

Checklist

DEPLOYMENT | PARENTING DURING SEPARATION

For the parent who is leaving



Preparing to leave

Maintaining routines

Deployment is a stressful time for all family members, especially children. Helping children **maintain routines** in their lives can ease their stress.

Use the checklist below to help guide you in maintaining family routines while you prepare for deployment.

AS A FAMILY, WE:

- Keep family routines as normal as possible.
- Continue family celebrations.
- Plan ways to continue routines as much as possible while I am away.
- Make a list of ways to manage the household while I am away.
- Talk about how family rules still apply while I am away.
- Remind everyone that I want to be a part of all family decisions, even while I am away.



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

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