T is for TRAINING!



Adapted by: **Amy Doyle**
Edited and Original by: **Marg Rogers**
Illustrated by: **Jan Dolby**


TRAINING

FOREWORD



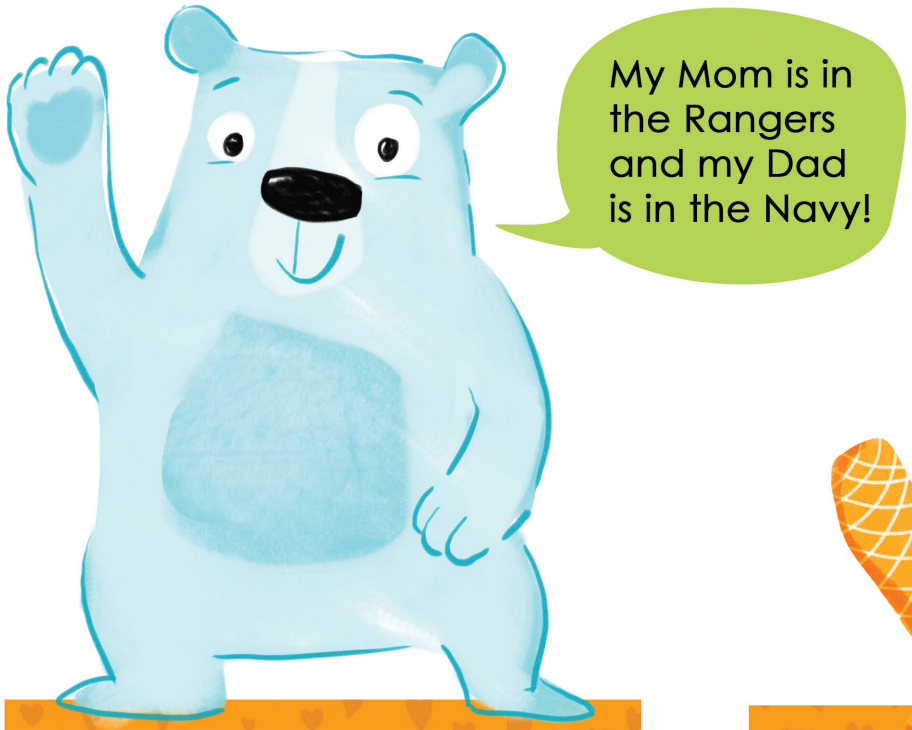
Growing up in a military family, I learned early that service often meant being apart. My father was frequently away, not on distant deployments, but in domestic training areas across Canada and Europe, taking part in what he called "War Games". As a young boy, I found it hard to understand why he preferred to play these games with his Army friends rather than spend time with me. The playful name did little to ease the pain of missing him during school events, birthdays, and quiet times at home.

Years later, as a father serving in the Canadian Armed Forces, I found myself on the other side of that same divide. I stood in the same muddy training grounds trying to communicate with my children, hoping they could feel my love through a few short sentences. I saw in their eyes the same confusion and sadness I once carried. Training doesn't always take us overseas, but it still takes us away from bedtime stories, weekend routines, and the everyday comforts that shape family bonds.

What I have come to value is that children do not require an in-depth explanation of military structure to sense the weight of separation; they simply need to know they are not alone in it. This book provides space for that understanding. It helps children identify what they are feeling, offers families a way to discuss absence, and reminds everyone that love and connection persist even when training begins.

Dr. Darryl G. Cathcart, CD
Founder, Release Point Education

"Hi - We are here to share this story with you!"

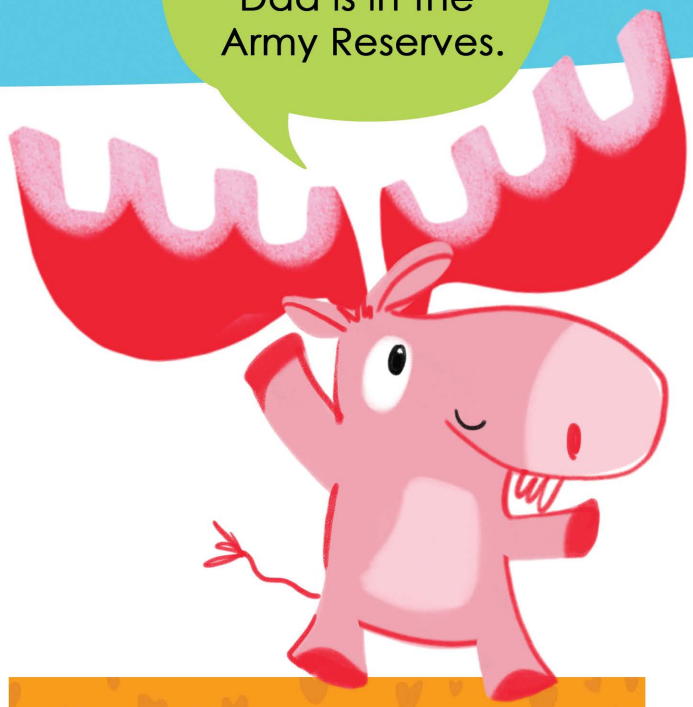


Kye loves art, hockey, and swimming.



Amik loves numbers, puzzles, and crafts.

My Mom is in the Army and my Dad is in the Army Reserves.



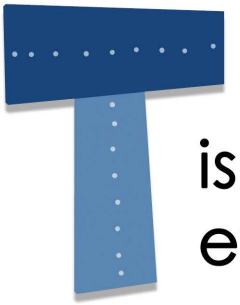
Maple loves music, running, and playing outside.

My Mom is in the Air Force.



Cloé loves summertime, sports, and reading.

TRAINING



is for **TRAINING**, a word we live with every day.







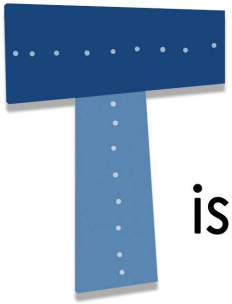








TRAINING



is also for **TEARS**.

Sometimes I cry,
because saying
goodbye can be hard.



T is for **TIME TOGETHER**.
Time for hugs, stories, and
special moments together
before they leave.



Even when we are apart, we still love each other.







TRAINING



is for **ROUTINE**.



We wake up,
eat breakfast,
go to school,
and brush our
teeth before bed.

I like our **ROUTINE**.

