

# Resources for Military Children Affected by Deployment

Compiled by  
U.S. Army Family and Morale, Welfare, and Recreation Command  
Child and Youth Services

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*Inclusion on this List Does Not Constitute an Endorsement by Army CYA for Any Organization, or Commercial Product.*

## Books For Children

### **Mommy You're My Hero and Daddy You're My Hero**

By Michelle Ferguson-Cohen

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 4-8)

These two books address deployment from a child's perspective and talk about this separation in a simple manner to reassure and comfort small children. The books also suggest tips to maintain communication and deal with feelings of helplessness.

### **Night Catch**

By Brenda Ehrmantraut

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 3-8)

When a soldier's work takes him halfway around the world, he enlists the help of the North Star for a nightly game of catch with his son. Night Catch is a timeless story that connects families while they are apart and offers comforting hope for their reunion.

### **Love, Lizzie: Letters to a Military Mom**

By Lisa Tucker McElroy

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 4-12)

Nine-year-old Lizzie writes to her mother, who is deployed overseas during wartime, and includes maps that show her mother what she has been thinking and doing. The book includes nonfiction tips for helping children of military families.

### **When Dad's at Sea**

By Mindy Pelton

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 4-8)

Emily's father, a Navy pilot, is leaving for a six-month deployment on an aircraft carrier. Each day he is gone, she removes one link from the paper chain he made for her, so that she can mark the days until his return. When she makes a friend whose dad has also shipped out, she realizes that she is not the only one who feels like she does.

### **My Red Balloon**

By Eve Bunting

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 3-12)

A boy takes his red balloon to greet his Navy dad, who has been away at sea for months. This story shows the joy felt when loved ones come home after serving our country.

**Red, White and Blue, Good-bye**

By Sarah Wones Tomp

ISBN: 0-8027-8961-7 (ages 3-8)

A Navy father shares special rituals for his little girl to do during his deployment to help her cope with the separation.

**We Serve Too! A Child's Deployment Book**

By Kathleen Edlick

[www.weservetoo.us](http://www.weservetoo.us) (ages 3-8)

This book helps children examine their feelings during deployment and reminds them of the sacrifice being made on behalf of us all.

**Deployment Journal for Kids**

By Rachel Robertson

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 5-adult)

Helps children better understand deployments, express and communicate their feelings, and tell their own story. Journal contains calendar pages, journal writing prompts, and interesting facts about common deployment locations, military definitions, helpful ideas, and a pocket to keep mementos.

**The Kissing Hand**

By Audrey Penn

Child Welfare League of America, 1993 ISBN: 0878685855 (ages 4-12)

Although Kissing hands specifically focuses on the feelings parent and child have when leaving for the first day of school, it can be easily adapted to help children stay connected with deployed parents throughout the separation to make the transition easier for both of them.

**Brisky Bear and Trooper Dog: Be Kind, Be Friendly, Be Thankful with CD**

By Steve Bolt & Phil Callaway

[www.briskybear.com](http://www.briskybear.com) (ages 4-8)

Although the book is about a separation between a bear and his friend, a dog, it can be easily adapted to help children stay connected with deployed parents throughout the separation to make the transition easier for both of them.

## Deployment Kits For Children and Families

**Deployment Kids Kit** (*Night Catch, Love Lizzie, Deployment Journal for Kids, Kids Hero certificate*)

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 3-8)

This kit includes two books, a journal, and stickers to help children cope with deployment.

**Army Toddler Kit** (*Daddy You're My Hero, An Army ABC Book*)

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 2-5)

The books help children deal with separation and learn specifically about the Army.

**Marine Toddler Kit** (*Daddy You're My Hero, A Marine ABC Book*)

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 2-5)

The books help children deal with separation and learn specifically about the Marines.

### **Deployment/Reunion Bonus Pack**

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 4-12)

A bonus pack of deployment and reunion books! Includes *Surviving Deployment*, *I'm Already Home...Again*, *A Year of Absence*, *Life After Deployment*, and *Courage After Fire*.

**Deployment Family Kit** (*Surviving Deployment*, *A Year of Absence*, *Deployment Journal for Kids*, *DeploymentKids.com* stickers)

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 3-adult)

This kit helps the entire family cope with separation and creates a support system by working together as a family unit during deployment.

### **Mega Military Kids Kit**

[www.militaryfamilybooks.com](http://www.militaryfamilybooks.com) (ages 4-12)

Books for military children concerning deployment – Includes *Night Catch*; *The Impossible Patriotism Project*; *Love, Lizzie: Letters to a Military Mom*; *When Dad's at Sea*; *My Red Balloon*; *Deployment Journal for Kids*; and stickers.

## **Deployment Materials/Resources For Parents and Staff**

### **Helping Children Cope During Deployment**

By Uniformed Services University of the Health Sciences

Bethesda, MD 20841-4799, [www.usuhs.mil](http://www.usuhs.mil) (Adult caregivers and parents)

Geared specifically to the military audience, this fact sheet uses a question and answer format to provide the reader with comprehensive, simple, straightforward tips and information about how to help children cope during deployment. Recommendations for how to communicate with children and youth according to their age are listed. Additional resources are provided.

