



Preparing for the deployment of a parent

Doing special things together

Deployment is a stressful time for all family members, especially children.

Doing special things together with children can help ease their stress.

Use the checklist below as a guide while you plan special time together with the parent who is leaving.

AS A FAMILY, WE:

___ Plan to cook and share a special meal together before the deploying parent leaves.

___ Each share a memory that everyone can cherish.

___ Celebrate a family member's birthday early so that everyone is together.

___ Make plans for activities we can do together when the deploying parent returns.

___ Share a special goodbye hug if the deploying parent is placed on alert status, knowing that he or she may have to leave on short notice.



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

www.militaryhomefront.dod.mil