

# 8 TIPS FOR PARENTING DURING ABSENCE

Parenting during deployment or training presents unique challenges, but there are ways military members can stay connected with their children. Here are some helpful tips:



**Regular Communication:** Maintaining regular contact with family through phone calls, video chats, emails or messaging apps can help maintain connection and keep you informed about your child's daily activities and milestones. Sharing details about your day and experiences with your child fosters a sense of closeness and involvement in each other's lives.



**Coordinate with Caregivers:** Maintain open communication with the caregiver at home, whether it's a spouse, family member or close friend. Providing support with parenting styles, discipline and decision-making ensures a consistent parenting approach and promotes stability for your child.



**Use Technology Creatively:** Utilize technology creatively to stay connected with your child. Sharing photos, short videos or voice messages. Consider recording personal video or audio messages for your child to watch or listen to when they miss you and encourage them to create their own messages in return.



**Stay Informed:** Stay updated on your child's school progress, health and extracurricular activities to remain actively involved in their life. Supporting your child's education through remote engagement, such as helping with homework or discussing school projects over video call.



**Create Rituals:** Establishing special rituals or traditions, like bedtime stories over video chat or virtual family dinners, helps maintain a sense of stability and connection. Surprise your child by hiding little gifts or notes for them to find while you are away.



**Provide Emotional Support:** Creating a safe space for your child to express their feelings about your absence is essential. Encourage open communication, validate their emotions and share your own experiences to foster understanding and empathy.



**Set Goals Together:** Setting goals or challenges with your children encourages collaboration and shared accomplishments during the deployment period. Whether it's learning a new skill or embarking on a fun project, working towards common objectives strengthens your bond as a family.



**Plan for Reunion:** Anticipating your return and planning a special celebration can provide your child with comfort during your absence. Engaging in discussions about future activities or outings you both look forward to can foster excitement and optimism for the time ahead.