Mom says everyone is happy
when we all know what comes next.



is also for **READ AND RELAX!**

Every night we snuggle up
to read and relax together.



TRAINING



is for **ANGRY**.



Sometimes I feel angry when my parent leaves for training. My Dad says that big feelings are expected.

Mom reminds me that **A** is for **ALWAYS**.



My parent always comes back home, and they **ALWAYS** love me, even while they are away.


S W
H

TRAINING

I is for **IRRITABLE**.



That's the grumpy, unhappy feeling that sometimes sneaks in when things change.

I is also for **IDEAS!**




780


TRAINING

N is for **NIGHTIME**.



Sometimes bedtime feels harder when someone I love is away.

At **NIGHT**, I have time to talk about my day.

If I have happy thoughts or if I have worries, I can share them with my parent.

Sharing my thoughts and feelings with a grown-up I trust makes them feel lighter to carry.

TRAINING

I is for **IMPATIENT**.







TRAINING

N is for **NEVER**.





MONETTE




Bienven
papa !

TRAINING G

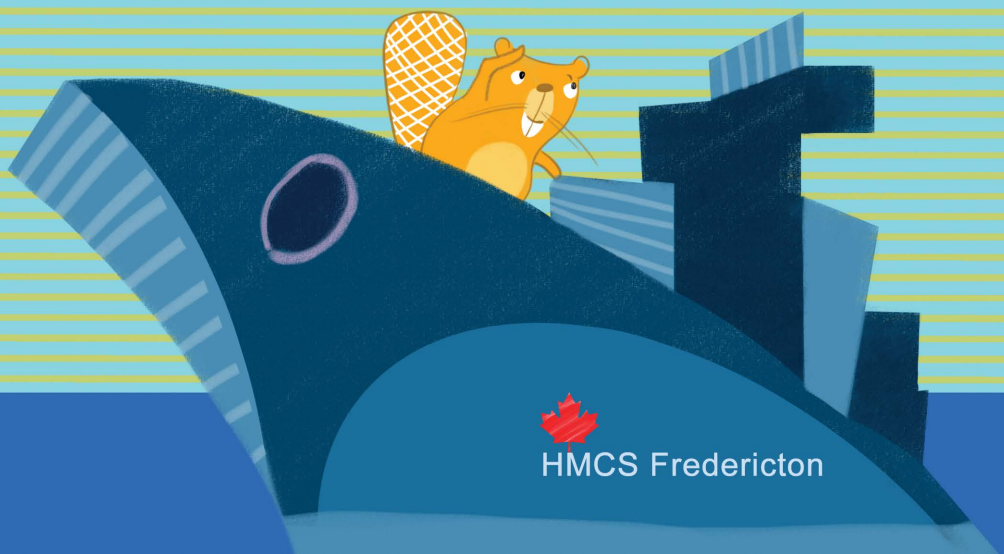


G is for GOING

... on a bus, a ship, a car or a plane.







HMCS Fredericton


337


Canada
333



TRAINING

G is also for **GLUE**.





But time marches on, and soon we'll say that word again,

TRAINING.




