

3 TIPS FOR ADJUSTING TO CHANGES AT HOME

A military deployment can bring about significant changes in family dynamics and routines. As you prepare for reunion and reintegration, it's important to anticipate these changes and work together to establish new routines and roles within the family.

1. Roles in the Family:

- **Before Deployment:** Discuss and allocate roles and responsibilities within the family before the deployment begins. This ensures that everyone understands their roles and can effectively manage household tasks and duties.
- **During Deployment:** During the deployment, family members may need to take on additional responsibilities to compensate for the absence of the deployed member. Flexibility and teamwork are key during this time.

2. Reworking Roles During Reintegration:

- **Open Dialogue:** As your loved one returns home, revisit and reassess the family roles and responsibilities. Discuss any changes that may be needed to accommodate the returning member and ensure a smooth transition.
- **Collaboration:** Work together as a family to reassign roles and redistribute tasks as necessary. Be willing to adapt and compromise to create a balanced and harmonious household environment.

3. Establishing New Routines:

- **Weekdays:** Create a daily routine that accommodates the schedules and needs of all family members, including work school, and extracurricular activities. Consistency and structure can help everyone feel more settled and secure.
- **Special Event Days:** Plan ahead for special occasions and holidays, taking into account any traditions or rituals that are important to your family. Coordinate schedules and activities to ensure that everyone can participate and enjoy these events together.
- **Days at Home:** Set aside time for family bonding and relaxation on days when everyone is at home together. Whether it's a movie night, a family game session, or simply sharing a meal, prioritize quality time spent together as a family.

By proactively preparing for homecoming, navigating the reunion and reintegration process, and adjusting to changes at home, your family can strengthen its bonds and thrive as you welcome your deployed loved one back into the fold.