

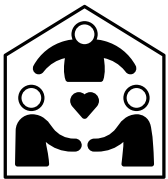
6 TIPS FOR TALKING TO KIDS ABOUT DEPLOYMENT



Age-Appropriate Communication: Tailor your discussions to the child's age and level of understanding. Use language and concepts that are suitable for their developmental stage.



Be Honest: Be truthful about the upcoming absence, explaining where the member is going and why.



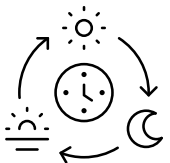
Create a Safe Space: Encourage open communication by creating a safe and supportive environment. Let the child know they can ask questions and share their feelings without judgment.



Use Visual Aids: Visual aids such as maps, photos or drawings can help children better understand the geographical distance involved. It can make the situation more concrete and understandable.



Involve Them in Preparations: Include children in preparations when appropriate. This involvement can include packing care packages, creating a countdown calendar or discussing ways to stay connected during the separation.



Establish Routine and Predictability: Maintain a stable routine as much as possible. Predictability can provide a sense of security for children, helping them cope with the changes brought about by absence.

Remember, each child is unique. It's essential to adapt these strategies based on the individual needs and personalities of the children involved.