



My Parent is Deploying

When a child finds out their parent is deploying a wave of emotions and questions is likely to come with it. Vivid imaginations sometimes can lead children to imagining the worst. Share details that can help them envision where the deploying parent will be, why they will be there, and for how long to help them feel secure.



Draw a star where your parent is deploying to, and draw a star where you are.

My Daddy or Mommy is going to:

For this much time:

They will be doing important jobs, like:

We will keep in contact through:

When I miss my Daddy or Mommy I can:

While my Daddy or Mommy is deployed...

- they will sleep in a:
- they will eat:
- they will do this for fun:
- the weather will be like this:

At home

- these things will stay the same:
- these things will look different:
- I can be extra helpful by:



Draw a picture of what you think it may look like where your Daddy or Mommy will be deployed.