

# 7 TIPS ON TALKING ABOUT DEPLOYMENT EXTENSION

When a deployment is extended, it impacts your family's plans, schedule and routines. You've been eagerly awaiting your loved one's return, only to discover that reunion plans must be postponed. While it's challenging, there are ways families can manage and navigate this time together. Here are some suggestions on coping during this time:



**Understanding Emotions:** It's normal to feel different emotions when a deployment lasts longer than expected, like feeling stressed or overwhelmed. It might take time to get used to the news, and that's okay.



**Feeling Supported:** You're not alone. Talking to others who understand what you're going through can help a lot. Joining workshops and activities for families like yours can keep you feeling connected.



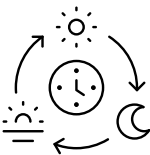
**Helping Children Understand:** Help your children handle the news by talking about it and offering extra love and support. Explain the extension in simple words and let them know you'll keep them updated.



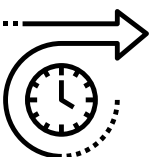
**Informing Educators:** Tell your child's educators about the deployment being extended. It's good to keep teachers and other adults in your child's life informed.



**Sharing Feelings:** Share your feelings as a family. Let your children talk about their feelings and encourage them to ask questions. Listen and try to understand.



**Getting Back into Routine:** Get back into your regular routine as soon as possible. Routines help things feel normal and predictable.



**Looking to the Future:** You might have planned a vacation, a family reunion or a celebration with friends. Some things can be postponed, while others may need new plans. When you're ready, organize a new reunion with your loved one to give your family something positive to look forward to.