


## Planning On Staying In Touch Will Help You Cope With A Parent's Deployment

When it is time for a deployment, both parents and kids think a lot about how they will stay in touch. Fortunately military families have lots of new ways to stay in touch: e-mail, video calls, social networking sites, and postcards and letters.

Although it is great to have instant contact with a parent through texting, phone calls, or video calls, parents also love to get postcards and letters. You can get a start on your writing by getting some postcards ready to send out as soon as you find out your parent's new mailing address. Get some blank postcards and draw a picture on one side. On the other side, fill in the sentences below.

I love you so much because . . .



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You are my hero because . . .



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A special memory I have is . . .



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While you are gone I will . . .



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