SKANDIC
SWT



For



LOVE

is many things -





T

Truthful and trusting

R

Respectful

A

Accepting

I

Interested in each-other's well-being

N

Nurturing

I

Inclusive

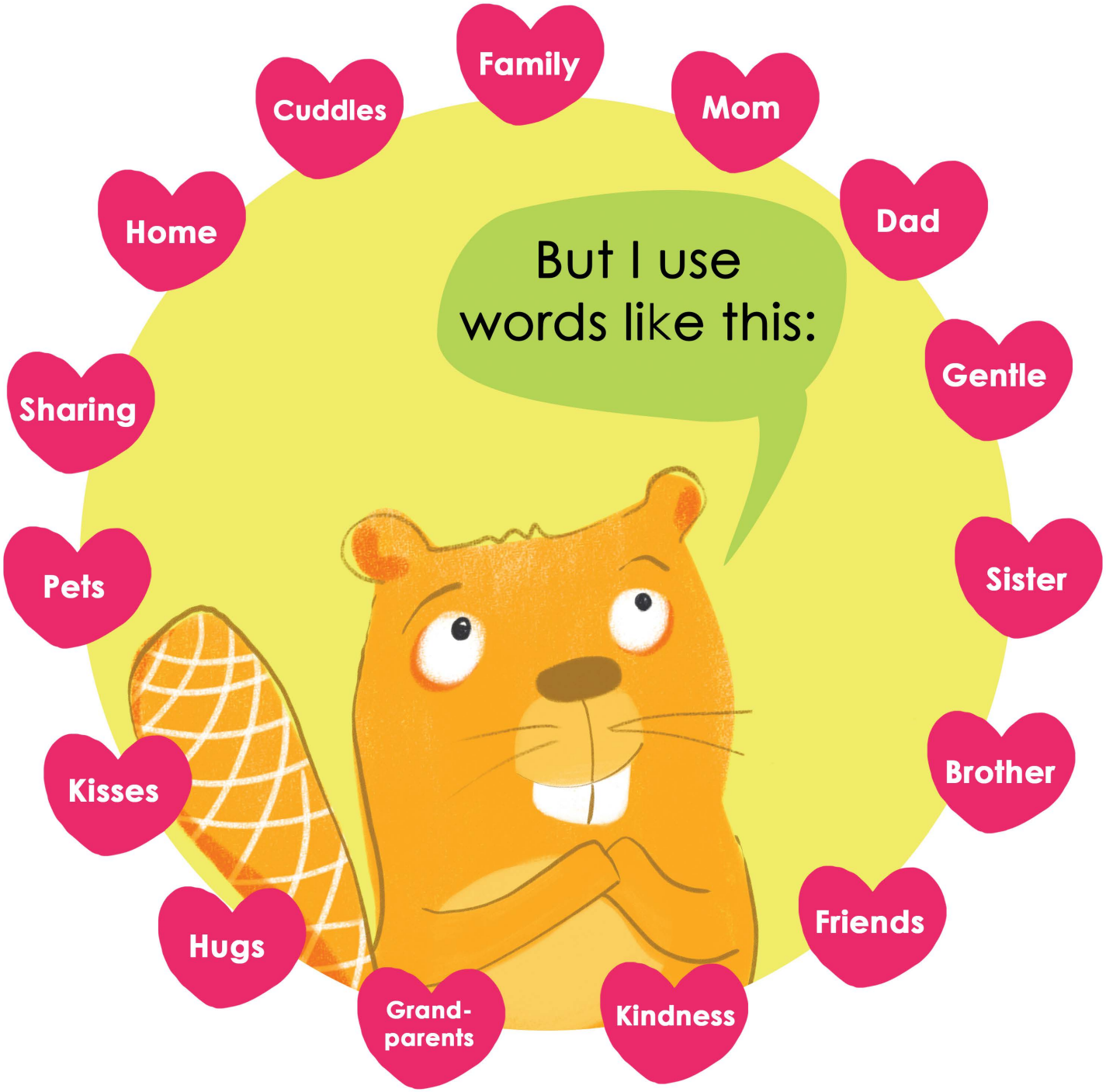
N

Nourishing our minds, body, and spirit

G

Grateful and gracious




But I use words like this:
Family
Cuddles
Mom
Home
Dad
Sharing
Gentle
Pets
Sister
Kisses
Brother
Hugs
Friends
Grand-parents
Kindness

I know
my parents
love me and
they think of me
every day.
This love keeps
our family
strong when
one of us
is away.




love








Snowbirds
LH
RH

ACTIVITIES



#1 OUR SPECIAL PHOTO BOARD

Take **HAPPY** photos, **SILLY** photos, **FUNNY** faces, and **BIG SMILE** photos together.

Print your favourites and glue them onto a piece of poster board or cardboard.

Decorate your poster with drawings, stickers, handprints, or special messages.

Take a photo of the board for your parent so they can look at the board when they are away. Then hang it somewhere you can see it every day, like your bedroom wall or closet door.

Every time you look at your photo board, you can remember the fun you had making it together. You can think of your parent who is away, and you will know that they are thinking about you, too.



#2 GOODNIGHT, MOMMY! GOODNIGHT, DADDY!

Use your photo board as part of your bedtime routine.

Each night before bed, you and your at-home parent or caregiver can say goodnight to the photos of your parent who is away.

You might blow a kiss, share something fun that happened during your day, or tell the photos about your favourite part of the day.

Remember that even though your parent is away, they love you, and they will be home again as soon as possible. This routine can keep the away parent part of the at-home routine. Through pictures, they remain an important part of your daily life, even while they are gone.

ACTIVITIES

#3 EMOTIONS IN MOTION!



Even though our emotions can be big, they are temporary and can help us learn about ourselves and the world around us.

On blank paper, draw a train and add several rectangles as train cars. Look through the book and find some of the emotions that the characters and people in the photos are feeling. In the rectangles, draw a face that matches the emotions you picked. Write the feelings next to the faces. Ask for help if you need it.

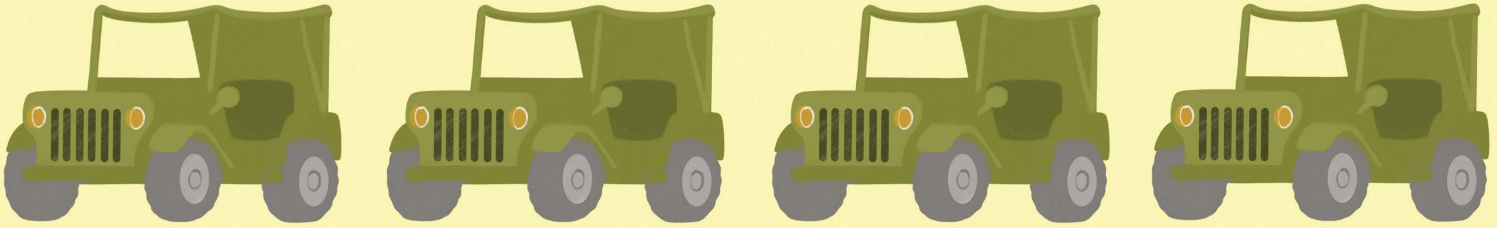
Have you felt that emotion? What do you do when you feel this way?
Who can you talk to about your feelings? What helps you feel safe, calm, and understood?

Now draw some puffs of steam, blowing wind, or birds around your train. These show that the train is moving. It reminds us that just as trains pass through a station, our feelings pass through us.

Feelings are like trains: they come, and they go. No one feeling stays forever!

#4 COUNT HOW MANY!

Can you count how many vehicles are in this book?
What different types of vehicles can you see? Name them.



The illustrations and some of the content have been modified for a Canadian audience with permission of the original author, Associate Professor Marg Rogers. For the original content, entitled *T is for Training: Rosie's Story*, and for additional resources created for Australian audiences, please visit the Child and Family Resilience Programs.

This book and additional online Canadian eBooks and accompanying resources will continue to be created. These adapted Canadian versions can be found as eBooks on the following websites;

Military Family Services, Canadian Forces Morale & Welfare Services, Canadian Institute of Military and Veteran Health Research, Families Matter Research Group, Atlas Institute for Veterans and Families, Wounded Warriors Canada, Together We Stand.



Print copies can be purchased online, at cost
(no profit is made from these books)
at The Royal Canadian Legion website –

www.poppystore.ca

HOW WAS THIS RESEARCH-BASED BOOK WRITTEN?

The original book and eBook were written using research data collected from military families in Australia. The research project was titled '*Young children's understandings and experiences of parental deployment within an Australian Defence Force (ADF) family*' (Rogers, 2017).

The following research-based information draws on the original Australian book series and the original research project, with additional references sourced during the Canadian adaptation team's adaptation process. This work includes input, voices, and photos from Canadian military parents and their children from across Canada, including representation from all branches of the CAF, with final review from academic advisors of the CIMVHR network and Associate Professor Marg Rogers.

RESEARCH QUESTION:

How can a storybook assist children from service families to build their knowledge and understanding of parents' roles as both parents and workers, parents working away during training, and the emotional responses they experience as a result of parental separation?

EBOOK RESEARCH STATEMENT:

This book was designed to build on children's knowledge and understanding of:

- parents working away when they attend training or deployment,
- parents returning home after training or deployment episodes,
- understanding, expressing, and embracing emotions during household transitions,
- parents in different roles as both parents and workers,
- coping methods to help mitigate the stresses of parental separations, and
- family members showing love and support for each other wherever they are.

