



Taking care of yourself
Caring for children and worrying about the deployed parent can be very stressful. *Step into Your Child's World* with tips for the caregiver's personal well being.

Follow a healthy lifestyle

- Eat right. Get plenty of fruits and vegetables and limit fatty foods.
- Exercise regularly. It can be as simple as dancing in the living room or walking the dog.
- Get plenty of rest.

Relax

- Try to maintain a positive attitude. If you're positive, your children are more likely to be positive, too.
- Find time for yourself. Read a book, take a nap, or do something you enjoy.
- Trade babysitting time with another family every once in a while.
- Learn a new activity or skill.

Seek help

- Turn to family, friends, and neighbors for additional support.
- Join a military family support group to share common issues.
- Talk to your child's pediatrician about child rearing concerns.
- Tap the resources of the Family Center in your installation.

Deployment Calendar

Write the name of the month here

Write the dates in these boxes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Take walks with your children—for exercise and a good talk!					Join a military family support group.
				Give yourself a break—trade babysitting with a friend or relative.		
						
		Visit the Family Center in your installation for information and support.				Take up a new hobby.
				Keep in touch with family and friends.		