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Challenges Faced by Military Dependent Children During Deployment

Thomas W. Carroll

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Challenges Faced by Military Dependent Children During Deployment

Thomas W. Carroll

EDCI 589 Applied Research

University of Mary Washington

Summer 2013

I pledge on my honor that I have neither given nor received unauthorized aid on this assignment.

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In June of 2003, then Deputy Under-Secretary of Defense John Molino testified in front of a Joint Committee of Congress to address a significant issue facing military families. He stated: “Educators, counselors, and mental health workers associated with public schools are generally not aware of the unique issues and challenges that confront military dependent students. To be effective, they must become aware of the military child issues and appropriate interventions” (Harrison & Vannest, 2008, p. 17). At the time of his testimony, no one could have foreseen the significant impact the War on Terror would have on military members and their families.

Since the September 11th, 2001 attacks, millions of service members, both active and reserve/guard, have been deployed to war zones for a year or more. As the war continues, there is an increased realization by many professionals that military members and their families face significant challenges as a result of repeated deployments, especially those in war zones. For the military member, he or she must deal with the stressors associated with leaving their family for long periods of time, fighting in a war, and then returning to a family that has changed over the deployment period. For the family, the worry and concern for the fighting service member along with the adjustments required to continue a “normal” life presents significant challenges which, all too often, results in emotional, and sometimes physical, trauma.

Although the military community has initiated programs to help the military service member and their families cope with the multitude of problems they face, the magnitude of the problem requires a concerted effort by more than just the military community. Local communities, private organizations, and public institutions must come together to help families during some of the most stressful times in their lives. Of the multitude of organizations and institutions which could assist, the educational system is ideally positioned to help the millions

of military dependent children and families because of their daily interaction with the children that are most affected by military service.

Problem Statement

Dependent children of military service members deserve the same educational opportunities and successes as children in the general population. However, dependent children often do not receive the support needed to succeed due to the educational system's inexperience in dealing with the challenges faced by military children. Without the proper support, the children of military service members will face increased emotional and academic distress which will ultimately affect their ability to succeed in life.

Rationale

Research Questions

1. What challenges do the military dependent children, the at-home parent, and the deployed service member face?
2. What are the teachers and schools doing for the dependent child?
3. What is the military doing to help?
4. What resources are there to help the dependent child and their families through the deployment cycle?

Literature Review

If a person has never been in the military or lived with someone while they served, then understanding the significant challenges faced by military service members and their families will be nearly impossible. The military has its own language and lifestyle which the average American family could never fully understand. While there are many benefits to this unique military culture, sometimes the hardships faced by the children and spouses of military service

members (hereafter referred to as dependent children and spouses) can cause issues for all members of the military family.

The active duty family will move an average of every 2-3 years (three times as frequently as the average civilian family) and the child will attend between 6 and 9 schools (Aronson, Caldwell, & Perkins, 2011, p. 999). They may also move overseas to countries where they do not know the language or customs. In addition, the active duty family may be separated from the service member for many months (and in some cases a year or more) while the service member deploys for routine missions or for combat duty. For dependent children and spouses of reserve military personnel, although they will rarely move due to military assignments, they can face even more difficulty than the family members of active duty personnel due to the unfamiliarity of the military lifestyle and potential social isolation within their community (Harrison & Vannest, 2008, p. 19).

Today's Military

Today's military is a diverse organization with over 2.4 million personnel (active and reserve/guard) who have approximately 3.1 million family members. Over 2 million of those family members are children (ODUSD, 2012). As shown in Figures 1 and 2, the majority of dependent children are under the age of 11 and the majority of spouses are below the age of 30 (ODUSD, 2012, p. 111). The age distribution of the dependent children and spouses is important because, as Chawla and Solinas-Saunders (2011) indicate, the age of the dependent child and spouse will significantly affect how the individual responds to the stress of deployment (p. 180).

