

# 4 TIPS ON PREPARING FOR HOMECOMING

As your loved one's military deployment draws to a close, it's natural to feel a mix of excitement and apprehension. While the anticipation of their return is thrilling, it's important to prepare yourselves as a family for the transition back to everyday life. Here are some tips to help you navigate this period smoothly.

## 1. Preparation:

- **Physical Preparation:** Ensure that practical matters such as household chores, bills and any necessary repairs are taken care of before your loved one returns. This will allow you to focus on reconnecting as a family without unnecessary stress.
- **Emotional Preparation:** Take the time to discuss your feelings as a family. Acknowledge any anxieties or concerns you may have about the reunion, and encourage open communication to address them together.

## 2. Communication:

- **Discuss Expectations:** Talk as a family about your expectations for the homecoming. This includes how you'll celebrate, any special plans you have and how you envision reconnecting with your loved one.
- **Stay in Touch:** Maintain regular communication with your deployed family member leading up to their return. Share updates about daily life, special events and anything else that can help them feel connected to home.

## 3. Expectations vs. Reality:

- **Manage Expectations:** While homecoming is a joyous occasion, it's essential to recognize that the transition may also bring challenges. Be prepared for potential adjustments as your loved one reintegrates into family life.
- **Flexibility:** Stay flexible and patient as you navigate this period together. Understand that it may take time for everyone to readjust to being together again, and that's okay.

## 4. Getting Excited:

- **Plan Special Activities:** Brainstorm fun activities or outings to enjoy as a family during the homecoming period. Whether it's a favorite meal at home or a day trip to a nearby attraction, creating positive experiences together can help strengthen your bond.
- **Celebrate Together:** Take the time to celebrate your reunion as a family. Share stories, laughter and expressions of love to reaffirm your connection and create lasting memories.