

Comfort in routine
Change can be very unsettling to children. Knowing what to expect makes them feel safer and more secure. *Step into Your Child's World* with these tips on how your routine can help you cope.



Keep day-to-day patterns

- Make sure children get enough rest.
- Build quiet time into the day and make bedtime routines calming.
- Have at least one meal together every day.
- Assign daily chores.

Continue family rituals

- Repeat meaningful family rituals (We belong together).
- Be predictable (We go to Grandma's house every Sunday).
- Pursue activities that give your family its identity (We're a hiking family).
- Engage in practices that instill values (We say a nightly prayer).

Talk about changes in routine

- Inform children if routines will change.
- Explain why the change is necessary.
- Talk about the new routine and practice it.
- Assign children additional chores to help them feel important and needed.

Deployment Calendar

Write the name of the month here

Write the dates in these boxes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Share information with your children so they know what to expect.	
		Praise your children for doing their share to help out.				
Remind everyone that the same rules still apply.						Plan a special family outing. Go camping, hiking, roller skating, etc.
				Keep the deployed parent involved in family decisions.		
Count down the days until the reunion.						