

Positive attitude during deployment

It's amazing how children unknowingly adopt the feelings and attitudes of those around them. *Step into Your Child's World* with these ways on how to maintain a positive attitude in your household.



Be proud

- Talk to your children about the important job the deployed parent has. Children may come to think of their parent as a hero.
- Explain that the military trains its men and women to be safe.
- Let children know that their parent will try to be as safe as they can.

Praise your child

- Compliment children when they help around the house.
- Let them know that you think what they're doing is important.
- Give children lots of hugs and kisses.

Smile

- Focus on what you can be thankful for.
- Think of at least one thing everyday that makes you happy.
- Include time for fun and play.
- Seek help if you're feeling overwhelmed.
- Ask someone else to look after the children when you need a break from the stress.

Deployment Calendar

Write the name of the month here

Write the dates in these boxes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Plan a "dinner and a movie" night with your children.
		Make time for kind words and compliments—often!		Help your children call or send a message to the deployed parent.		
	Remind your children about the special job the parent is doing.				Take a break! Trade babysitting with a friend or relative.	
				Talk to your children about your feelings and encourage them to do the same.		