're shipped out to Boot Camp, the only things that those of us left at home can really do for them is to write and pray. And if you're lucky, smuggle in the occasional treat. (I did.) It wasn't easy, but I wrote him every day, and he wrote me as often as he could. Inside these pages you'll find our personal story, our personal letters, and a good deal of information you may find useful. I like to think of Parris Island as a place of miraculous change and growth. Yeah, change isn't easy, and growing often hurts, but the end result is worth every bit of it. - - On November 7, 2011, in a hotel lobby, I smiled and gave my son one last big hug. I told him I loved him and how proud I was of him. The last thing I said was, You go kick some ass Baby, and I'll be there waiting when you're done. He had to go, so with that I turned around and walked out. Yes, I did look back, and yes, he did grin and wave. From there he would go to MEPS one last time and then get on a bus with all his new best buddies to Parris Island where they would be made into Marines. -

**my son wants to quit basic training: Minimize Injury, Maximize Performance** Dr. Tommy John, Myatt Murphy, 2018-06-05 Dr. Tommy John's unique program: a diet, lifestyle, and movement plan (Rethink. Rebuild. Replenish. Recover) for injury- and performance-proofing young athletes in every sport Beginning as early as age 6 and continuing through the teenage years and on into their twenties, both male and female athletes are more at risk of serious injuries at younger ages than

ever before. Dr. Tommy John, son of lefty pitcher Tommy John and also a sports performance and healing specialist, offers an invaluable diet, lifestyle, and movement plan (Rethink. Rebuild. Replenish. Recover) for injury- and performance-proofing young athletes in every sport. Dr. John explores the sudden rise of Tommy John surgeries being performed on young athletes today, as well as the many injuries--and the surgeries required to fix them--increasing at an alarming rate in baseball and all youth sports. Dr. John's book outlines the three top causes behind this injury epidemic: The American lifestyle, the business of youth sports (from coaches to corporations), and the decisions we believe as parents are truly benefiting our children. *Minimize Injury, Maximize Performance* focuses on prevention, and also offers tips on how to tailor the advice for athletes coming back from an injury, with over 120 black and white photographs.

**my son wants to quit basic training:** Before We Were Strangers Renée Carlino, 2015-08-18 From the USA TODAY bestselling author of *Sweet Thing* and *Nowhere But Here* comes a love story about a Craigslist "missed connection" post that gives two people a second chance at love fifteen years after they were separated in New York City. To the Green-eyed Lovebird: We met fifteen years ago, almost to the day, when I moved my stuff into the NYU dorm room next to yours at Senior House. You called us fast friends. I like to think it was more. We lived on nothing but the excitement of finding ourselves through music (you were obsessed with Jeff Buckley), photography (I couldn't stop taking pictures of you), hanging out in Washington Square Park, and all the weird things we did to make money. I learned more about myself that year than any other. Yet, somehow, it all fell apart. We lost touch the summer after graduation when I went to South America to work for National Geographic. When I came back, you were gone. A part of me still wonders if I pushed you too hard after the wedding... I didn't see you again until a month ago. It was a Wednesday. You were rocking back on your heels, balancing on that thick yellow line that runs along the subway platform, waiting for the F train. I didn't know it was you until it was too late, and then you were gone. Again. You said my name; I saw it on your lips. I tried to will the train to stop, just so I could say hello. After seeing you, all of the youthful feelings and memories came flooding back to me, and now I've spent the better part of a month wondering what your life is like. I might be totally out of my mind, but would you like to get a drink with me and catch up on the last decade and a half? M

**my son wants to quit basic training:** 3 Day Potty Training Lora Jensen, 2014-03-04 3 Day Potty Training is a fun and easy-to-follow guide for potty training even the most stubborn child just 3 days. Not just for pee and poop but for day and night too! Lora's method is all about training the child to learn their own body signs. If the parent is having to do all the work, then the child isn't truly trained, but with Lora's method your child will learn when their body is telling them that they need to use the potty and they will communicate that need to you.

