Deployment Calendar

Write the name of the month here

Write the dates in these boxes

Dangerous work

Knowing that their mom or dad may face dangerous situations is frightening to a child. *Step into Your Child's World* with these ways to help a child cope with their fears.

Share feelings

- No matter how scary it is, children are most comforted when they can talk about it.
- Talking with others lets children know that they aren't facing their fears alone.
- Be available whenever children want to talk about their fears.
- Encourage your children to express their fears and concerns through drawings and creative play.

Know what to say

- Be truthful and use words your child can understand.
- Share only enough details to satisfy a child's curiosity.
- Don't make false promises.
- Let them know it's O.K. to be afraid.
- Explain that you understand why they're upset.
- Give your children permission to feel their emotions.
- Encourage children to talk about how they feel.
- Guide them in figuring out how to best cope with their fears.

Be there

- Offer comfort by touching and holding your children.
- Try to remain calm. Children can sense how others feel.
- Stay as close as possible to them so they feel safe.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Take time to talk with your children about feelings, fears, etc. — and listen!				
	Visit the Family Center in your installation for information and support.					Assure your children that the deployed parent is doing everything to stay safe.
				Make time for hugs—often!		
	Help your children stay in touch with the deployed parent.					
						Praise and reward your children for facing their fears.

www.militaryhomefront.dod.mil

Developed by the University of Missouri and Lincoln University, in collaboration with USDA, DoD and Virginia Tech, under USDA Agreement No. 99-EXCA-3-0823