



Pre-deployment Support



Talking Points — Updated March 2016

Military OneSource logo. Call. 800-342-9647, Click. www.militaryonesource.mil, Connect. 24/7

Military OneSource is a Department of Defense-funded program that's both a call center and a website, providing comprehensive information on every aspect of military life for free to active duty, National Guard and Reserve Component service members (regardless of activation status), their families and survivors. Information includes, but is not limited to, deployment, reunion and reintegration, relationship, grief, spouse employment and education, parenting, child care and much more.

Military OneSource has policy and programmatic information, helpful resources, products, articles and tips on numerous topics related to military life. Services are available 24 hours a day by telephone and online. In addition to the website support, Military OneSource offers call center and online support for consultations on a number of issues such as spouse education and career opportunities, issues specific to families with a member with special needs, health coaching, financial support and resources.

Deployment cycle resource: Plan My Deployment

Plan My DEPLOYMENT Military OneSource | Support

Supporting service members and their families throughout the deployment/mobilization cycle.

Deployments and mobilizations have changed in recent years, getting longer, occurring more frequently, and often putting service members in harm's way. These changes have caused additional stress for service members and families, and have increased the challenges of maintaining readiness, managing separations, and planning successful reunions.

Plan My Deployment was designed to help you address these issues and may be used in coordination with your installation and National Guard and reserve family support programs. With Plan My Deployment you can take some of the stress out of deployment or mobilization, through access to planning tools, checklists, and helpful tips. Whether it's your first deployment or mobilization or your fifth, you will be able to create a unique checklist for the Pre-deployment, Homecoming, and Reintegration stages that contains only the information you and your family need to successfully navigate the process.

» Tell us about yourself or your service member, then click on your phase of deployment or mobilization to get started.

Once you have answered the questions, select a phase on the right.

* Status

* Branch of Service

* Familial status

Expected deployment date

Expected return date

Required fields are marked with an asterisk *

Pre-deployment/Mobilization
Being Prepared

Deployment/Mobilization
Staying Connected

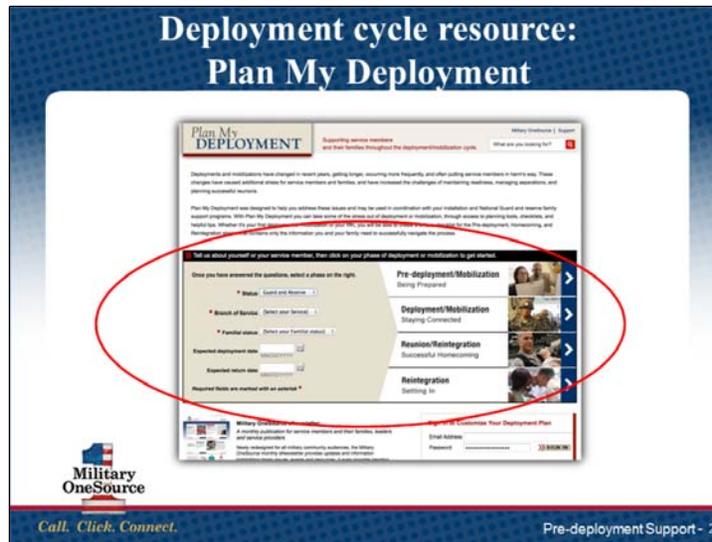
Reunion/Reintegration
Successful Homecoming

Reintegration
Settling In

Military OneSource eNewsletter:
A monthly publication for service members and their families, leaders and service providers
Newly redesigned for all military community audiences, the Military OneSource monthly eNewsletter provides updates and information highlighting timely issues, events and resources. It even provides trending

Sign in to Customize Your Deployment Plan
Email Address
Password **SIGN IN**





Talking Points — Updated March 2016

Plan My Deployment is a helpful website that provides you with access to planning tools, checklists, and helpful tips for every phase of deployment. Whether it's your first deployment or mobilization or your fifth, you will be able to create a unique checklist for the pre-deployment, homecoming, and reintegration stages that contains only the information you and your family need to successfully navigate the process.

First, fill in the required fields, status, branch of service and familial status. Then make your selection from the menu on the right. Choose from:

- Pre-deployment/mobilization (being prepared)
- Deployment/mobilization (staying connected)
- Reunion/reintegration (successful homecoming)
- Reintegration (settling in)

After you make your selection, you can view to-do lists and tips based on the criteria you entered (that is, your status, branch of service and familial status).

You will also see a list of support resources for deployment that are specific to your service branch and a list of deployment tasks that will help you become more organized during this phase.

- You can customize your deployment list by selecting Customize Master Checklist.
- Once you make your selection of tasks you can click on the download button to create your unique master list.
- Enter your deployment and return date for more specific information.