The book was written to provide an educational foundation for discussion between children and their parents, educators, or caregivers about common experiences of children within Canadian Armed Forces (CAF) families. Seeing other children experience similar situations, such as having a parent leave and return home from training, helps normalise their home life, providing children with a sense of agency and belonging by seeing their lives reflected in children's literature.

By using animated, expressive characters, the book portrays the emotional journey of a military parent's absence. The character's expression of strong emotions - such as sadness, anger, and excitement - encourages young children to recognize, express, and embrace strong emotions in healthy ways. The book introduces healthy coping strategies, such as engaging in positive activities, that help create a sense of comfort and stability in children. Activities include video messaging, reading together, drawing pictures, and maintaining daily routines.

Familiar Canadian military elements, such as various Canadian uniforms, naval ships, light-armoured vehicles, VIA Rail trains, and snowmobiles, are included to foster a sense of pride and agency among parents and children. When they see recognizable elements of Canadian military careers, children feel represented and understood in Canadian literature. This reinforces children's connection to their parents' service and to the important role their parents play in Canada.

The book also introduces children to the wide range of roles present within the Canadian Armed Forces. This helps children imagine what their parent may be doing while they are away, such as learning new skills or working in a specific environment. This visualization helps children develop a clearer understanding of their parents as both nurturing parents and workers, promoting a sense of connection and pride. The book helps children navigate the complex emotions of temporary separation, builds coping strategies, and reassures them that they are not alone in their experiences.

WHAT THE LITERATURE AND RESEARCH SAYS

This book explores themes identified in Dr. Marg Rogers' thesis, *Young Children's Understandings and Experiences of Deployment Within an Australian Defence Force (ADF) Family* (Rogers, 2017), completed at the University of New England, Australia, and presented at the Canadian Institute for Military and Veteran Health Research (CIMVHR) Forum in 2022. It also draws on Canadian and international research relevant to the Canadian adaptation.

The literature suggests that children generally cope well with parental absences when they have:

- Honest, age-appropriate explanations about where the parent has gone, why they went away, and when they will return,
- Predictable routines,
- A well-supported at-home caregiver,
- Meaningful connections with the absent parent,
- Opportunities to express their feelings openly,
- Positive and supportive communities around them.



SUPPORTING CHILDREN FROM SERVICE FAMILIES

The literature suggests that military children can experience a wide range of emotions when a parent is away for training, deployment, or other military duties. Some children may feel sadness, worry, frustration, or uncertainty, while others may experience changes in behaviour, sleep, routines, or school performance (Rogers, 2020; Skomorovsky & Bullock, 2017). Young children, in particular, may have difficulty understanding why a parent is away or how long the separation will last (Rogers, 2017; Rogers, Sims, Johnson, et al., 2025). Despite this, many families do show a high level of flexibility with family members taking on new roles within their family (O'Neal et al., 2018). Service families are not singular and are increasingly diverse (Shields, 2020). It should be noted that deployment and training absence does not automatically produce poor outcomes for children (Dos Santos et al, 2022).

STAGES OF SEPARATION

Training and deployment separations present unique challenges for military families, and children tend to go through a range of emotional responses during each stage. Before a parent leaves, some children may become quieter, more emotional, or show behaviours that seem younger than their age (Rowan-Legg, 2017).

In the early weeks of a separation, feelings of sadness, worry, frustration, or uncertainty are common. As time passes, many children begin to adjust, especially when families establish new routines and maintain supportive connections. A parent's return is often a joyful time, but it can also bring challenges as family members adjust to living together again. Research suggests that the first few months after a parent returns home can be one of the most difficult stages of the deployment cycle as families navigate new routines and expectations (Rowan-Legg, 2017).

Children's ages and developmental stages also influence how they experience a parent's absence. Young children often have difficulty understanding time and may focus more on important events they miss, such as birthdays, holidays, or family celebrations, than on the actual length of the separation (Rogers, Sims, Johnson, et al., 2025).

SUPPORTING CHILDREN FROM SERVICE FAMILIES

PROTECTIVE FACTORS

Every family experiences training and deployment differently. Research suggests that families are better able to manage the challenges of separation when they have strong support around them, including supportive family members, friends, community connections, and resources they can rely on (Gewirtz et al., 2018; Rogers-Baber, 2017). Building on these supports, or protective factors, together with the use of shared book reading, can help reduce stress and promote coping strategies for both parents/caregivers and children (Chacko et al., 2018).

For children, it is often not the length of a parent's absence that matters most, but how supported and prepared they feel during that time (Rogers-Baber, 2017; Rossiter & Ling., 2022). Knowing what to expect, maintaining routines, having caring adults nearby, and staying connected as a family can make a big difference (Rogers et al., 2023; Rogers, Sims, Thorsteinsson, et al., 2025). Research also suggests that several shorter training or deployment absences can be just as difficult as one longer separation because families must repeatedly adjust to goodbyes and homecomings (Dos Santos et al., 2022).

REGULAR AND MEANINGFUL COMMUNICATION

Maintaining regular communication and helping children feel connected to the away parent are important protective factors for military families (Johnson & Rogers, 2023). Regular communication does not necessarily mean frequent communication. Rather, children often benefit most from communication that is predictable, age-appropriate, and realistic, given the demands of the parent's training or deployment. For some families, this may be a weekly video call, while for others it may involve letters, recorded messages, photos, or occasional phone calls. Consistent and meaningful connections can help children feel loved and reassured without creating additional stress for the away parent or unrealistic expectations for the family (Johnson & Rogers, 2023)

THE IMPORTANCE OF RULES, ROUTINES AND FAMILY RITUALS

Families and individuals affected by parental training and deployment episodes often demonstrate positive signs of coping (Rogers-Baber, 2017). When a parent is away for training or deployment, family life often changes. The at-home parent or caregiver may be carrying more responsibilities, feeling tired, or trying to make things easier for children during a difficult time (Rogers, 2020). As a result, routines and rules can sometimes become less consistent (Rogers, 2017).

While some flexibility is normal, research suggests that children cope best when familiar routines remain in place as much as possible (Dos Santos et al., 2022). Regular morning, mealtime, and bedtime routines help children feel safe, secure, and confident because they know what to expect each day.

During periods of separation, families often benefit from focusing on the "Three Rs": routines, rules, and family rituals (O'Neal et al., 2018). Simple traditions such as Friday movie nights, bedtime stories, family dinners, or weekly video calls with the away parent can provide comfort, stability, and connection (Dos Santos et. al., 2022).

