

**Personal Matters**

* Empower Spouse to stay busy/healthy and explain where to go for assistance if needed
* Give spouse or parents the number of 1st Sgt or Commander
* Discuss methods and plans for communication during deployment
* Discuss feelings and include children in discussions
* Mark family calendar with anniversaries, birthdays, graduations, holidays (pack cards)
* Emergency Services explained and located/Arrange for lawn care/snow removal
* Contact school officials (notify teachers/coaches of upcoming deployment)
* Review Life Insurance policies and Beneficiaries
* Discuss the hard topic… Casualty. Does your family know your wishes?

-burial instructions

-cemetery

-death benefits

-guardians

**Children:**

* Talk about deployment before you leave
* Child may withdraw or be standoffish
* Spend Quality time with each child individually before departure
* Tune into and discuss child’s worries about the deployment
* Leave something that will help them feel connected while you are gone: kissing pillow, pictures on pillow cases, daddy doll.
* Encourage caregiver to establish routine for stability.
* Children will most likely test boundaries and have discipline issues at first.