



Caring for yourself while a parent is deployed

Deployment is a stressful time for all family members. Caring for yourself during this time of uncertainty can help you be a better parent for your children.

Use the checklist below as a guide for taking care of yourself while a parent is deployed.

AS A PARENT, I:

- Remember that the better I care for myself, the better I will be able to meet my children's needs.
- Make sure I am getting enough rest.
- Make sure I maintain good nutrition.
- Make sure I am getting enough exercise.
- Join a military or community group to get involved.
- Join a support group for emotional support.
- Talk with others who can relate to my situation.
- Reach out to old and new friends and relatives.
- Connect with other families dealing with deployment.
- Try to find time for myself.
- Try to do something I've never done before.
Cook a new recipe or learn a new sport, hobby, or computer program.
- Learn ways I can be more independent.
- Reward myself for handling single-parenting and doing a good job.
- Remind myself during stressful times that the situation is temporary.
- Seek professional help, if needed.



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

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