**my son wants to quit basic training:** Getting Your Baby to Sleep the Baby Sleep Trainer Way Natalie Willes, 2017-05-22 Certified sleep consultant Natalie Willes, known also as The Baby Sleep Trainer, shares her effective and efficient sleep training method in her new book, *Getting Your Baby to Sleep the Baby Sleep Trainer Way*. Thousands of families throughout the world have used the Baby Sleep Trainer method to help their infants and toddlers learn to sleep through the night and take healthy naps, all with the fewest tears possible. Backed by thorough scientific data and years of professional experience, the Baby Sleep Trainer Method offers parents a tried and true solution for children aged 16 weeks through 3.5 years. Step-by-step, comprehensive contents include: The science of baby sleep habits How to prepare your child's room for optimal sleep Discussions on cortisol and crying in babies Creating healthy sleep habits with newborns Exactly when and how to start sleep training for nighttime sleep and naps Tips and tricks for multiples Troubleshooting common sleep training issues and pitfalls Detailed eat-wake-sleep schedules for children on 3, 2, and 1 nap Sleep training toddlers and children in beds Praise for the Baby Sleep Trainer method: My 5 month old was waking up every 2-3 hours at night and I was seriously sleep deprived. My sleep deprivation was affecting every aspect of my life. I read several books on sleep training, as well as blogs and websites. I was at my wits end. After following the program for two weeks, my child was consistently sleeping 11-12 hours a night and was on a consistent schedule during the day! This

program has literally given me my life back. - McKel Neilsen Two months ago I was at the end of my sleep rope with our 6-month-old, boy/girl twins. Exhausted doesn't begin to explain it, I felt desperate. After using the Baby Sleep Trainer Method we feel like we have our lives back. The babies are happy and well rested, and so are we! We have our evenings back to cook dinner, spend time with our 4-year-old daughter, hang out together, and actually do things we enjoy. The process took commitment but has been absolutely worth every bit of it. - Beth Oller, MD Using the Baby Sleep Trainer Method, my daughter quickly went to a routine nap schedule during the day and sleeping through the night from 6:30pm to 6:30am! Also, rather than the exhausting and often unsuccessful rocking or soothing or feeding to sleep, we were able to put her down awake in her crib and she would fall asleep on her own in just a few minutes. It was just incredible. - Online Review

**my son wants to quit basic training:** The U.S. Marine Corps in Crisis Keith Fleming, 1990 'The most recent full-scale study of the Ribbon Creek incident... The book has a longer perspective on the incident than earlier studies, & it includes aids to further research for serious students.'--Booklist.

**my son wants to quit basic training:** **Marathon Woman** Kathrine Switzer, 2017-04-04 A new edition of a sports icon's memoir, coinciding with the 50th anniversary of Kathrine Switzer's historic running of the Boston Marathon as the first woman to run. In 1967, Kathrine Switzer was the first woman to officially run what was then the all-male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In one of the most iconic sports moments, Switzer escaped and finished the race. She made history-and is poised to do it again on the fiftieth anniversary of that initial race, when she will run the 2017 Boston Marathon at age 70. Now a spokesperson for Reebok, Switzer is also the founder of 261 Fearless, a foundation dedicated to creating opportunities for women on all fronts, as this groundbreaking sports hero has done throughout her life. Kathrine Switzer is the Susan B. Anthony of women's marathoning.-Joan Benoit Samuelson, first Olympic gold medalist in the women's marathon

**my son wants to quit basic training:** *Fire Controlman Second Class* Robert L. Haskell, 1985

**my son wants to quit basic training:** **This Is Going to Hurt** Adam Kay, 2019-12-03 In the US edition of this international bestseller, Adam Kay channels Henry Marsh and David Sedaris to tell us the darkly funny (The New Yorker) -- and sometimes horrifying -- truth about life and work in a hospital. Welcome to 97-hour weeks. Welcome to life and death decisions. Welcome to a constant tsunami of bodily fluids. Welcome to earning less than the hospital parking meter. Wave goodbye to your friends and relationships. Welcome to the life of a first-year doctor. Scribbled in secret after endless days, sleepless nights and missed weekends, comedian and former medical resident Adam Kay's *This Is Going to Hurt* provides a no-holds-barred account of his time on the front lines of medicine. Hilarious, horrifying and heartbreaking by turns, this is everything you wanted to know -- and more than a few things you didn't -- about life on and off the hospital ward. And yes, it may leave a scar.

