

TIPS FOR PARENTS

Talk with your children before the service member comes home as much as you did when the parent was preparing to leave.

Take care to avoid abruptly shifting love and attention from the children to the returning spouse.

Understand that children may experience a variety of feelings: Happy,

Afraid, Excited, Proud, Jealous, or Worried.



REUNION

The joy of reuniting with your family can bring with it some surprising reactions from all family members.

Understanding the unification process can help make the reintegration easier.

Hohenfels Elementary School has a school-wide program called Second Step to help children develop the skills needed to add to the stability of their environments, and to help them understand themselves and others, not only at school, but also at home. The parent training portion of this program allows parents to understand what their children are learning and to implement these valuable skills at home.

Welcome Home!!



Hohenfels Elementary School

Thanks to USAREUR for funding the Second Step Program for Hohenfels ES.

Hohenfels Elementary School
Unit 28214
APO AE 09173
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A Process – Not An Event

Deployment reunions and reintegration are a process, not an event. Stress levels may remain high. Families and schools working together help children adjust to the changes inherent in deployment reunions and reintegration.



The Second Step Program teaches students skills related to build empathy, impulse control, and anger management.

The stress of separations and the joy of reuniting requires the ability to listen to how each person has changed. The development of caring and kindness helps an understanding of how the absent parent felt as well as how the child felt when they were apart. In the Second Step Program, children practice these skills with the help of the teacher and their peers.

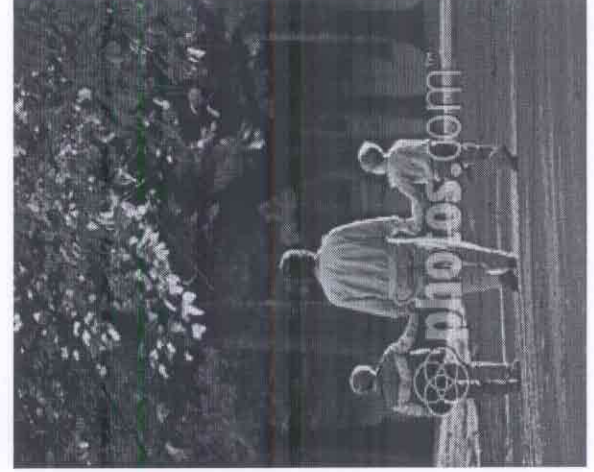
Problem-Solving

Developing problem-solving skills helps children work well with others to solve problems and meet individual needs. It allows children to focus more on maintaining good relations and eases the clashes that may arise as the reintegration process evolves.

Anger Management

When understanding is not clear, anger can be a quick response to helplessness, fear, and worry. In the Second Step Program, children learn to recognize a stressful situation on an appropriate developmental level. They learn how to prevent stress, begin to use self-calming techniques, and use problem-solving strategies to deal with anger.

As wonderful and effective as the Second Step Program is, it cannot replace the love and guidance provided by a child's parents. During the reunion and reintegration process, keep an open line of communication with your children.



Help them understand they have changed while the parent was away, and that the parent has changed, too. Assure them that even though the parent may look or act differently than the child remembers, the returning parent is their same father or mother that left and that loves them.

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