

DEPLOYMENT AND YOUR FAMILY



Hundreds of families have been affected by the War on Terrorism in different ways. Some may have lost family members in the Sep11th events while others may now be watching their loved ones deploy to defend freedom. We expect our children to cope and adjust with these changes, and continue with their daily routine, however, this does not always happen. Children are not just small adults. They do not respond in the same ways that an adult may react to disaster, war, and deployment of a loved one. You can make a difference in a child's life during these stressful times by being aware of common reactions of children and how to deal with them.

What to look for:

*Physical Symptoms: headaches, abdominal pain, and chest pain are common

* Aggressive Behavior: hitting, biting, pinching in a toddler; fights with peers in school aged children;

*Depression: sense of sadness, decreased appetite, sleep disturbance, irritability, suicidal thoughts

* Anxiety: in all age groups

*Risk taking behaviors



Common Feelings:

Anger

Sadness

Sense of abandonment

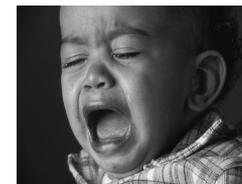
Loss

Anxiety

Fear

Confusion

Leads to



Common Behaviors:

Acting out

Hostility and rebellion

Increased sensitivity

Unexplained crying

Depression

Sleep difficulties

Nightmares

Increased demands for attention

School problems

What you can do as a parent:

♥ Create and maintain a predictable schedule

♥ Establish a routine for sleep

♥ Stay healthy- exercise and eat well

♥ Provide reassurance

♥ Reinstitute discipline

♥ Encourage children to discuss fears/feelings. Stay connected

♥ Seek individual or family counseling

♥ Seek help from your health care provider if your child continues to exhibit maladaptive behaviors



What your health care provider can do for you



Provide reassurance to your child

Referral to support services

Screening for maladaptive behaviors

Referral to counseling/mental health services

Community Resources:

Teen Centers

Chaplains

Youth Services

School

Unit Command

Family Advocacy

Internet resources:

<http://mfrf.calib.com/healthyparenting>

<http://www.militarychild.org/911-links.cfm>

www.afcrossroads.com

www.militarylifestyle.com