Briefer notes

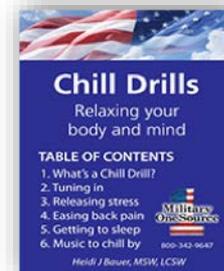
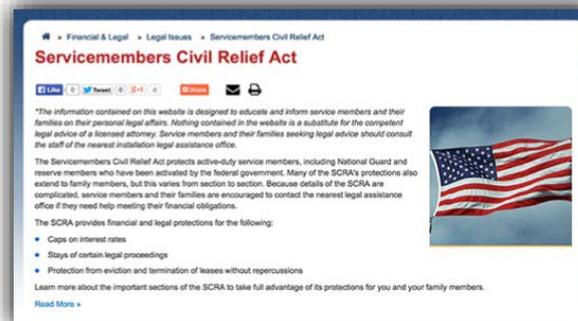
Plan my Deployment can be found on Military OneSource by scrolling to the footer of any page on the site and selecting MC&FP websites and applications and then select Plan My Deployment.

Pre-deployment: service members

Topics

- Preparing yourself financially and legally
- Equipping yourself physically
- Taking care of your property and pets
- Ensuring your family is covered

Resources



Pre-deployment: service members

Topics

- > Preparing yourself financially and legally
- > Equipping yourself physically
- > Taking care of your property and pets
- > Ensuring your family is covered

Resources








Call. Click. Connect.

Pre-deployment Support - 3

Talking Points — Updated March 2016

As the service member, you have had plenty of training on preparing for your deployment, but there may be a few things that have not yet been addressed.

- One question to consider is whether you have completed all the necessary things related to your financial and legal rights, particularly under the Service Members' Civil Relief Act.
- Military OneSource has an article dedicated to explaining the Service Members' Civil Relief Act and the major points under the Act.

As you transition from living and sleeping in your comfortable and familiar home to doing those things in less familiar surroundings, remember that Military OneSource can help prepare you for that change.

- Our "Chill Drill 5 – Getting to Sleep" audio may help you find better rest in no time.

Being both a parent and a deployed service member requires focus and commitment.

- Our “Double Duty” CD describes ways to stay close with your child from before you deploy to after you return.

Being deployed when the rest of your family is back home can be hard for any military parent, but mothers may find it especially challenging.

- In our CD, “Over There,” mothers who have already experienced a deployment discuss the unique challenges that mothers face when they’re over there.

It is also important that you take care of your property and pets prior to deployment.

- On Military OneSource you can find articles to help walk you through the process of considering what to do with your vehicle, home and pets.

Of course, the most important thing you are leaving behind is your family.

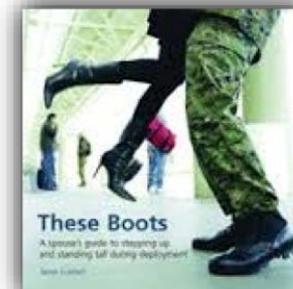
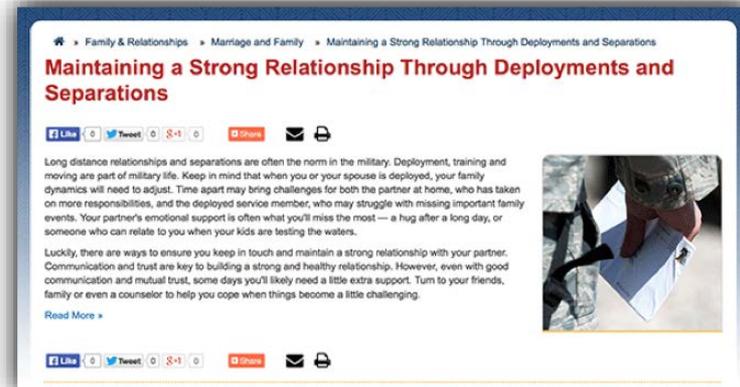
- Nearly everyone in the military can benefit from preparing a family care plan that shows how your family is to be cared for in your absence.

Pre-deployment: spouses and significant others

Topics

- Preparing yourself emotionally
- Ensuring your home and life are ready
- Getting your family unit equipped

Resources



Pre-deployment: spouses and significant others

Topics

- > Preparing yourself emotionally
- > Ensuring your home and life are ready
- > Getting your family unit equipped

Resources





Pre-deployment Support - 4

Call. Click. Connect.

Talking Points — Updated March 2016

The deployment of a family member can be a very emotional and difficult time for many families, but by preparing as well as you can, you may find that you are better able to cope. Families should prepare as soon as possible by:

- Talking to children and extended family members about what will happen during deployment
- Adjusting their routines
- Reviewing financial and legal details

When your spouse or partner deploys, the emotional and practical challenges can seem overwhelming.