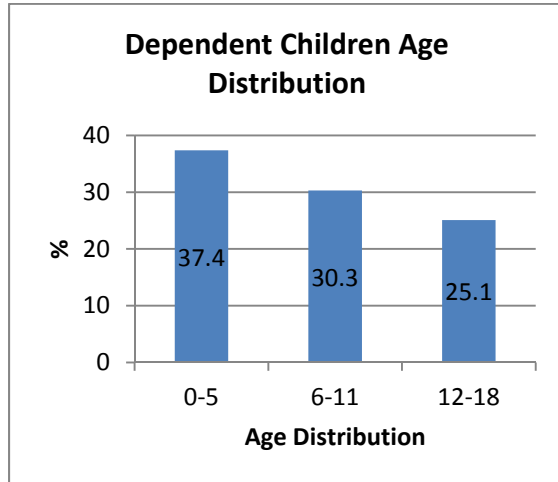


Figure 1. Dependent children age distribution. Graphic shows the age distribution of dependent children to demonstrate that more than 67% of children are 11 or under. Data obtained from ODUSD 2011 Demographics.

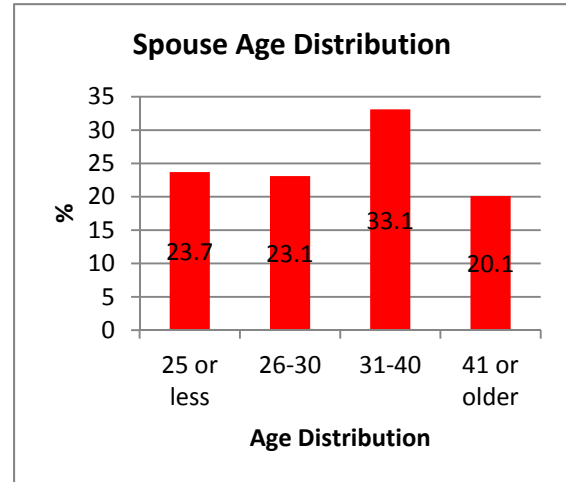


Figure 2. Spouse age distribution. Graphic shows the age distribution of the military spouse to demonstrate that 80% of military spouses are 40 or under. Data obtained ODUSD 2011 Demographics.

The Deployment Cycle

Chawla and Solinas-Saunders (2011) define a deployment as the “temporary assignment within the United States or overseas” (p. 179). A deployment can be divided into different phases known as the deployment cycle. In general, the deployment cycle can be broken down into three distinct phases: 1) pre-deployment, 2) deployment, and 3) post-deployment (Huebner & Mancini, 2008, p. 10). Depending on where in the deployment cycle the military member is currently participating, dependent children and spouses will face different challenges and concerns. Although this cycle has been relatively consistent, during the current conflicts the cycle has accelerated substantially such that the time between the end of one deployment and the start of the next has been reduced and is unpredictable (Lincoln, Shorteno-Fraser, & Swift, 2008, p. 985).

During the pre-deployment phase, the military member may be at home with their unit or they may travel to another military base away from home for long periods of time (weeks or

months) preparing for the upcoming deployment (Chawla & Solinas-Saunders, 2011, p. 179; Huebner & Mancini, 2008, p. 10). In some cases, the pre-deployment phase can be exceptionally short (days) due to a national emergency or it can be long (months or years) if the upcoming deployment is part of a pre-planned rotation. The type of upcoming deployment can also be a factor in issues families face. If the deployment is routine (such as a Naval unit deploying in the Western Pacific or the Mediterranean), then the stress levels of the family may be less. However, the family may have a much more difficult time coping if the deployment occurs in an active war zone (such Afghanistan or Iraq) (Harrison & Vannest, 2008, p. 18).

As mentioned above, the deployment phase can either be routine or occur in a war zone. Routine deployments can be fairly predictable in nature, occurring on a set schedule with little deviation on when the military member will depart or return. Wartime deployments, such as those occurring in Iraq and Afghanistan, have significantly accelerated the cycle of the deployments by shortening the time units have to prepare for deployments and extending their tour of duty with little notification (Lincoln et al., 2008, p. 985). War zone deployments are, for obvious reasons, much more stressful for the families than routine deployments to safer locations. Deployments can last for month or years depending on the situation and requirements of the military (Huebner & Mancini, 2008, p. 10).

