



## Parenting while you are away

Deployment is a stressful time for all family members, especially children. Even though you may be miles away, you are still a parent. There are things you can do during this time to maintain closeness with your children and to ease their stress.

*Use the checklist below as a guide for maintaining closeness with your children while you are away.*

AS A PARENT, I:

- Maintain communication with my children as often as possible through letters, e-mail messages, audiotapes, and/or videotapes.
- Maintain communication with my children's caregiver as often as possible.
- Participate in making family decisions.
- Take an interest in the everyday events in my children's lives.
- Answer my children's questions openly and honestly in words they can understand.
- Reassure my children often that they are cared for and safe.
- Reassure my children that I will do everything I can to stay safe.
- Encourage my children to share their feelings with me.
- Praise my children for helping out while I am gone.
- Encourage my children to continue routines and family celebrations while I am gone.
- Remind myself that everyone, including myself, might change while I am gone.
- Talk about plans for a reunion with each of my children.



IMAGINE STEPPING INTO  
YOUR CHILD'S WORLD  
AND SEEING THINGS  
FROM HIS OR HER POINT  
OF VIEW.

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