**my son wants to quit basic training:** No Bad Kids Janet Lansbury, 2024-04-30 A modern classic on the gentle art of discipline for toddlers, by the internationally renowned childcare expert, podcaster, and author of *Elevating Child Care* "No Bad Kids provides practical ways to respond to the challenges of toddlerhood while nurturing a respectful relationship with your child."—Tina Payne Bryson, PhD, co-author of *The Whole-Brain Child* and *No-Drama Discipline* Janet Lansbury is unique among parenting experts. As a RIE teacher and student of pioneering child specialist Magda Gerber, her advice is not based solely on formal studies and the research of others, but also on her more than twenty years of hands-on experience guiding hundreds of parents and their toddlers. A collection of her most popular articles about toddler behavior, *No Bad Kids* presents her signature approach to discipline, which she sees as a parent's act of compassion and love for a child. Full of wisdom and encouragement, it covers common toddler concerns such as: • Why toddlers need clear boundaries—and how to set them without yelling • What's going on when they bite, hit, kick, tantrum, whine, and talk back • Advice for parenting a strong-willed child • How to be a gentle

leader, and Lansbury's secret for staying calm For parents who are anticipating or experiencing those critical years when toddlers are developmentally obliged to test the limits of our patience and love, *No Bad Kids* is a practical, indispensable resource for putting respectful discipline into action.

**my son wants to quit basic training:** *Why Is My Child in Charge?* Claire Lerner, 2021-09-02 Solve toddler challenges with eight key mindshifts that will help you parent with clarity, calmness, and self-control. In *Why is My Child in Charge?*, Claire Lerner shows how making critical mindshifts—seeing children's behaviors through a new lens —empowers parents to solve their most vexing childrearing challenges. Using real life stories, Lerner unpacks the individualized process she guides parents through to settle common challenges, such as throwing tantrums in public, delaying bedtime for hours, refusing to participate in family mealtimes, and resisting potty training. Lerner then provides readers with a roadmap for how to recognize the root cause of their child's behavior and how to create and implement an action plan tailored to the unique needs of each child and family. *Why is My Child in Charge?* is like having a child development specialist in your home. It shows how parents can develop proven, practical strategies that translate into adaptable, happy kids and calm, connected, in-control parents.

**my son wants to quit basic training:** *Heirpower!* Bob Vasquez, Air University Press, 2008-06 So you're 22 years old, you've just gotten your commission, you've arrived at your first duty station, you've met with your commander, and you're now 'in charge' of a group of enlisted men and women, all of whom have been in service longer than you, know a whole lot more about military life than you, and are expecting more than you know. To top it all off, your first 'subordinate' happens to be a 30-year veteran of every war you ever read about, and his rank is, yes, E-9. He's not an E-10 only because that rank doesn't exist. Now what do you do? Let me tell you. . . . In *Heirpower! Eight Basic Habits of Exceptionally Powerful Lieutenants*, CMSgt Bob Vásquez, an Air Force veteran of more than 30 years, now serving as director of a freshman seminar at the US Air Force Academy's Center for Character Development, shares the views of the enlisted force in a powerful, humorous, anecdotal way that will educate and entertain you. Bob's eight habits will empower you to become an Exceptionally Powerful Lieutenant!

**my son wants to quit basic training:** *How To Raise A Boy* Michael C. Reichert, 2020-07-21 At a time when many boys are in crisis, a much-needed roadmap for helping boys grow into strong and compassionate men Over the past two decades there has been an explosion of new studies that have expanded our knowledge of how boys think and feel. In *How to Raise a Boy*, psychologist Michael Reichert draws on his decades of research to challenge age-old conventions about how boys become men. Reichert explains how the paradigms about boys needing to be stoic and man like can actually cause them to shut down, leading to anger, isolation, and disrespectful or even destructive behaviors. The key to changing the culture lies in how parents, educators, and mentors help boys develop socially and emotionally. Reichert offers readers step-by-step guidance in doing just this by: Listening and observing, without judgment, so that boys know they're being heard. Helping them develop strong connections with teachers, coaches, and other role models Encouraging them to talk about their feelings about the opposite sex and stressing the importance of respecting women Letting them know that they don't have to be a man or suck it up, when they are experiencing physical or emotional pain. Featuring the latest insights from psychology and neuroscience, *How to Raise a Boy* will help those who care for young boys and teenagers build a boyhood that will enable them to grow into confident, accomplished and kind men.

