

# Supporting Children Through Deployment: A Comprehensive Guide for Parents and Caregivers



## When Your Mom Goes to War: Helping Children Cope with Deployment and Beyond by Maryann Makekau

★ ★ ★ ★ ☆ 4 out of 5

Language : English

File size : 23197 KB

Screen Reader : Supported

Print length : 32 pages



This comprehensive guide provides parents and caregivers with essential strategies and techniques to help children navigate the challenges of military deployment and build resilience.

When a parent or caregiver is deployed to a war zone, the impact on the family can be profound. Children may experience anxiety, fear, anger, and sadness. They may also have difficulty sleeping, eating, and concentrating. In some cases, they may even develop behavioral problems.

This book provides a roadmap for parents and caregivers to help their children cope with deployment and beyond. It offers practical advice on how to:

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- Prepare children for deployment
- Help children manage their emotions
- Maintain a sense of normalcy
- Support children during the deployment
- Reunite with children after deployment
- Help children cope with the long-term effects of deployment

This book is written by a team of experts who have worked with military families for over 20 years. They have seen firsthand the challenges that deployment can pose for children, and they have developed effective strategies to help them cope.

This book is an essential resource for any parent or caregiver who is supporting a child through deployment. It is full of practical advice, support, and hope.

## **What's Inside**

This book covers a wide range of topics, including:

- The impact of deployment on children
- How to prepare children for deployment
- How to help children manage their emotions
- How to maintain a sense of normalcy during deployment
- How to support children during the deployment
- How to reunite with children after deployment

- How to help children cope with the long-term effects of deployment

This book also includes a number of resources, such as:

- A list of books and websites for children about deployment
- A list of organizations that provide support to military families
- A glossary of terms related to deployment

### **Who Should Read This Book**

This book is essential reading for any parent or caregiver who is supporting a child through deployment. It is also a valuable resource for professionals who work with military families.

If you are a parent or caregiver who is facing the deployment of a loved one, this book can help you prepare your child for what lies ahead. It can also help you provide support and guidance to your child during the deployment and beyond.

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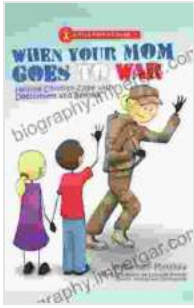
Helping Children Cope With Deployment And Beyond is available now from all major booksellers. Free Download your copy today and start helping your child cope with deployment.

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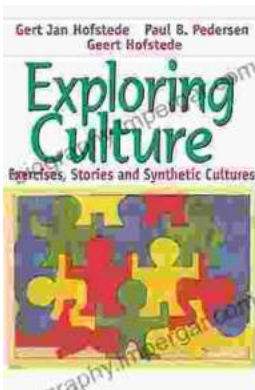
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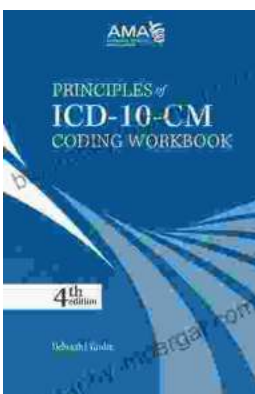


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