

MILITARY ONE SOURCE CONNECTION

Keeping you informed about products and services



1-800-342-9647

Deployment Brings Change

Our resources help you handle it

Change is a major stressor, no doubt about it. And deployment comes with a unique set of changes. For service members, deployment means not just a change in environment and duties, but changes in relationships with friends and family. For a spouse, deployment means changes in the tasks of running a household and, if there



are kids in the family, a change to being a single parent. For a child, deployment means a shift in the family structure, and loss of a caring presence. For some children, it means moving in with a new caregiver, sometimes in a new town with a new school.

At Military OneSource, we've worked hard to develop resources that help service members and their families understand, withstand, and even grow stronger before, during, and after deployment.

The following articles, resource lists, booklets, CDs, and DVDs are just some of the many deployment resources available free through Military OneSource. To get yours, go to www.MilitaryOneSource.com and type the name of the resource in the search box. Or call 1-800-342-9647

and ask for a copy to be sent to you. To see the entire range of Military OneSource deployment materials, go to the website and click on "Military Life & Deployment."



Preparing for deployment

- **Articles:** *Managing the Emotional Cycle of Deployment, The Servicemembers Civil Relief Act (SCRA), Finding Support When Your Service Member is Called to Active Duty, Preparing a Family Care Plan, When You're the Designated Family Caregiver for a Deployed Service Member, Renting Your Home During Deployment, Your Pet and Deployment*
- **Resource lists:** *Books and Resources for Children About Deployment, Resources to Support Military Families During Deployment*

During deployment

- **Articles:** *Having a Baby When Your Spouse is Deployed, Helping Your Preschooler Deal with Your Deployment, Helping Your School-Age Child Deal with Your Deployment, Single Parenting When Your Spouse is Deployed, Parenting a Special Needs Child When Your Spouse is Deployed*

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One Family's PCS Podcast Journey

This summer our Military OneSource podcasts take a slightly different route. In a double-podcast series, Marine wife Jennifer Licari talks candidly and with humor about her family's PCS from Virginia to California.

In one podcast, "Preparing to PCS," Jen talks about the planning and decisions that went into the PCS move, including locating child care and moving for the first time to installation housing. In the second podcast, "Preparing to Drive Cross-Country to a New Duty Station," she lets listeners in on the family road trip, with their newly potty-trained toddler on board. Listen to the podcasts (or download to listen later) at www.MilitaryOneSource.com (click on "Community," then "Podcasts," then "Military Life.")



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- **Resource lists:** *Books and Resources for Children About Deployment, Resources to Support Military Families During Deployment*

After deployment

- **Articles:** *Adjusting to Civilian Life After Combat Duty with the Guard or Reserve, Driving Safely at Home After Combat Driving, Getting to Know Your Children Again, Returning Home from Deployment as a New Father, Returning to Single Life After Deployment, Returning Home from Deployment When You're a Mom*
- **Resource list:** *Combat Stress Resources for Military Families*

- **Graphic novel and resource guide:** *Coming Home: What to Expect, How to Deal, When You Return from Combat*

Throughout the deployment cycle

- **CDs:** *These Boots: A Spouse's Guide to Stepping Up and Standing Tall During Deployment; Double Duty: Staying Connected with Your Kids When You're a Deployed Dad; Over There: Stories and Insights from Mothers Who Have Deployed*
- **Special Playaway® audio:** *Chill Drills: Relaxing the Body and Mind*



Communicating with Your Child's Teacher When You're Deployed

It may take some extra energy, commitment, and creativity from both you and the teacher, but it's possible to develop ways to communicate even if you're an ocean apart.

You'll find that good communication leads to a positive home-and-school relationship, which will help your child succeed. These tips can help:

- **Make plans before you deploy.** Meet with your child's teacher before you deploy. Make sure she knows that you want to stay a part of your child's school life while you're deployed. Plan to communicate regularly—every week, for example, or to the extent your mission allows. Let the teacher know if you would like to be informed about specific issues, such as a low grade or an unexcused absence.
- **Decide on the best ways to communicate.** For many deployed parents, email is the easiest way to communicate with teachers. If you are communicating with several teachers, you may want to set up an online chat.
- **Enlist the help of your spouse or your child's guardian.** Before you deploy, discuss with your spouse

or your child's guardian how you can work together.

Your spouse or your child's guardian can help with school attendance, homework, and communication with the teacher.

- **Stay in touch.** If you haven't heard from your child's teacher in a while, send an email to check in. Teachers can get busy and a friendly reminder lets your child's teacher know that you want to stay involved.
- **Send a box to school.** Ask your child's teacher what the class will be studying. If you can send something from a faraway place that relates to their work, the students will feel like the subject is real.

If your child attends a DoD school, the DoDEA (Department of Defense Education Activity) website at www.dodea.edu will offer information and contacts for your child's school. And GradeSpeed, an Internet-based software program, lets parents of children in DoD schools stay current on their child's performance. Go to www.gradespeed.net for more information.

Excerpted from a longer *Military OneSource* article. To read the entire article, go to www.MilitaryOneSource.com and type "Communicating with Your Child's Teacher When You're Deployed" into the search box.

Military OneSource

By phone, online, and face-to-face

You name it. We can help—24/7!

1-800-342-9647

Overseas: xx-800-3429-6477 (Country access codes can be found online)

Collect from Overseas: 484-530-5908 (Dial an international operator first)

En español llame al: 1-877-888-0727

About Military OneSource

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to twelve sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the website at www.MilitaryOneSource.com.