**my son wants to quit basic training:** *Stripes for Buddies* , 1987

**my son wants to quit basic training:** *Red Rising* Pierce Brown, 2014-01-28 NEW YORK TIMES BESTSELLER • Pierce Brown's relentlessly entertaining debut channels the excitement of *The Hunger Games* by Suzanne Collins and *Ender's Game* by Orson Scott Card. "Red Rising ascends above a crowded dystopian field."—USA Today ONE OF THE BEST BOOKS OF THE YEAR—Entertainment Weekly, BuzzFeed, Shelf Awareness "I live for the dream that my children will be born free," she says. "That they will be what they like. That they will own the land their father gave them." "I live for you," I say sadly. Eo kisses my cheek. "Then you must live for more." Darrow

is a Red, a member of the lowest caste in the color-coded society of the future. Like his fellow Reds, he works all day, believing that he and his people are making the surface of Mars livable for future generations. Yet he toils willingly, trusting that his blood and sweat will one day result in a better world for his children. But Darrow and his kind have been betrayed. Soon he discovers that humanity reached the surface generations ago. Vast cities and lush wilds spread across the planet. Darrow—and Reds like him—are nothing more than slaves to a decadent ruling class. Inspired by a longing for justice, and driven by the memory of lost love, Darrow sacrifices everything to infiltrate the legendary Institute, a proving ground for the dominant Gold caste, where the next generation of humanity's overlords struggle for power. He will be forced to compete for his life and the very future of civilization against the best and most brutal of Society's ruling class. There, he will stop at nothing to bring down his enemies . . . even if it means he has to become one of them to do so. Praise for *Red Rising* "[A] spectacular adventure . . . one heart-pounding ride . . . Pierce Brown's dizzyingly good debut novel evokes *The Hunger Games*, *Lord of the Flies*, and *Ender's Game*. . . . [Red Rising] has everything it needs to become meteoric."—*Entertainment Weekly* "Ender, Katniss, and now Darrow."—Scott Sigler "Red Rising is a sophisticated vision. . . . Brown will find a devoted audience."—*Richmond Times-Dispatch* Don't miss any of Pierce Brown's *Red Rising Saga*: RED RISING • GOLDEN SON • MORNING STAR • IRON GOLD • DARK AGE • LIGHT BRINGER

**my son wants to quit basic training: With It Or in It** Bacil Donovan Warren, 2016-02-24 Using humor and frank candor, author Bacil Donovan Warren shares his personal experience, as well as that of his fellow tankers, as part of the US Army's 3d Armored Cavalry Regiment (the Brave Rifles) in Saudi Arabia and Iraq. Warren recounts the initial shock of hearing about Iraq's invasion of Kuwait and his Regiment's preparation for deployment during Operation Desert Shield. He describes the stress and sometimes mind-numbing boredom of being deployed deep in the desert of Saudi Arabia, constantly preparing for a possible Iraqi invasion. He recalls the terrifying experience of the start of the air war of Operation Desert Storm and the workmanlike action during combat against Iraq's Republican Guard forces during Operation Desert Sabre. *With It or in It* brings clarity and focus to their unceasing efforts to bring the conflict to a swift and decisive end. Finally, Warren describes the triumphant return of the Brave Rifles to Ft. Bliss, Texas, and the waiting arms of their families and loved ones.

**my son wants to quit basic training: Positive Discipline for Preschoolers** Jane Nelsen, Ed.D., Cheryl Erwin, M.A., Roslyn Ann Duffy, 2007-03-27 Completely updated to report the latest research in child development and learning, *Positive Discipline for Preschoolers* will teach you how to use methods to raise a child who is responsible, respectful, and resourceful. Caring for young children is one of the most challenging tasks an adult will ever face. No matter how much you love your child, there will be moments filled with frustration, anger, and even desperation. There will also be questions: Why does my four-year-old deliberately lie to me? Why won't my three-year-old listen to me? Should I ever spank my preschooler when she is disobedient? Over the years, millions of parents just like you have come to trust the *Positive Discipline* series and its commonsense approach to child-rearing. This revised and updated third edition includes information from the latest research on neurobiology, diet and exercise, gender differences and behavior, the importance of early relationships and parenting, and new approaches to parenting in the age of mass media. In addition, this book offers new information on reducing anxiety and helping children feel safe in troubled times. You'll also find practical solutions for how to: - Avoid the power struggles that often come with mastering sleeping, eating, and potty training - See misbehavior as an opportunity to teach nonpunitive discipline—not punishment - Instill valuable social skills and positive behavior inside and outside the home by using methods that teach important life skills - Employ family and class meetings to tackle behavioral challenges - And much, much more!