### **Educator's Guide to the Military Child During Deployment**

Sponsored by the Educational Opportunities Directorate of the Department of Defense and is the result of collaboration between representatives from each branch of the United States Military and the National Center for Child Traumatic Stress. The National Child Traumatic Stress Network, supported by a grant from Substance Abuse and Mental Health Services Administration

<http://www.ed.gov/about/offices/list/os/homefront/homefront.pdf> (ages 5-12)

Specific and practical guidelines for administrators, counselors, teachers, and other school employees are presented in order to identify age-related reactions and focus on appropriate intervention strategies.

### **Supporting the Child Whose Military Parent is Deploying: Tips for Parents**

By Dr. Thomas Hardaway

Dept of Behavioral Medicine, Brook Army Medical Center, for Military Family Research Institute

[www.cfs.purdue.edu/mfri/pages/military/Supporting\\_Children\\_of\\_Deployed\\_Parents.pdf](http://www.cfs.purdue.edu/mfri/pages/military/Supporting_Children_of_Deployed_Parents.pdf)

(Adult caregivers and parents)

Geared specifically to the military audience, this paper presents 10 tips to assist parents to help their children navigate the ups and downs of the deployment cycle. Easy to read and understand.

### **Single Parenting While Your Partner is Deployed**

Developed by Ceridian Corporation as part of Military Onesource  
[www.militaryonesource.com](http://www.militaryonesource.com)

Brief materials for family members explaining an issue, offering suggestions on how to talk to the child or youth about the issue, and describing how to get further help through Military Onesource and/or other appropriate resource organizations.

### **Troop and Family Counseling Services for National Guard and Reserves – Helping you and Your Family During Deployment, Reunions and Other Times of Change**

Phone 1.888.755.9355

Brochure gives a 24 hour 888 number that gives family members who are adjusting to a recent deployment/reunion access to free counselors to help your family through issues resulting from that deployment. 6 free face to face meetings.

### **Guide for Helping Children and Youth Cope with Separation**

Developed by Zero to Three

[www.zerotothree.org](http://www.zerotothree.org) (Parents & professional staff)

Provides information for parents, teachers, caregivers and other adults who are in a child's life to help them cope with separation. The book gives an overview of the deployment cycle and what to expect in each stage. The book also provides tips to help children cope broken down by Parents, teachers, service providers and community members. The book also provides additional resources.

### **Little Listeners in an Uncertain World: Coping Strategies for You and Your Child During Deployment or When a Crisis Occurs**

Developed by Zero to Three

[www.zerotothree.org/coping](http://www.zerotothree.org/coping) (Parents & professional staff)

Brochure is filled with tips of what you can do to help your child cope with difficult times. Discusses behaviors you might see and some solid tips to help them deal with the experiences. Also, gives the parents tips on how to take care of themselves and how their behavior can affect their child.

### **Children & Deployment**

By Fleet and Family Support Centers of Hampton Roads, Virginia

[http://www.eustis.army.mil/7grp/grp7/familyreadiness/FAMILY\\_READINESS\\_04/FRWebsite/CHAPTER10/Deployment%20info%20for%20teachers%20and%20counselors/Children%20and%20Deployment%20Navy%20Brochure.pdf](http://www.eustis.army.mil/7grp/grp7/familyreadiness/FAMILY_READINESS_04/FRWebsite/CHAPTER10/Deployment%20info%20for%20teachers%20and%20counselors/Children%20and%20Deployment%20Navy%20Brochure.pdf)

Provides developmental responses to separation from infants to adolescents and strategies for a deployed parent and parent at home to reduce the stress for children.

### **Mr. Po and Friends (DVD)**

Developed by Maj. Keith Lemmon

[www.aap.org/sections/unifserv/deployment/index.htm](http://www.aap.org/sections/unifserv/deployment/index.htm) (ages 6-12)

The DVD addresses mental health issues in relation to deployment and how it affects children.

## Web Sites For Children, Parents, and Teachers

### **Deploymentkids.com**

<http://www.deploymentkids.com>

A site sponsored by Elva Resa Publishers, publishers of *My Deployment Journal*. Offers free downloadable activities, including a time-zone chart, distance calculator, and spotlights on different areas of the world where a parent might be deployed.

### **Military Onesource**

[www.militaryonesource.com](http://www.militaryonesource.com)

Resources on preparing and dealing with deployment are offered to military families.

### **Channing Bete Company**

<http://store.channing-bete.com/onlinestore/search.html>

Deployment posters, guide, information pamphlets, stationery, booklets, deployment kit, and other resources are available on this site for parents and teachers.

### **National Military Families Association**

[www.nmfa.org](http://www.nmfa.org) (Click on *Deployment and You*)

Information such as – what to expect regarding communicating with the service member during the deployment, who to go to for information or assistance when the service member is gone, what support services are available. Deployments can put stress on the military family, but utilizing the resources available will help manage the challenges and make the best of the experience.

### **Military Child Education Coalition**

[www.militarychild.org](http://www.militarychild.org) (Click on *Deployment/Separation* tab at top of page)

Information for parents, teachers and counselors and resources that provide school support to children during the deployment.

### **Sesame Street – talk, listen, connect**

<http://www.sesameworkshop.org/tlc/index.php>

Sesame Workshop and Wal-Mart stores partnered to create resources to assist military families to cope with concerns experienced during phases of deployment.