Knowing that the family is engaging in familiar activities may also reassure the deployed parent that they know what is happening at home, even though they are not there to experience family life. These practices help children and parents cope with transitions and support family cohesion. Maintaining predictable routines can also ease stress and help restore balance when the family reunites after deployment (O'Neal et al., 2018; Rogers, 2017).



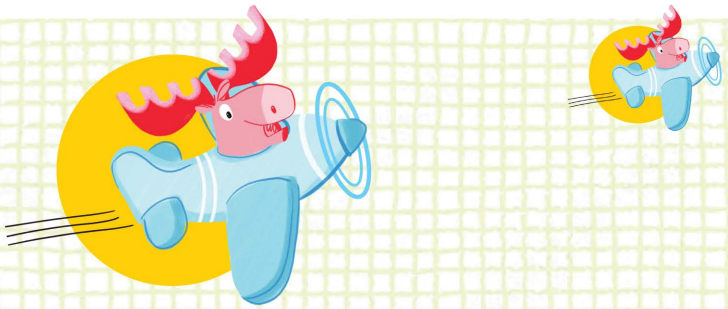
THE IMPORTANCE OF SUPPORT FOR AT-HOME CAREGIVERS AND CONNECTION WITH EXTENDED FAMILY

While many military children adjust well to periods of parental absence, it is important to recognize that separations can be challenging for the entire family (Cramm et. al., 2016). The at-home parent or caregiver also often takes on additional responsibilities whilst simultaneously supporting their child's adjustment (McGuire et. al., 2016; Rogers, 2020).

Research shows that family well-being during separations is influenced not only by the child's experiences, but also by the stress, support, and resources available to caregivers (Rogers, 2020). For children with parents who are away, the emotional meaning of the absence and the reassurance they receive from trusted adults may matter more than the actual duration of the separation (Rowan-Legg, 2017). Children with strong family connections, including support from grandparents and extended family, feel that their family "has their back" during difficult times (Lucier-Greer et al., 2015), such as multiple training deployments. This support helps them feel more confident and capable of coping with parental absences during military training.

Parental or caregiver burnout is also a critical factor in children's adjustment and well-being. Parental deployment is significantly associated with increased child difficulties only when parental burnout is high. To improve military children's well-being, at-home parents/caregivers require social supports and resources to minimize burnout. Parents/caregivers with lower levels of burnout may be able to better provide and maintain responsive caregiving, emotional availability for their child, and consistent discipline despite the stressors associated with deployment (Keleynikov et al., 2026).

Due to these challenges, a broad range of voices, including academics, parents, educators, researchers, and health professionals have requested resources, support programs and services specifically for military families (Williams et. al., 2022). These intervention requests are aimed at reducing the impact of parental absences due to deployment and training episodes to support the development of resilience in young children and their military families (Meadows et. al., 2017).



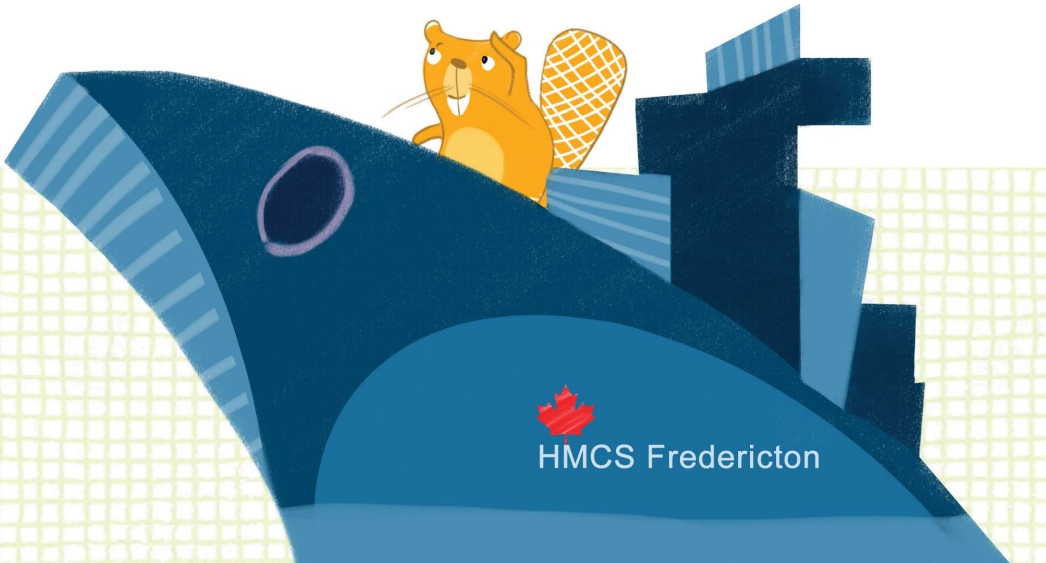
THE IMPORTANCE OF SUPPORT FOR AT-HOME CAREGIVERS AND CONNECTION WITH EXTENDED FAMILY

Military supports and programs such as daycare services and counselling offered through MFRC's can prove to be a significant source of reducing stress (Manser, 2020).

This research underscores the importance of bolstering family, extended family and informal civilian support networks for military spouses and military single parents, particularly during active deployment and training periods when the military member is unavailable (Skomorovsky, 2014). When extended family is unavailable, seeking support from trusted friends, community support organizations, or military family resource centers can be an important protective factor for children and families during periods of separation (Manser, 2020).

Many Military Family Resource Centers (MFRC's) offer workshops on managing the deployment cycle for military family members. More information can be found online at https://cfmws.ca/support-services/deployment/emotional-cycle-of-deployment .

Additionally, The Canadian Forces Morale and Welfare Services (CFMWS) Family Information Line provides 24-hour access, 365 days a year, to confidential, trained counsellors for CAF members and their families at these two phone numbers: 1-800-866-4546 (North America), 00-800-771-17722 (International). Additionally, Canadian military kids up to age 18 years old, can access free, online confidential texting support anytime from CAFKIDS by texting 686868. More details are available online at https://cfmws.ca/support-services/family-information-line



COPYRIGHT, ETHICS, AND CITATIONS

The text of *"T is for Training"* is licensed under Creative Commons Attribution-Non Commercial-Share-a-like 4.0.

Digital design and graphically designed characters are Copyright © 2025 Jan Dolby – The Pink Suitcase Studio. All rights reserved.

