




- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

HELPING YOUR FAMILY ADJUST

You are not the only one who is leaving the military; your family is leaving it as well. Their routines as well as their identities will be changing dramatically. You may be excited about your upcoming transition to a civilian status, but your children, depending on their ages and what connections they have made in the military, may be scared by the changes ahead or angry, especially if they have known only a military life. If you plan to leave the community you have been living in, they will have to say good-bye to their friends and start at new schools.

Talk with each family member about the change ahead and reassure them that they will adjust to their new lives even though it is going to be different for everyone. Remind them of what will stay the same: you and your spouse and your family members will still be together. Emphasize the ways that you will make an effort to keep the friends or extended family members that you may be leaving behind close to you, whether through regular visits, phone calls, and celebrating holidays or taking vacations together.

 In the space below, list the adjustments your family members have to make. Write down what help you or trained professional service providers might offer.

Spouse

Job-related: _____

Housing-related: _____

Community-related: _____

Friend-related: _____

Other: _____

Available help: _____

Children:

School-related: _____

Housing-related: _____

Community-related: _____

Friend-related: _____

Other: _____

Available help: _____