



Single parents or both parents deploying

Planning for children's care

Deployment is a stressful time for all family members, especially children. But when *single* parents or *both* parents are deployed, there are extra challenges for families. There are several ways to comfort children during this uncertain time, including **planning for their care**.

Use the checklist below to help guide you in preparing your children and caregiver for your deployment.

WITH MY CHILDREN'S PRIMARY CAREGIVER, I:

- Review childcare plans.
- Discuss routines and rules to help keep my children on track.
- Develop a plan to ease the transition from parent to caregiver once I leave.
- Make plans for a quick transition if I am placed on alert status.
- Provide important instructions, such as medical information, I.D. card information, command information, school information, transportation plans, mailing addresses, telephone numbers, next of kin, emergency contacts, etc.
- Discuss how we will communicate while I am away.
- Give suggestions for talking to my children about my absence and my return.
- Give suggestions for answering my children's questions about my mission.

WITH MY CHILDREN, I:

- Talk about who will care for them while I am away.
- Discuss childcare plans, routines, and rules to keep them on track while I am away.
- Talk about how and when they will go to their new home.
- Plan which toys, clothes, and other items they can take.



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

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