Back cover photograph is used with permission. Photo by: MS Peter Reed, Formation Imaging Services, Halifax HS42-2015-0273-028. A CC-138 Twin Otter drops off a generator and other gear at the site of HMS Erebus from the Sir Franklin expedition during Operation NUNALIVUT on April 9, 2015.

Photos submitted by Canadian military families remain their property and are used with their permission.

Photos are intended solely for inclusion in this publication only. These images may not be copied, reproduced, or used for any other purpose without the express written consent of the families involved.

All rights reserved. For further information or requests for permission, contact CIMVHR.

Photographs of Defence personnel and the CFMWS logo are used with permission from DMPP 8, National Defence Canada / Government of Canada. Full photo credit details can be found in this publication on the page entitled Photo Credits. All rights reserved.

All other images have been used with permission or under the terms of the licence under which they were released. Copyright remains with the creators of these works.

For further information or requests for permission, contact Amy Doyle at CIMVHR.

Ethics approval for the original book was gained from The University of New England (UNE), Armidale, Australia.
ISBN-13: 978-1-55339-737-3 (Format: Print, Softcover, English)

ISBN-13: 978-1-55339-738-0 (Format: eBook, English)

ISBN-13: 978-1-55339-739-7 (Format: Print, Softcover, French)

ISBN-13: 978-1-55339-740-3 (Format: eBook, French)

REFERENCES

Chacko, A., Fabiano, G. A., Doctoroff, G. L., & Fortson, B. (2018). Engaging Fathers in Effective Parenting for Preschool Children Using Shared Book Reading: A Randomized Controlled Trial. *Journal of clinical child and adolescent psychology : the official journal for the Society of Clinical Child and Adolescent Psychology, American Psychological Association, Division 53, 47*(1), 79–93. https://doi.org/10.1080/15374416.2016.1266648

Cramm, H., Tam-Seto, L., Norris, D., Eichler, M., & Smith-Evans, K. (2016). The Impact of Parental Operational Stress Injury on Child Mental Health and Well-Being: A Scoping Review. *Military Behavioral Health*, 4(4), 334–344. https://doi.org/10.1080/21635781.2016.1181582

Dos Santos, R. P., Francisco, R., & Ribeiro, M. T. (2022). Deployment risk and resilience model applied to military children. *Europe's Journal of Psychology*, 18(2), 219–234. https://doi.org/10.5964/ejop.1694

Gewirtz, A. H., Erbes, C. R., Polusny, M. A., Forgatch, M. S., & Degarmo, D. S. (2011). Helping military families through the deployment process: Strategies to support parenting. *Professional psychology, research and practice*, 42(1), 56–62. https://doi.org/10.1037/a0022345

Johnson, D., & Rogers, M. (2024). Strengthening and supporting parent–child relationships through digital technology: Benefits and challenges. *Family Relations*, 73(3), 1730–1747. doi.org

Keleynikov, M., Lassri, D., Benatov, J., Cohen, N., & Gadassi-Polack, R. (2026). Associations over time between wartime deployment, parental burnout and child adjustment. *Psychiatry Research, 358*, 116943. https://doi.org/https://doi.org/10.1016/j.psychres.2026.116943

Leskin, G., Gewirtz, A., Ogle, C., Cozza, S., Ohsaka, I., Griffin, D., del Rosario, R., Fairbank, J., & Brymer, M. (2024). *For military parents and caregivers: Supporting your children throughout deployment.* National Center for Child Traumatic Stress. [Report]. https://www.nctsn.org/sites/default/files/resources/fact-sheet/for-military-parents-and-caregivers-supporting-your-children-throughout-deployment.pdf

Lucier-Greer, M., Arnold, A. L., Mancini, J. A., Ford, J. L., & Bryant, C. M. (2015). Influences of Cumulative Risk and Protective Factors on the Adjustment of Adolescents in Military Families. *Family Relations*, 64(3), 363–377. https://doi.org/10.1111/fare.12123

Manser, L. (2020). The state of military families in Canada: A scoping review. *Journal of Military, Veteran and Family Health*, 6(2), 120–128. https://doi.org/10.3138/jmvfh-2019-0001

McGuire, A., Runge, C., Cosgrove, L., Bredhauer, K., Anderson, R., Waller, M., & Nasveld, P. (2012). Timor-Leste family study: Summary report.*Brisbane, Australia: The University of Queensland.*

Meadows, S. O., Tanielian, T., Karney, B., Schell, T., Griffin, B. A., Jaycox, L. H., Friedman, E. M., Trail, T. E., Beckman, R., Ramchand, R., Hengstebeck, N., Troxel, W. M., Ayer, L., & Vaughan, C. A. (2017). The Deployment Life Study: Longitudinal Analysis of Military Families Across the Deployment Cycle. *Rand Health Quarterly*, 6(2), 7.

O'Neal, C. W., Lucier-Greer, M., Duncan, J. M., Mallette, J. K., Arnold, A. L., & Mancini, J. A. (2018a). Vulnerability and Resilience within Military Families: Deployment Experiences, Reintegration, and Family Functioning. *Journal of Child and Family Studies*, 27(10), 3250–3261. https://doi.org/10.1007/s10826-018-1149-6

Rogers-Baber, M. (2017). Protective Factors in Families: Themes From a Socioecological Study of Australian Defence Force Families Experiencing Parental Deployment. *Sage Open*, 7(2). https://doi.org/10.1177/2158244017706711

REFERENCES

Rogers, M. (2017). Young children's understanding and experiences of parental deployment within an Australian Defence Force family University of New England]. Armidale, Australia. https://hdl.handle.net/1959.11/27661

Rogers, M. (2020). Recommendations to support young children from Australian military families: A report for policy makers, family and social workers and educators Journal of Management Policy and Practices, 21(2), 1-26. https://doi.org/https://doi.org/10.33423/jmpp.v21i2

Rogers, M., Johnson, A., Coffey, Y., Fielding, J., Harrington, I., & Bhullar, N. (2023). Parental perceptions of social and emotional well-being of young children from Australian military families. *Australian Journal of Rural Health*, 31(6), 1090–1102. https://doi.org/10.1111/ajr.13033

Rogers, M., Sims, M., Johnson, A., Gossner, M., & Thorsteinsson, E. B. (2025). Young children's understanding of military family life: Co-creating educational and therapeutic resources using children's voices. *Family Court Review*, 63(4), 601–618. https://doi.org/10.1111/fcre.70033 [1]

