# My Deployment Map

My grown up is away for a while. All of my feelings about it are okay.

**Name:** _____ **Date:** _____

## 1 How I feel about the deployment

Tick all that fit. Lots of kids feel two things at once

- ☐ Proud
- ☐ Sad
- ☐ Worried
- ☐ Angry
- ☐ Lonely
- ☐ Brave
- ☐ Mixed up
- ☐ Excited

## 2 My questions

Tick the ones I want to ask my grown up

- ☐ How long is it?
- ☐ Where will they sleep?
- ☐ Can we talk or call?
- ☐ Are they safe?
- ☐ Who takes me places?
- ☐ What will they eat?
- ☐ Do rules change?
- ☐ When is homecoming?

## 3 All about my deployed grown up

Things I know and love about them

**My grown up's name:** _____

**Their job helps by:** _____

**Something we love to do together:** _____

**Something I want to tell them:** _____

## 4 What stays the same

Some things change, and some things stay the same

**Who takes care of me at home:** _____

**A routine that stays the same:** _____

**Something I will save to show them:** _____

Draw me and my deployed grown up together, or our whole family:

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# My Deployment Plan

How we stay close, what helps on hard days, and how we keep in touch. We made it together.

**Name:** _____ **Date:** _____

## 1 Ways to stay close Tick the ones we will try

- ☐ Write a letter
- ☐ Video or phone call
- ☐ Draw a picture
- ☐ Recorded story
- ☐ Care package
- ☐ Photo by my bed
- ☐ Family news diary
- ☐ Find them on a map

## 2 On hard days, I can Tick the ones that help me

- ☐ Ask for a hug
- ☐ Talk at worry time
- ☐ Hold their T shirt
- ☐ Take 5 slow breaths
- ☐ Draw my feelings
- ☐ Move my body
- ☐ Look at photos
- ☐ Tell my teacher

## 3 My staying connected week Tick or color a box each day it happened

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|---|---|---|---|---|
| I did something for them | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| I said how I feel | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| I did a brave thing | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

## 4 For the adult helper Honesty, steady routines and support for you too

Explain simply and honestly where your grown up is going and roughly for how long. Warn that there may be days without contact.

Keep routines and rules steady, limit news images of war for young children, and make a short daily time to talk about worries.

Look after yourself, the parent at home, too. Plan the homecoming and go slowly after the return. Ask for help if worries last for weeks.

**Military OneSource 24/7: 800-342-9647. Crisis: 988 (military families press 1). Danger: 911.**

Adult notes: what is helping, date to check in again

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