- On “These Boots” (available by download), a military wife of 18 years offers strategies to help the spouse at home prepare for deployment, survive (and even thrive) while "married but single"

and get ready for homecoming.

Separation from a spouse or partner is hard, whether it's for six weeks or six months. The absence of a family member may mean that you'll have to do things differently at home and in the rest of your life. If you take the time to prepare for these changes, you may find it easier to adjust.

- The article, "Maintaining a Strong Relationship Through Deployments and Separations," covers these topics.

Briefer notes

You may be asked about eligibility for significant others such as fiancées. Remember that they will be impacted by the deployment and that **service members** can order materials that will be able to provide information for them.

Pre-deployment: children

Topics

- Preparing your children
- Interacting and connecting with your children
- Entertaining and educating your children
- Reviewing child care options

Resources

Family & Relationships » Child Care and Youth Programs » 7 Things to Consider When Looking for Child Care

7 Things to Consider When Looking for Child Care

Choosing the right child care provider is likely one of the most important decisions you'll make as a parent because of the impact it can have on your child's overall growth and development. Wondering where to begin? Starting your search is easier than you might think.

Things to consider

Every child is unique. So when you start evaluating your child care options, it's important to consider your child's age, personality and needs. You should also factor in practical things, like your work schedules, transportation and extracurricular activities. Start your search by making a list of the most important, non-negotiable points about your child's care. Then, rank any child care options available on your installation or in the local area against that list.

Here are some things to help guide you through your decision-making process:

Your child's needs

Some children need small, quiet groups, while others thrive in larger circles with lots of activity. Your child's age and personality will help you determine the best social environment for the child, and it's also important you have peace of mind about your decision and your child's well-being. To gauge

Learn
more about military child care programs.



Family & Relationships » Child Care and Youth Programs » Military Child Care Programs

Military Child Care Programs

Choosing child care may be one of the most important decisions you make. A work schedule that includes weekend duty, shifting schedules and late hours can present challenges. You can turn to the Department of Defense for quality, affordable child care options. These options — both on the installation and off — can put your mind at ease while you work.

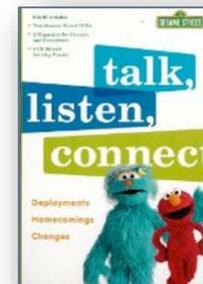
The Department of Defense sets clear criteria for child care and uses a certification process that includes unannounced inspections to ensure installation programs meet high standards.

Child care options on your installation

The following options are available on military installations:

- Child development centers typically accept children as young as six weeks and up to five years old. In most cases, these centers operate on a Monday through Friday year-round schedule. Hours vary. If you don't need full-time care, some centers offer part-time and hourly care. Cost is based on your total family income.
- Family child care homes, also known as child development homes, provide care for infants and children up to age 12. Providers use their homes to care for a small, often mixed-aged group of children. In addition to typical workday hours, family child care homes may also provide care on nights and weekends.

Contact
the New Parent Support Program today if you've recently had a baby.



Pre-deployment: children

Topics

- > Preparing your children
- > Interacting and connecting with your children
- > Entertaining and educating your children
- > Reviewing child care options

Resources






Pre-deployment Support - 5

Talking Points — Updated March 2016

We've talked about what resources Military OneSource has to prepare adults for deployment, but Military OneSource can also help parents effectively prepare children for deployment. We can also provide parents with material and resources that promote interaction and connection, both with the parent who is deploying and the parent who is in charge of the home front.

- The “Sesame Street: Talk, Listen and Connect” DVD is a bilingual multimedia outreach program designed to support military families with children between the ages of two and five by letting them relate to Elmo’s experience as his family member deploys, returns home and prepares to deploy again.

Whether you will be at home with the children, or you’re the deploying parent, child care could be a concern. Military OneSource offers many services, such as child care locators and articles on how to

choose a caregiver including the article “7 Things to Consider When Looking for Child Care.”

Pre-deployment: teens

Topics

- Preparing your teens
- Interacting and connecting with your teens
- Entertaining and educating your teens

Resources

Deployment & Transition > During Deployment > Staying Connected With Your Child's Teachers During a Deployment

Staying Connected With Your Child's Teachers During a Deployment

You may be thousands of miles from home, but you can still be a dynamic partner in your child's education. With the unstoppable combination of communication technology and parental interest, you can keep up with their grades and stay in touch with their teachers, no matter where you are. Let your children know that school/education is important — whether you are home or deployed. Set the stage for success.

