

### Parenting during separation

Distance doesn't diminish a child's need for parental guidance, love, and support. *Step into Your Child's World* with these ways to keep a distant parent's influence close at hand.



### Communicate regularly

- Exchange e-mails or letters with details of daily activities, achievements, and family events with the absent parent.
- Give children notes and audio/video messages prepared before deployment.
- Trade items to keep in the memory box.

### Keep talking and listening

- Help children express their feelings through words, play, or drawings.
- Keep children updated on their parent's whereabouts and activities.
- Be available whenever your children want to talk.
- Let children know that their feelings of sadness, anger, loneliness, happiness, and resentment are O.K.

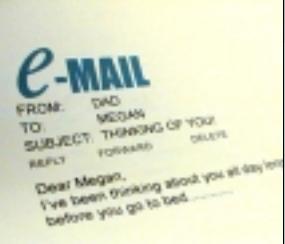
### Stay active

- Maintain family routines.
- Give children additional household chores to help them feel needed.
- Help children work on their scrapbook or video diary to share with Mom or Dad upon their return.
- Keep family photos in view.
- Give plenty of hugs and kisses.

# Deployment Calendar

Write the name of the month here

Write the dates in these boxes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Take time to talk to your children—and listen!				
			Help your children write a letter or send an e-mail to the deployed parent.			
		Make time for hugs—often!				Count down the days to the reunion.
	Share information with your children so they know what to expect.					Visit the Family Center in your installation for information and support.
						