



# DEPLOYMENT RESOURCES

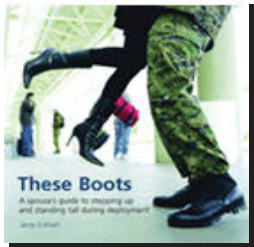
Our resources provide strategies and support to help ease the way for children, teenagers, and the non-deployed parent. Go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) and click on "deployment" for our entire range of deployment-related materials, including articles, booklets, and CDs.



Ages 2 to 5

## **Talk, Listen, Connect: Deployments, Homecomings, Changes**

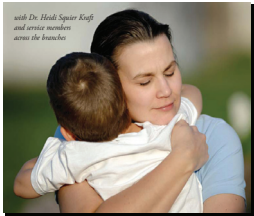
A 2-DVD Sesame Street kit designed to support families with young children as they manage the feelings and challenges of all phases of deployment. In English and Spanish.



These Boots

## **A spouse's guide to stepping up and standing tall during deployment**

When your spouse deploys, the challenges -- emotional and practical -- can seem overwhelming. On this recording, Jacey Eckhart, a military wife for 18 years and columnist for the *Virginian-Pilot*, offers suggestions and strategies to help you prepare for deployment, survive (and even thrive) while you're "married but single," and get ready for homecoming.



Over There

## **Stories and insights from mothers who have deployed**

Being "over there" when the rest of your family is back home can be hard for any military parent, but mothers may find it especially challenging. On this new 60 -minute audio CD, you'll hear mothers of children ranging in age from toddler to teenager.



Double Duty

## **Staying connected with your kids when you're a deployed dad**

In the *Double Duty* CD, fatherhood expert and former Marine Armin Brott talks about ways to stay close with your child from before you deploy to after you return. Service members from all branches with children of all ages from newborn to teenager share their experiences as deployed dads.

**Military OneSource is available 24/7. You name it. We can help.**

1-800-342-9647 Overseas: xx-800-3429-6477 (find access codes online) [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)