



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

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Talking while a parent is away

After the deployed parent leaves, daily activities may become more routine. While this is good, it is still important to talk about what is happening and to learn what your children are feeling. Here are a few ideas to help you and your children cope during this time.

Take time to talk—and listen!

- Your children need to be told what is happening. This will give them time to think about the deployment, begin to accept it, and get used to their feelings about the reunion to come.
- Be available whenever your children want to talk.

Share information with your children.

- Share as much information as possible about the parent's location and assignment.
- Answer questions openly and honestly.
- Keep answers simple and use words your children can understand.
- Show patience when your children ask the same questions and you repeat the same answers.
- Show a positive attitude toward the mission of the deployed parent.

Encourage your children to talk about feelings.

- Help them express their feelings through words, play, drawings, etc.
- Keep in mind that each child has different concerns at this time.
- Talking about feelings will help to relieve their worries *and* will help you know what they need.

Reassure your children.

- Tell your children that they are safe and cared for while their deployed parent is away.
- Let them know that their feelings (sadness, anger, loneliness, happiness, etc.) are important.
- Offer your children comfort by touching and holding th