

## Time for comfort

### *Sharing comfort items*

“COMFORT ITEMS” ARE SPECIAL REMINDERS OF SOMEONE YOU LOVE. EXCHANGING COMFORT ITEMS WITH YOUR CHILDREN CAN HELP YOU FEEL CLOSE EVEN WHEN YOU ARE FAR AWAY FROM ONE ANOTHER.

SOME COMFORT ITEMS....



A STUFFED ANIMAL



A SPECIAL ROCK



A SMALL BOOK OF PHOTOS



A KEY CHAIN



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## Time to keep in touch

### *Sharing thoughts*

PLAN WAYS TO COMMUNICATE WITH EACH CHILD BEFORE YOU DEPLOY:



TELEPHONE



LETTERS



AUDIO OR VIDEOTAPES



E-MAIL MESSAGES



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## Time to keep in touch

### *Showing and telling*

WRITE LOVE NOTES TO YOUR CHILDREN AND ASK A PARENT OR CAREGIVER TO HIDE THEM IN LUNCH BOXES, BACKPACKS, TOY BOXES, ETC. AS SURPRISES.



TRY TO IMAGINE THE SMILES ON YOUR CHILDREN'S FACES WHEN THEY SEE YOUR HEARTFELT MESSAGES.



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## Time to return

### *Going home*

REMEMBER THAT EVERYONE IN THE FAMILY, INCLUDING YOU, HAS GROWN AND CHANGED WHILE YOU HAVE BEEN AWAY.



BE FLEXIBLE.



BE PATIENT.



BE AVAILABLE.



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## Time for praise

### *Showing pride*

PRaise YOUR CHILDREN FOR HELPING OUT WHILE YOU'VE BEEN AWAY.



GIVE EACH CHILD A “BRAVERY MEDAL” FOR BEING BRAVE WHILE YOU'VE BEEN AWAY.



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