

Checklist

DEPLOYMENT | PARENTING DURING SEPARATION

For the returning parent



Getting to know your children again

When you return from your assignment, it will take time to get to know your children again because everyone—including you—has changed while you have been away.

Use the checklist below as a guide while you get to know your children again.

AS A PARENT, I:

- Plan to make a smooth transition from service member to parent again and remember that my family is a family and not a military unit.
- Let things happen naturally and do not force my children to interact with me.
- Give each child time to “warm up” to me, especially new family members born while I was deployed.
- Listen sensitively to each child.
- Answer my children’s questions openly and honestly.
- Plan a special outing with each child.
- Give each child a “bravery medal” for courage.
- Show an interest in my children’s everyday lives.
- Find out about new interests my children have developed while I have been away.
- Spend time looking at my children’s artwork, schoolwork, etc.
- Discipline my children with care and love.
- Give lots of reassuring hugs.
- Seek professional help, if needed.



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

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