DEPLOYMENT CHECKLIST FOR KIDS
Before your Parent Goes on Deployment

___ Let your parent know you love him/her.
___ Talk to your parent about how you feel about their leaving.
___ Ask your parent to tell you about their job.
___ Make a "date" to spend time alone with your parent. Do something special – just the two of you.
___ Have a picture taken of you and your parent. Keep one copy and send one with you deploying parent.
___ Make or buy something special that your parent can take on the deployment.
___ Talk to your parents about rules, responsibilities, chores, and allowances. Make sure everyone understands what is expected during the deployment.
___ Plan ways to celebrate special occasions even though you're apart.

It will be hard to say goodbye to your dad or mum when they deploy. Kids need to be deployment ready – just like mum and dad. To get ready and make it easier to be apart, try the following ideas.

Staying in Touch

Make sure you stay in touch. This takes planning in advance.
Talk to your parent about writing letters, talking on the phone, and sending e-mails. Try some of the following ideas.

___ Keep a list of what you want to ask or tell them so you will remember when you write or talk to them.
___ Buy copies of the same book. Read chapters and both of you can share your thoughts and ideas.
___ Keep them up to date on what's going on with you – school, sports, etc.
___ Send drawings or photographs.
___ Burn a copy of your favourite CD and send it.
___ Send your school work.
___ Bake cookies and mail a batch to your mum or dad.
___ Make an audio or video tape.
___ Cut out articles or comics from the newspaper that you know they'd like.
___ Write a review of a movie you saw.
___ Send them sports scores.
___ Keep a journal or scrapbook to share when your parent returns.

It's ok to feel sad or mad sometimes.
It's not easy to have your parent faraway. But, if you are feeling bad a lot or are taking it out on others, talk to your parent, teacher, coach or other adult friend about your feelings. They can help!
Remember your mum or dad is still your parent even though they're deployed. They love you and care about you.