Following the deployment phase, the military member will return home and face the challenges of the post-deployment phase. These challenges will depend on deployment location, whether the military member has suffered any injury (physical or mental), and how the family coped during the deployment. Another key issue the family may face during the post-deployment phase is the fact that the returning military member may have to immediately

prepare for the next deployment after only a very short period of time at home, thus putting the family right back into the pre-deployment phase (Lincoln et al., 2008, p. 985).

Reserve/Guard versus Active Duty

During all three phases of the deployment cycle, there are distinct differences in the stresses faced by active duty families and reserve/guard families. Active duty families are fairly accustomed to routine deployments and typically have already developed coping mechanisms and routines to deal with the long period the service member will be away. According to Lincoln et al. (2008), children who grow up around the military culture demonstrate considerable resiliency towards the rigor of the military lifestyle (p. 986).

However, for reserve/guard personnel and their families, up until the start of the wars in 2001, few reserve/guard personnel had been deployed for extended periods of time so those families had not had the opportunity to develop the skills active duty families have developed (Harrison & Vannest, 2008, p. 19). Dependent children of reserve/guard members are not exposed to the military culture on a daily basis and therefore have not developed the same resiliency as active duty dependent children. Even as the wars have continued through its twelfth year, reserve/guard personnel and their families still have more difficulty because deployments are typically longer than some active duty personnel and almost always occur in war zones (Harrison & Vannest, 2008, p. 18). In addition, as Figure 3 demonstrates, more reserve/guard personnel who have dependent children have faced at least one war zone deployment compared to active duty personnel (DoD, 2010, p. 26).