- Meet with your child's teacher before you prepare for deployment so you can work out a plan to stay connected.
- Use your school's online resources. Department of Defense schools use [GradeSpeed](#) to keep families up to date on grades and attendance. Civilian schools may have other services.
- Ask your partner at home to be your "boots on the ground" for all things educational. Reinforce your partner's role to your children — set your partner up for success.

It may not be easy to stay connected while you're deployed, but it's worth it. Kids tend to do better in school when their parents are involved in their education.

tutor.com
10,483,270 Sessions and Counting

BETTER GRADES GUARANTEED

Better Grades Guaranteed.
Our online tutors are ready to help you 24/7

What subject can we help you with? Try 'Algebra'...

24/7 Access The Best Tutors Personalized Variety of Subjects

Deployment & Transition > During Deployment > 15 Tips for Helping Your Teenager Deal With the Difficulties of Deployment

15 Tips for Helping Your Teenager Deal With the Difficulties of Deployment

Deployment can be especially challenging for teenagers, and they may set out in ways that can be challenging for you as a parent. Patience, communication and love can help everyone's stress level.

Your tips

This can be a valuable teaching moment for your teen. Use these 15 tips to help:

- **Have a family discussion.** Talk to your teen about how the deployment will affect each family member. Discuss any changes to their routine, responsibilities, communication, fears and concerns about something happening to you.
- **Plan alone time with your teenager before you deploy.** Allow your teen to plan special activities, or just spend time relaxing together before you go.
- **Swap keepsakes.** Trade sentimental items, and explain the significance of the items you choose. Consider keepsakes such as pictures, notes, recordings or other special mementos.
- **Encourage teens to share feelings with you.** Let teens know that you want to hear their concerns. Know, too, that teens may not want to share their feelings. It's OK if they need space.



Pre-deployment: teens

Topics

- > Preparing your teens
- > Interacting and connecting with your teens
- > Entertaining and educating your teens

Resources







Call. Click. Connect. Pre-deployment Support - 6

Talking Points — Updated March 2016

Deployment can be especially hard on teenagers, who are often experiencing turmoil of their own simply because of their age. But your support can go a long way toward helping your teenager deal with the difficulties of your deployment.

- In fact, as the “15 Tips for Helping Your Teenager Deal With the Difficulties of Deployment” article, and others like it, may help you, your teen and the rest of your family get through deployment.

Tutor.com provides tutoring the way it was meant to be.

- You get an expert tutor for more than 16 subjects 24/7, and your child will work one-on-one with the tutor in an online classroom on your specific problem until it’s done.
- You never need to make an appointment – or even leave the house!

- You can get a tutor whenever you want, from anywhere in the world.

Pre-deployment: financial

Topics

- › Establishing or updating a budget
- › Considering large purchases
- › Managing money
- › Housing issues

Resources

- › Financial counseling
- › Financial calculators
- › Consumer reports
- › Podcasts and materials



Pre-deployment: financial

Topics	Resources
<ul style="list-style-type: none">> Establishing or updating a budget> Considering large purchases> Managing money> Housing issues	<ul style="list-style-type: none">> Financial counseling> Financial calculators> Consumer reports> Podcasts and materials




Call. Click. Connect. Pre-deployment Support - 7

Talking Points — Updated March 2016

Preparing for a deployment may bring about the need to evaluate financial changes that may occur. Perhaps you will be receiving special duty or family separations pay and you need to prepare for how you will save, invest, spend or pay bills with that extra money. Each of these requires you to take time to look at your finances for any necessary adjustments to budgets and spending.

For National Guard and reserve audiences only: Perhaps you are leaving a civilian job with a different pay rate than what you will be receiving once activated. Planning for this pay-rate change is important to being able to pay your bills and to keeping your credit scores healthy.

Military OneSource offers three types of financial services:

Financial counseling is available in person and telephonically. Specialized financial consultations are provided by our on-staff accredited financial counselors on the topics of:

- Budgeting
- Credit-card debit management
- Foreclosures and mortgages
- Identity theft

- Permanent change of station housing issues

Financial planning

- Pre- and post-deployment money management
- Financial calculators can help you in many aspects of financial decision-making. (Should I refinance? How much car can I afford? Should I rent or buy? What will my investment be worth in the future? How long will it take me to pay off my loan? Should I consolidate my loans? How long will my retirement savings last?)

Tax services

- Tax consultations
- Software for tax preparation and electronic filing services

Military OneSource also offers resources to help you with your finances including:

- **Videos** that you can download and watch from your computer
- **Educational materials** in many formats, including articles, booklets and recordings (to receive by regular mail, email and download)

Military OneSource provides three formats for financial counseling including:

- Phone
- Secure, live video sessions
- In person (available in some states)

Briefer notes

Face-to-face financial counseling is not available in all areas. Contact Military OneSource to inquire about services in a specific area.