Rogers, M., Sims, M., Thorsteinsson, E. B., Johnson, A., Small, E., Gossner, M., & Bhullar, N. (2025). Social and emotional wellbeing of children from Australian military families: Insight from early childhood educators. Family Court Review. https://onlinelibrary.wiley.com/doi/10.1111 /fcre.70026

Rossiter, A. G., & Ling, C. G. (2022). Building resilience in US military families: why it matters. *BMJ Military Health*, 168(1), 91–94. https://doi.org/10.1136/bmjmilitary-2020-001735

Rowan-Legg, A. (2017). Caring for children and youth from Canadian military families: Special considerations. *Paediatrics & Child Health*, 22(2), e1–e6. https://doi.org/10.1093/pch/pxx021

Basis of a Family-Focused Resilience Enhancement Program. *Clinical Child and Family Psychology Review, 14*(3), 213–230. https://doi.org/10.1007/s10567-011-0096-1

Shields, P. M. (2020). Dynamic intersection of military and society. In J. Jacobs (Ed.), *Researching the military* (pp. 7–21). Routledge.

Skomorovsky, A. (2014). Deployment Stress and Well-Being Among Military Spouses: The Role of Social Support. *Military Psychology*, 26(1), 44–54. https://doi.org/10.1037/mil0000029

Skomorovsky, A., & Bullock, A. (2017). T*he homefront: The impact of military life on Canadian Armed Forces children* (Research Report DRDC-RDDC-2017-R141). Director General Military Personnel Research and Analysis. Department of National Defence.

Williams, A., Cramm, H., Khalid-Khan, S., Reddy, P., Groll, D., Rühland, L., & Hill, S. (2022). Mental health of Canadian children growing up in military Families: The Child Perspective. *Armed Forces & Society*, 50(2), 362–382. https://doi.org/10.1177/0095327x221128837

IMAGE REFERENCES

P. 7. 1: Vehicle Technicians from Joint Task Force Atlantic's Immediate Response Unit replace a wheel on a Light Armoured Vehicle (LAV) 6.0 during Operation LENTUS 23-02 in Shelburne, Nova Scotia on 13 June 2023. Photo By: Warrant Officer James Roberge, 5th Canadian Division Public Affairs, Canadian Armed Forces photo. All rights reserved. Photo used with permission.

P. 7. 2: Members of the Airborne Support Group (ASG) parachute over Old Crow, Yukon to test the limits of reach, arctic parachuting capabilities, and ability to operate in remote austere conditions as part of Operation NANOOK-NUNALIVUT on 26 February 2025. Photo by: Master Corporal Alana Morin, Joint Task Force - North, Yellowknife. All rights reserved. Photo used with permission.

P. 7. 3: "Boatswains of His Majesty's Canadian Ship (HMCS) Vancouver are lowered in the Rigid Hull Inflatable Boat (RHIB) for small boats handling training in the Philippine Sea on 21 November 2023. Photo credit: Corporal Alisa Strelley, Canadian Armed Forces Photo. All rights reserved. Photo used with permission.

P. 7. 4: Cooks from Joint Task Force Atlantic's Immediate Response Unit prepare dinner for members on Operation LENTUS 23-02 in Shelburne, Nova Scotia on 14 June 2023. Photo By: Warrant Officer James Roberge, 5th Canadian Division Public Affairs. All rights reserved. Photo used with permission.

P. 9.1: Father and Baby. Photo credit: Canadian Armed Forces Photo. Photo used with permission. All rights reserved.

P 9.2: Brett home for the weekend. 26 September 2020. Photo by: Erin Porter. Photo used with permission. All rights reserved.

P. 9.3: Sharing. 27 September 2025. Photo by Joanie Bradshaw. Photo used with permission. All rights reserved.

P. 9.4: At the apple orchard. 27 September 2025. Photo by Joanie Bradshaw. Photo used with permission. All rights reserved.

P. 11: Two boys brushing their teeth. iStock: 959023552. Photo by: kate_sept2004 taken May 16, 2018. Photo license from iStock and used with permission. All rights reserved.

P. 13: A CH-148 Cyclone prepares to land on the flight deck of His Majesty's Canadian Ship Max Bernays during a Ship Without Air Detachment scenario on 25 June 2024, in the Pacific Ocean. Photo Credit: Corporal Will Gosse, MARPAC Imaging. Photo courtesy of Canadian Armed Forces. Photo used with permission. All rights reserved.

P. 15: Pilots heading on deployment – 29 September 2017. Photo courtesy of Canadian Armed Forces. All rights reserved. Photo used with permission.

P 19: Sgt. Marc André Chamberland (second from left), a Canadian Armed Forces avionics systems technician at 436 Sqn., and Lieut. Marie-Eve Bilodeau (far right), Public Affairs Officer at 8 Wing Trenton, are pictured with their children. Photo by DND DGMEC Multimedia, Nov 6, 2020. Photo used with permission. All rights reserved.

21.1: The Canadian Ranger Patrol ' Inukjuak from 2nd Canadian Ranger Patrol Group participates in an annual training event designed to refine valuable skills in Inukjuak, an Inuit community, located on the north bank of the Hudson Bay in Nunavik, Northern Québec, on February 7, 2023. Photo: MCpl Matthew Tower, Canadian Forces Combat Camera, Canadian Armed Forces Photo used with permission. All rights reserved.

21.2: The first group of soldiers, mostly from 5 Canadian Mechanized Brigade Group, return to Canada after completing Roto 6 of Operation UNIFIER, April 4, 2019, at Jean-Lesage Airport, Quebec, Qc. Photo: Trooper Marc-André Leclerc VL05-2019-0019-002. Photo used with permission. All rights reserved.

21.3: Lisa Evong and her daughters. Photo credit: Sgt Genevieve Lapointe. DND. Photo used with permission. All rights reserved.

IMAGE REFERENCES

21.4: The first group of soldiers, mostly from 5 Canadian Mechanized Brigade Group, return to Canada after completing Roto 6 of Operation UNIFIER, April 4, 2019, at Jean-Lesage Airport, Quebec, Qc. Photo: Trooper Marc-André Leclerc VL05-2019-0019-005. Photo used with permission. All rights reserved.

