

SUPPORTING MILITARY CHILDREN



Ideas and Activities that families or school personnel can do to support military kids

MCEC "Activities for Staying Connected" (MCEC participant guide, pg. 13) <https://www.militarychild.org/>

- Leave 3 stamped, self-addressed envelopes with the teacher. The newsletter, work samples, or teacher comments can be sent.
- Become a pen pal with the class. Parent can send postcards, maps, stamps
- Activities for Deployment and Reintegration
- Holiday Make-Up parties when return
- Create Chore Charts
- Post its on a board by phone so when deployed parent calls, you remember things to say

PARENTS GUIDE TO BUILDING RESILIENCE IN CHILDREN AND TEENS. GIVING YOUR CHILD ROOTS AND WINGS by Kenneth Ginsburg with Martha Jablow (American Academy of Pediatrics) This book suggests a host of activities that can be used during redeployment, deployment and reintegration. Here are a few of them:

- Have Family Meetings
- Track the parent journey on a map.
- Find or facilitate support groups.
- Visit a nearby military station with your child.
- Make a time capsule prior to deployment and take it out when parent returns.
- Find families in the community who have experience with deployment so they can assist.
- Have a NO HOMEWORK PASS for one night off from homework so that he can spend more time with parent (ie: parent calls, returns, etc.)
- A class, school or PTO could adopt a soldier, airman or unit (ie: write letters, send crafts.) (NC Family Readiness Office 800.621.4136)
- Watch dvds developed by military pediatricians to help young children and adolescents. (www.militaryonesource.com or 800.342.9647)

OTHER

- www.hugahero.com (Dolls that look like military-voice recording of parent)
- FLAT Daddies (similar to Flat Stanley) Photo Cut-out to put in family pictures when parent is deployed

