



Preparing yourself for the deployed parent's return

Deployment is a stressful time for all family members. Preparing yourself for the return of the deployed parent can help ease the stress of this change in everyone's life.

Use the checklist below to help you prepare yourself for the deployed parent's return.

AS A PARENT, I:

- Realize that mixed feelings about the deployed parent's return are normal.
- Share my feelings with friends and relatives.
- Realize that our family might need time and patience to readjust.
- Realize that our children need to readjust at their own pace and in their own way.
- Realize that the reunion might not match my dreams.
- Try to be realistic about my expectations for the homecoming.
- Realize that everyone in the family, including me, has changed while the deployed parent has been gone.
- Realize that I have grown in independence while the deployed parent has been away.
- Realize that if a new family member was born during the deployment, it will take time for the whole family to readjust.
- Realize that change is stressful for children and adults.
- Try to make time for myself during this change.



IMAGINE STEPPING INTO
YOUR CHILD'S WORLD
AND SEEING THINGS
FROM HIS OR HER POINT
OF VIEW.

www.militaryhomefront.dod.mil