



Preparing for the deployment of a parent

Maintaining routines

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

Maintaining routines with children can help ease their stress.

Use the checklist below to help children keep their routines as their parent prepares to leave.

AS A FAMILY, WE:

- ___ Keep family routines as normal as possible.
- ___ Discuss changes to everyday life that may occur when the deploying parent leaves.
- ___ Make a list of ways our children can help while the deploying parent is away.
- ___ Remind everyone that family rules apply while the deploying parent is away.
- ___ Remind everyone that the deploying parent will help make all family decisions.
- ___ Give everyone time to adjust to the change at their own rate and in their own way.
- ___ Find some time to talk about feelings.



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

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