

Time for the rhythm of daily life

Keeping routines

CHILDREN LIKE AND NEED ROUTINES. KNOWING WHAT TO EXPECT HELPS THEM FEEL SAFE AND SECURE. KEEP AS MANY ROUTINES IN PLACE AS POSSIBLE DURING DEPLOYMENT. . .



NIGHTLY BEDTIME STORIES



SATURDAY NIGHT AT THE MOVIES



EVENING WALKS WITH THE DOG



MEALTIME CHORES



WEEKLY LETTERS TO THE PARENT WHO IS AWAY



Time of anticipation

Counting down the days

HELP YOUR CHILDREN UNDERSTAND HOW LONG A PARENT WILL BE GONE:



SET UP A CALENDAR AND NUMBER EACH DAY.



MAKE A PAPER CHAIN AND TAKE ONE LINK OFF EACH DAY.



TAKE BEANS OUT OF A JAR TO MARK THE PASSAGE OF DAYS.



Time for new beginnings

Changing routines

CHILDREN LIKE AND NEED ROUTINES. KNOWING WHAT TO EXPECT HELPS THEM FEEL SAFE AND SECURE. IF ROUTINES CHANGE DURING DEPLOYMENT, SUCH AS WHO WILL FEED PETS OR TAKE YOUR CHILDREN TO DAYCARE, HERE ARE SOME IDEAS YOU CAN TRY:



TALK ABOUT THE CHANGE.



EXPLAIN WHY THE CHANGE IS NECESSARY.



PRACTICE THE NEW ROUTINE.



Time to share

Sharing feelings

ENCOURAGING YOUR CHILDREN TO EXPRESS THEIR FEELINGS ABOUT LIFE CHANGES MAY HELP THEM FEEL BETTER. HERE ARE SOME WAYS THAT YOUR CHILDREN CAN SHARE:



THROUGH TALKING



THROUGH WRITING



THROUGH PLAY



THROUGH ARTWORK



LET YOUR CHILDREN KNOW IT IS OKAY TO SHARE ANY FEELINGS THEY ARE HAVING



Time to reach out

Seeking help

DURING DEPLOYMENT, ASK FOR HELP WHEN YOU NEED IT AND OFFER HELP WHEN YOU CAN GIVE IT. REMEMBER THAT YOU ARE NOT ALONE.



THERE ARE OTHER FAMILIES JUST LIKE YOURS THAT CAN HELP YOU OR THAT YOU CAN HELP DURING THIS TIME. YOU CAN REACH OUT TO:



YOUR FAMILY, FRIENDS, OR NEIGHBORS



MILITARY FAMILY SUPPORT GROUPS



PEDIATRICIANS



FAMILY CENTER AND OTHER AGENCIES

