



# DEPLOYMENT CHECKLIST FOR KIDS

It will be hard to say good bye to your dad or mom when they deploy. Kids need to be deployment ready – just like mom and dad. To get ready and make it easier to be apart, try the following ideas.

## ✓ Before your Parent Goes on Deployment

- \_\_\_ Let your parent know you love him/her.
- \_\_\_ Talk to your parent about how you feel about their leaving.
- \_\_\_ Ask your parent to tell you about their job. If possible, go see their workspace.
- \_\_\_ Make a “date” to spend time alone with your parent. Do something special – just the two of you.
- \_\_\_ Have a picture taken of you and your parent. Keep one copy and send one with your deploying parent.
- \_\_\_ Make or buy something special that your parent can take on the deployment.
- \_\_\_ Talk to your parents about rules, responsibilities, chores, and allowance. Make sure everyone understands what is expected during the deployment.
- \_\_\_ Plan ways to celebrate special occasions even though you’re apart.

## ✓ Staying in Touch

Make sure you stay in touch. This takes planning in advance. Talk to your parent about writing letters, talking on the phone, and sending emails.

- \_\_\_ Keep a list of what you want to ask or tell them so you will remember when you write or talk to them.
- \_\_\_ Buy copies of the same book. Read chapters and both of you can share your thoughts and ideas.
- \_\_\_ Keep them up to date on what’s going on with you, school, sports, etc.
- \_\_\_ Send drawings or photographs.
- \_\_\_ Burn a copy of your favorite CD and send it.
- \_\_\_ Send your school work.
- \_\_\_ Bake cookies and mail a batch.
- \_\_\_ Make an audio or video tape.
- \_\_\_ Cut out articles or comics from the newspaper that you know they’d like.
- \_\_\_ Write a review of a movie you saw.
- \_\_\_ Send them sports scores.
- \_\_\_ Keep a journal or scrapbook to share when your parent returns.

It’s ok to feel sad or mad sometimes. It’s not easy to have your parent far away. But, if you are feeling bad a lot or are taking it out on others, talk to your parent, teacher, coach or other adult friend about your feelings. They can help!

Remember your mom or dad is still your parent even though they’re deployed. They love you and care about you.