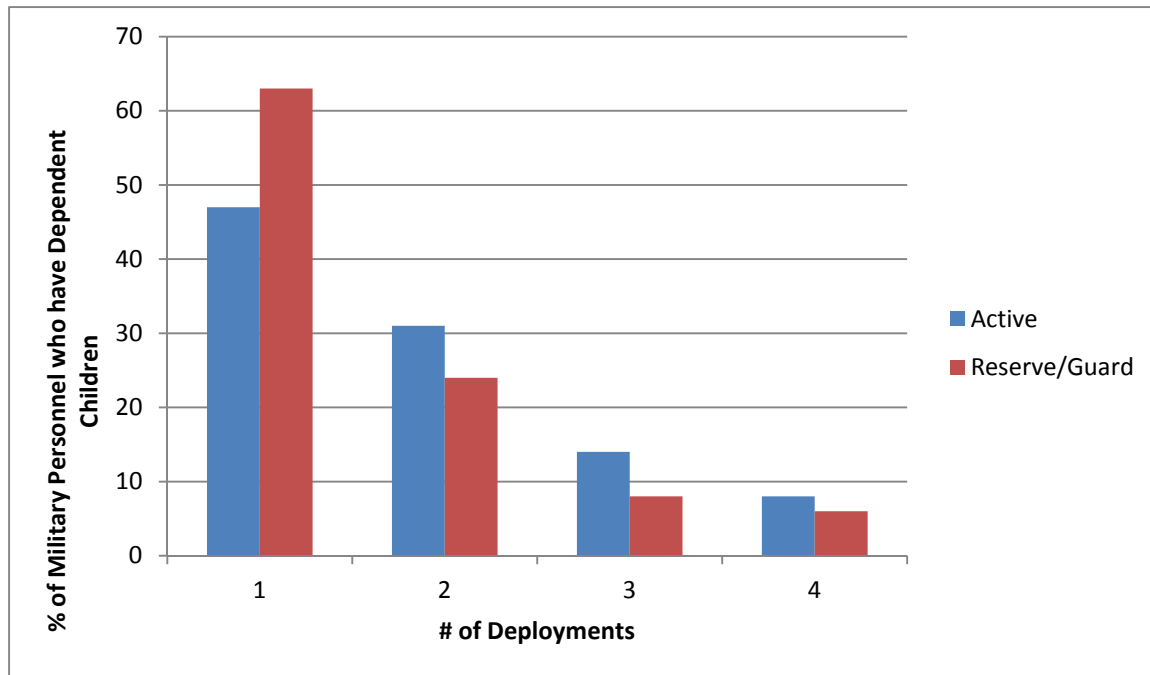


Figure 3. Deployment of military personnel with dependent children. Graphic compares active and Reserve/Guard personnel and provides an indication of the percentage of deployed personnel who have children and compares this to the number of deployments military personnel have conducted. Data obtained from DoD's 2010 report *The Impacts of Deployed Members of the Armed Forces on Their Children*.

General Challenges

All military dependent children and spouses face challenges when their loved ones serve in the military. However, there are many variables that must be considered when determining what challenges each group faces. The struggles of dependent children and spouses will vary depending on age, rank of the service member, where they live, and where the deployment will occur: noncombat zones or combat zones. But one of the key discriminators is whether the military member is on active or reserve/guard duty. When most people think about a person serving in the military, they see the uniform. However, the experiences that reserve/guard personnel and their families face are very different than those of active duty personnel and their families (Harrison & Vannest, 2008).

Active Duty Dependent Children. As previously stated, active duty dependent children will move every 2-3 years and attend 6-9 schools (Aronson et al., 2011, p. 999). With each move to a new school, the dependent child will face a myriad of problems. The dependent child faces increased isolation due to the loss of friends and the need to make new friends at the new duty station (Clifton, 2004, p. 459). According to Lincoln et al. (2008), dependent children will have difficulty making new friends and may even be hesitant to make new friends due to the knowledge that he or she will move again in the near future (p. 986). In addition, integrating into a new school system can be difficult due to the different state educational requirements, transferring of credits, course difficulty (easier or harder), and community culture (Aronson et al., 2011, p. 999; Clifton, 2004, p. 459).

Moving frequently will also take an emotional toll on the active duty dependent child. Numerous studies have shown that children who move frequently are more likely to have lower grade point averages, lower test scores, require special education support, and have behavioral problems (both at school and home) (Aronson et al., 2011, p. 998). The constant moving can also result in the lowering of self-esteem which can affect the child's ability to make new friends and do well in school (Clifton, 2004, p. 459).

Active duty dependent children may also face issues with re-integrating into American society. Approximately 15% of active duty personnel are stationed overseas at any given time which means there is a good chance that dependent children will at some point move overseas with their parent (ODUSD, 2012, p.38). Since many military members serve overseas on accompanied tours, dependent children may be out of the country for years. According to Clifton (2005), returning home following an overseas deployment can result in depression by the child because their experiences are not well understood by the general population (p. 460).

Reserve/Guard Dependent Children. For dependent children of reserve/guard personnel, some of their challenges are caused by very different reasons. For instance, the reserve/guard member may not live near a major military base and therefore will not have the same support structure available for the family as would active duty personnel. In addition, children of reserve/guard personnel are not accustomed to the military lifestyle or culture and may find it very difficult to understand all the concepts that dependent children of active duty personnel take for granted. The families may not have had the chance to develop the same coping skills as those from active duty families. Finally, the pre-deployment training for reserve/guard personnel and their families may not be as extensive or valuable due to the frequency of deployment (Harrison & Vannest, 2008, p. 19).

Deployment Challenges

Although there are differences in the challenges dependent children face, when a parent deploys (either to a combat or noncombat zone), all dependent children will have difficulty coping and suffer many of the same issues. According to Aronson et al. (2011), 32% of parents reported that their child had some type of psychological symptom when the military member deployed (p. 1000). Psychological issues can manifest in many different ways such as depression, anxiety, risky behavior, loneliness, discipline problems and sadness, just to name a few (Chawla & Solinas-Saunders, 2011, p. 184; Huebner & Mancini, 2008, p. 3). In addition, dependent children are more at risk for mental health hospitalization due to issues manifested when a parent is deployed (Cole, 2012, p. 3).

