

DEPLOYMENT

Time to grow

Preparing for separation



REMEMBER THAT SEPARATION CAN BE AN OPPORTUNITY FOR EVERYONE IN THE FAMILY TO GROW.



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DEPLOYMENT

Time to celebrate family

Creating family rituals

FAMILY RITUALS CREATE A SENSE OF FAMILY AND BONDING.

THESE ROUTINES GIVE FAMILY MEMBERS:



A SENSE OF CONNECTION
WE BELONG TOGETHER.



A SENSE OF THE FAMILIAR
WE SERVE MOM BREAKFAST IN BED ON MOTHER'S DAY.



A SENSE OF IDENTITY
WE'RE A FISHING FAMILY.



A WAY TO INSTILL VALUES
WE SAY A NIGHTLY PRAYER.



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DEPLOYMENT

Time to talk —and listen

Answering children's questions

ANSWERING YOUR CHILDREN'S QUESTIONS ABOUT DEPLOYMENT CAN BE DIFFICULT. HERE ARE SOME IDEAS ABOUT TALKING WITH YOUR CHILDREN:



ANSWER QUESTIONS HONESTLY.



BE BRIEF AND USE WORDS THEY CAN UNDERSTAND.



FIND OUT WHAT YOUR CHILDREN KNOW AND RELATE WITH THEM ON THEIR LEVEL.



DON'T TRY TO GIVE YOUR CHILDREN ALL THE INFORMATION.



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DEPLOYMENT

Time to talk —and listen

Talking with children
YOUR CHILDREN NEED TO BE TOLD WHAT IS HAPPENING.

TALKING TO YOUR CHILDREN ABOUT THE DEPLOYMENT GIVES THEM TIME TO:



THINK ABOUT THE DEPLOYMENT.



BEGIN TO ACCEPT THE DEPLOYMENT.



GET USED TO THEIR FEELINGS ABOUT THE DEPLOYMENT.



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DEPLOYMENT

Time to talk —and listen

Talking about deployment
YOUR CHILDREN NEED TO BE TOLD WHAT IS HAPPENING.

ALLOW TALKING ABOUT DEPLOYMENT TO BE A REGULAR PART OF CONVERSATION:



DURING DINNER



AT BEDTIME



WHILE PLAYING



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