

Checklist

DEPLOYMENT | PARENTING DURING SEPARATION

For the parent who is leaving



Preparing to leave

Involving children

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

Involving children in different ways as you prepare to leave can help ease their stress.

Use the checklist below as a guide for involving children as you prepare to leave.

AS A PARENT, I:

- Let my children help me get ready for deployment.
- Let my children pick a special place where I will keep their pictures while I am away.
- Make plans to include my children in family goodbyes at my point of departure, if possible.
- Plan to write each child a letter and hide it in a special place to be found later.

AS A FAMILY, WE:

- Plan to cook and share a special meal together before I leave.
- Each share a memory that everyone can cherish.
- Plan to celebrate a family member's birthday early so that everyone is involved.
- Make plans for fun activities that we can do together when I return.
- Share a goodbye hug if I am on alert status, knowing that I may have to leave on short notice.



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

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