Not only will dependent children suffer emotionally, but their academic progress will be significantly affected. Studies have shown that dependent children who have a parent deployed will, in general, suffer lower test scores, suffer attendance problems, and perform worse than

children whose parents did not deploy (Cole, 2012, p. 4; Dunham, Lyons, & Phelps, 2010, p. 48). However, one interesting fact regarding the information Dunham et al. (2010) presented is that dependent children who attend Department of Defense Education Activity (DODEA) schools actually perform on par with the normative civilian schools while still performing worse than the normative DODEA schools (p. 48). Academics will also suffer due to the fact that the deploying parent may be the primary support in helping with homework and when that parent deploys, there may not be another person in the family who is able to provide the support needed (Blum, Mmaria, Roche, & Sudhinaraset, 2008, p. 469).

Just as every child will be affected differently by a parental deployment, every deployment is different. There are many factors to a deployment which can exacerbate the issues dependent children face. These factors include the length of the deployment the military parent serves, how quickly the parent re-deploys, and how many times the parent has deployed.

According to Lincoln et al. (2008), the uncertainty of the length of the deployment ranks as one of the most stressful events a child can face (p. 984). Harrison and Vannest (2008) indicated that research has shown that there is a direct correlation between the length of the deployment and the dependent child's issues (p. 18). Evidence has also shown that the cumulative length of deployments correlates with an increased risk of depression, behavioral issues, and distress at home (Beardslee, Bursch, Glover, Leskin, Lester, Pynoos, Saltzman, & Woodward, 2012, p. S48). In addition, a study conducted by Dunham et al. (2010) shows that children who have parents deployed two years in a row tend to do worse than children whose parents only deployed one of those years or who did not deploy at all (p. 48). Finally, school professionals have reported that it is evident that the longer a deployment lasts, the less the child is able to cope with the situation (Aronson et al., 2011, p. 1000).

Spouses. Up to this point, the discussion has focused mostly on how the military member's career affects the dependent child. However, the at-home spouse is also significantly affected by the trials and tribulations created by the military lifestyle. What is important to realize is that the mental health and coping of the remaining parent directly affects how dependent children cope with the strain (Lincoln et al., 2008, p. 987). Several studies have shown that the at-home parent's emotions and behavior impacts the child's own emotions and behaviors and tends to affect the functioning of the child (Chawla & Solinas-Saunders, 2011, p. 182; Cole, 2012, p. 8). For example, Clifton (2004) states that in some cases, when a spouse is unable to cope with the deployment of the military member, the spouse will uproot the family and move them to a location where they perceive the support will be better (p. 458). This move will compound the stresses felt by the dependent child due to the fact that they are now dealing with a new location as well as the deployment of the military parent.

Although there is an emotional toll when the at-home parent is unable to adequately cope with the deployment, the most significant problem is the physical toll that may occur for the dependent child. According to research done by Lincoln et al. (2008), the rate of child maltreatment shows a noticeable increase during deployment and the rate of neglect increases twofold (p. 988). What is more interesting is that when the spouse at home is female, the rate of maltreatment increases by threefold and the rate of neglect increases fourfold (Lincoln et al., 2008, p. 988). This is disconcerting since approximately 87% of all spouses are female (ODUSD, 2012). There may be many causes of this phenomenon but it may have to do with the fact that over 40% of the spouses are under the age of 30 and are less able to cope with the stress of deployment (ODUSD, 2012, p. 111).

Ways to Help

With all the difficulties that dependent children and spouses face due to their loved ones service in the military, educators, counselors, school systems, communities, and the military services need to be involved in a concerted and proactive effort to help the families of those sacrificing so much for this country (Dunham et al., 2010, p. 49). Many families may feel they can handle the situation and not seek the help they need, but it is up to all those involved to help them overcome the barriers counseling and mental health support brings so that everyone can learn to cope (Cole, 2012, p. 6). Although the issues can be different depending on whether the military member is on active duty or reserve/guard or whether the military member is deploying to a combat or noncombat zone, the strategies are very similar.