**my son wants to quit basic training: Positive Discipline: The First Three Years, Revised and Updated Edition** Jane Nelsen, Cheryl Erwin, M.A., Roslyn Ann Duffy, 2015-02-24 The celebrated *Positive Discipline* brand of parenting books presents the revised and updated third edition of their readable and practical guide to communicating boundaries to very young children

and solving early discipline problems to set children up for success. Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in *Positive Discipline: The First Three Years* to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques.

**my son wants to quit basic training: Foundation of the Force** Mark R. Grandstaff, 1997 A study of how Air Force enlisted personnel helped shape the future Air Force and foster professionalism among noncommissioned officers in the 1950s.

**my son wants to quit basic training: *The War Play Dilemma*** Diane E. Levin, 2006 As violence in the media and media-linked toys increases, parents and teachers are also seeing an increase in children's war play. The authors have revised this popular text to provide more practical guidance for working with children to promote creative play, and for positively influencing the lessons about violence children are learning. Using a developmental and sociopolitical viewpoint, the authors examine five possible strategies for resolving the war play dilemma and show which best satisfy both points of view: banning war play; taking a laissez-faire approach; allowing war play with specified limits; actively facilitating war play; and limiting war play while providing alternative ways to work on the issues. New for the Second Edition are: more anecdotal material about adults' and children's experiences with war play, including examples from both home and school settings; greater emphasis on the impact of media and commercialization on children's war play, including recent trends in media, programming, marketing, and war toys; expanded discussion about the importance of the distinction between imitative and creative war play; and summary boxes of key points directed at teachers or parents. \* New information about violent video games, media cross feeding, and gender development and sex-role stereotyping.

**my son wants to quit basic training: *Thrivers*** Michele Borba, Ed. D., 2022-03-08 The bestselling author of *UnSelfie* offers 7 teachable traits that will safeguard our kids for the future. We think we have to push our kids to do more, achieve more, BE more. But we're modeling the wrong traits—like rule-following and caution—and research shows it's NOT working. This kind of "Striver" mindset isn't just making kids unhappier, says Dr. Michele Borba...it's actually the opposite of what it takes to thrive in the uncertain world ahead. Thrivers are different: they flourish in our fast-paced, digital-driven, often uncertain world. Why? Through her in-depth research, Dr. Borba discovered that the difference comes down not to grades or test scores, but to seven character traits that set Thrivers apart—confidence, empathy, self-control, integrity, curiosity, perseverance, and optimism. The even better news: these traits can be taught to children at any age...in fact, parents and educators must do so. In *Thrivers*, Dr. Borba offers practical, actionable ways to develop these traits in children from preschool through high school, showing how to teach kids how to cope today so they can thrive tomorrow.

**my son wants to quit basic training: *It's Never Too Late to Sleep Train*** Craig Canapari, MD, 2019-05-07 From a leading pediatric sleep physician comes a revolutionary program that will have everyone in the house sleeping through the night. When Dr. Craig Canapari became a father, he realized that all his years of 36-hour hospital shifts didn't even come close to preparing him for the sleep deprivation that comes with parenthood. The difference is that parents don't get a break—it's hard to know if there's a night of uninterrupted sleep anywhere in the foreseeable future. Sleepless nights for kids mean sleepless nights for the rest of the family—and a grumpy group around the breakfast table in the morning. In *It's Never Too Late to Sleep Train*, Canapari helps parents harness the power of habit to chart a clear path to high-quality sleep for their children. The result is a streamlined two-step sleep training plan that focuses on cues and consequences, the two



