

Checklist

DEPLOYMENT | PARENTING DURING SEPARATION

For the parent who is leaving



Preparing to leave

Communicating with children

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

Communicating with children during this time of uncertainty can help ease their stress.

Use the checklist below to guide you as you talk to your children about leaving.

AS A PARENT, I:

- Am available to my children whenever they need to talk.
- Allow my children to ask questions.
- Give open and honest answers using words that they can understand.
- Encourage my children to share feelings through words, play, drawings, etc.
- Talk to my children about the changes to come for everyone.
- Remind my children and myself that separation can be a time for everyone to grow.
- Assure my children that I will miss them every day and look forward to returning home.

AS A FAMILY, WE:

- Talk about why and when I will be leaving and where I will be going, if possible.
- Talk about what it means to be on alert, if that is my status.
- Discuss ways we can communicate while I'm away.
- Find some time to talk about feelings.
- Discuss ways to feel connected while I'm away.



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

www.militaryhomefront.dod.mil