

ASSISTING CHILDREN WITH SEPARATION

Tips for Parents

- * Talk with your child about deployment.
- * Share your feelings (anxiety, sadness or excitement, etc.) about deployment.
- * Tour the ship or work place.
- * Discuss ways to keep in touch.
- * Plan a special activity with your child before deployment.
- * Swap an important personal belonging with your child to keep during deployment.
- * Involve your child's teacher. Have homework samples mailed to you or offer to send postcards to the class.
- * Give your child a picture of you.
- * Read books appropriate to your child's age on the subject of separation. Make a library outing for this.
- * Use maps to follow the deployed parent during separation.
- * Use calendars to record special thoughts or events and track time.
- * Before the deployment, plan family activities to occur during separation and for homecoming.
- * Assign a family historian and keep a scrapbook of activities to share with the deployed parent upon return.
- * Send mail to each child individually.
- * Give lots of hugs.

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