

## You Can Be Prepared For When Your Parent Is Deployed

You may know that your parent is being deployed but you may not know exactly when your parent will leave, where your parent is going, or even when your parent will come back. This can be a lot of uncertainty for a kid to handle, or even an adult for that matter. But one important thing you can do is to understand your different feelings. The more you understand your feelings the easier it will be to cope with a parent's deployment.

Think about the kids below and the way they are handling their feelings about their parents' deployment. Then answer the questions to help you think about your own feelings and how you handle your feelings.

1. Jonathon knew that his father was going to a place where there were lots of dangers. He was afraid that his father might be hurt.

*Write about what you are afraid of. Who can you talk to about your fears?*

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2. Bea was angry that her mother was being deployed just before Bea's birthday. Her mom always planned a great birthday for her, and now her grandmother was in charge and would probably plan something Bea wouldn't like.

*Are you angry about some special event that will be different when your parent is not there? Write about what you are feeling and what you can do to feel better.*

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3. Brian was very close to his dad who was a mechanic and could fix just about anything. Brian and his dad were working on fixing up Brian's dirt bike, but Brian didn't know if he could finish it by himself after his dad was deployed.

*Are you worried that you will need help from a parent who is far away? Write about what you are worried about and what you do when you are worried.*

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4. Cassie knew that her dad was going to be deployed soon, but she didn't have an exact date. She told her friend Susan, "I'm just not going to think about it and pretend that it isn't going to happen."

*Do you think that ignoring an upcoming deployment is a good idea? Write about the things you are doing to get ready for your parent's deployment.*

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