P 23. 1: Family members and friends wait for the arrival of Her Majesty's Canadian Ship (HMCS) FREDERICTON, which returns from Operation REASSURANCE, at Halifax, Nova Scotia, July 5, 2016. Photo: MS Ronnie Kinnie, Formation Imaging Services Halifax HS2016-0623-011. Photo used with permission. All rights reserved.

P 23. 2: Photo of CAF members boarding a plane. YK-2016-040-001. Photo courtesy of Canadian Armed Forces. Photo used with permission. All rights reserved.

P 23. 3: Brett leaving for basic training. Photo courtesy of Erin Porter. Photo used with permission. All rights reserved.

P 25: Family photo via self-timer. Photo courtesy of Capt. Si Tang and Tiffany Zhang. All rights reserved. Photo used with permission.

P 27: Land Task Force members deployed on Operation NANOOK-NUNALIVUT prepare for a long-range patrol in Rankin Inlet, Nunavut on March 12, 2023. Photo by: Corporal Sarah Morley, Canadian Armed Forces Photo. Photo used with permission. All rights reserved.

P. 29. 1: Father's Day. Photo by Genevieve Lapointe. May 28, 2017. Photo used with permission from Genevieve Lapointe Photography. All rights reserved.

P. 29. 2: Tea Party. Photo by Genevieve Lapointe. May 28, 2017. Photo used with permission from Genevieve Lapointe Photography. All rights reserved.

Pg. 33.1: Cpl. Brett Scanlan, right, a materials management technician at the Canadian Forces Joint Signals Regiment in Kingston, Ontario, is pictured with his spouse, Erin, and children. Photo by EVERLORA Photography Studio. Photo used with permission. All rights reserved.

Pg. 33.2: CAF Family outing at the apple orchard near Gagetown, New Brunswick. Photo by Joanie Brandshaw. Photo used with permission. All rights reserved.

Pg. 33.3: Capt. Eric Bouchard, left, with his wife, Brier, their daughter, and their dog, Miller. Capt. Bouchard is a pilot with 2 Canadian Forces Flying Training School at 15 Wing in Moose Jaw, Saskatchewan. Photo provided by Bouchard family.

Pg. 33.4: CAF Family Photo. Photo credit: Canadian Armed Forces Photo. Photo used with permission. All rights reserved.

P. 34. Snowbirds group photo. Six children show off their Snowbirds Halloween costumes to the Royal Canadian Air Force's Snowbirds Air Demonstration Team and crew. October 2019. Photo by Jocelyn Froehlich. Photo used with permission courtesy of Emily Sagal. All rights reserved.

P. 35. In the cockpit of the Canadair CT-114 Tutor Jet, which will be retired following the 2026 flying season, six cousins and siblings show off their snowbirds Halloween costumes in October 2019. Photo by Jocelyn Froehlich. Photo used with permission courtesy of Emily Sagal. All rights reserved.

Outside Back Cover – A CC-138 Twin Otter drops off a generator and other gear at the site of HMS Erebus from the Sir Franklin expedition during Operation NUNALIVUT on April 9, 2015. Photo: MS Peter Reed, Formation Imaging Services, Halifax HS42-2015-0273-028. Photo used with permission. All rights reserved.

ACKNOWLEDGEMENTS

Thank you to the Canadian Armed Forces families and relatives who made themselves available to help guide this Canadian adaptation, generously giving their time, ideas, photographs and honest feedback to the project.

Thank you to the academic advisors on this project.

Thank you to the team at CIMVHR, who lent your time and talent to this adaptation, especially, Sarah Fee, Samantha Chow, and Danielle Tomasini. We sincerely thank our francophone military families and French language advisors for their essential contributions to this work, including Cdr. (Ret'd) Jean Léveillé CD, C.T., Maxime Valsalmas, PhD, Stéphanie Christophé, and Stéphanie Bélanger, CD, PhD.

Huge thanks to our incredible summer students, Charlotte Szuty, Maxie Grant, Tiffany Luong, Aidan Dauphinee and Lena Wang, for their passion, talent, and hard work.

A special thanks to the Royal Canadian Legion and Canadian Forces Morale and Welfare Services for your financial and administrative support of this adaptation. Thank you, as well, for all that your organizations do to support Canadian military families, children and Veterans.

Thank you to the talented Jan Dolby, our illustrator, for bringing these books to life with adorable, relatable characters for children to love.

And finally, a huge thank you to Dr. Marg Rogers for your incredible body of work, including the original story *T is for Training, Rosie raps it up*, from which this book is adapted. Thank you for your commitment to improving the lives of children from military and Veteran families in Australia, Canada, the UK and around the world. Thank you to your supporters who enable your ongoing work, from which we are able to adapt Canadian versions, especially the University of New England, Australia and the Manna Institute.

Together, we acknowledge the Anishinaabe, Haudenosaunee, and Mohawks of the Bay of Quinte people who are the traditional custodians of the land on which this adaptation work took place. We offer our deep respect to your Elders, past, present and emerging from across Turtle Island, and we express our gratitude and commitment to the process of truth and reconciliation.

The Royal Canadian Legion's mission is to serve Veterans, including serving military and RCMP members and their families, to promote Remembrance, and to serve our communities and our country.

The Legion understands the importance of honouring past sacrifices and acknowledging the courage of those who served and still serve today. Through Remembrance Day ceremonies, the Poppy Campaign, commemorative activities, youth education programs, and more, the Legion helps Canadians honour and remember.

Visit **www.Legion.ca** to learn more.

Legion

Military Family Services, Military Family Resource Centres, and Canadian Forces Morale and Welfare Services are here to support you. Whether you're facing a recent stressful experience, transition or deployment struggles, relationship, family, or financial issues, we can help you with life's ups and downs. If you're a serving member, a Veteran, or their family, you can access a variety of programs and services, in your community or virtually from the comfort of your home.

Visit **www.cfmws.ca** for services.

CFMWS

"True strength is the courage to ask for help." – Simon Sinek

Dedicated to Canada's military parents and caregivers.

While one parent serves away,
you serve at home,
keeping routines going,
comforting worried hearts,
managing the unexpected,
and helping children feel safe,
loved, and connected.

Military service is a family commitment,
and together, your strength, resilience,
and dedication to your children
help uphold that commitment every day.

This book is dedicated to you - with gratitude, admiration, and respect.


TRAINING



CIMVHR
Canadian Institute for Military and Veteran Health Research

ICRSMV
L'Institut canadien de recherche sur la santé des militaires et des vétérans

Legion

9 781234 567897