General Help for Dependent Families. As discussed previously, dependent children and spouses face unique challenges just by being part of the military family. There are many things that the educational system, the military, and the community can do to help. For instance, for children of active duty personnel, one of the most stressful parts of their lives other than deployments is relocating to other areas (Aronson et al., 2011, p. 998). By finding ways to help with the adjustment, children and spouses can better adapt to the new environment.

The first thing a teacher or counselor can do when a new student arrives is to get to know the family (children and parents) and try to help with any concerns that may immediately arise. Teachers can also help new students adapt to the school by ensuring those around are more aware of the challenges dependent children face. By including information about where the new student has been in the lesson plan and using that as a teaching opportunity, other students might be more apt to be interested in and want to get to know the new student (Clifton, 2004, p. 460). Teachers can also integrate the new student's experiences into the lessons plans, utilizing books

that depict the military lifestyle, invite the new student to describe interesting or unique events, and generally be supportive of the child's concerns (Allen & Staley, 2007, pp. 83-85).

There are also things that the school district as a whole can do to help military families. The first is that they can remove the obstacles (such as certain restrictive rules and regulations) that are in place which prevent close coordination between the school and outside organizations (Aronson et al., 2011, p. 1006). Schools also need to be more flexible in how they apply certain rules towards the students. For instance, students who come in mid-year are rarely allowed to join intramural sports or they may have missed a deadline because they moved into the new district a day or two late. By allowing students to participate in school activities, regardless of when they join the school, the dependent children will have an easier time integrating into the school's social network (Aronson et al., 2011, p. 1007). Allen and Staley (2007) also suggest that schools do things such as create peer and parent support groups, create crisis teams to help deal with issues as they arise, and ensure that school policy supports a referral system for professional help when needed (p. 86). The final, and most important thing schools need to do for military families is to train and sensitize their personnel so that they are better aware of the challenges this unique group of people face (Blum et al., 2008, p. 467).

In addition to the support by the schools, the military services have come to realize that they need to provide support to military families. The Marine Corps created the School Liaison Program to help Marine families adapt in their new locations (Aronson, 2011). The Marine Corps and Navy created the Families OverComing Under Stress (FOCUS) program, which is geared towards helping families learn to cope with the stress of military life (Beardslee et al., 2012). The Department of Defense also created the Clearinghouse for Military Family

Readiness which provides a plethora of information for families and professionals working with those families (Aronson et al., 2011, p. 1006).

Help During Deployment. As previously indicated, periods of prolonged separation from the military member can significantly increase the stress level of the entire family. Cole (2012) feels that if educators partner with the families during each phase of deployment then this will help provide the emotional, social, and academic support needed (p. 4). Similarly, Lincoln et al. (2008) notes that each phase of the deployment cycle has its own set of challenges which must be navigated (p. 985).

During the pre-deployment stage, the military parent may still be around but is busy preparing for the upcoming deployment. The dependent child will be stressed just by the thought of his or her parent heading to a war zone as well as dealing with the fact that the parent is not around much due to the preparations (Cole, 2008, p. 6). During this phase there are several things that can be done to aid the family. The first is to ensure that the family participates in pre-deployment training. Harrison and Vannest (2008) emphasize that having intensive pre-deployment training sessions is warranted to help alleviate the stress the deploying military member may feel about leaving his or her family as well as helping those staying at home better adjust to the upcoming deployment (p. 19). By increasing the awareness of potential issues and symptoms that may occur during deployment, the parents will be able to better identify the cues indicating the child is having difficulties (Huebner & Mancini, 2008, pp. 11-12).

In addition to training, developing a relationship with the school counselor can be instrumental in helping the child cope during this stage. The school counselor can use their unique training to help the child, and family, prepare for the deployment. The counselor can also utilize their resources to ensure that the child has other community and military support

mechanisms in place if needed (Cole, 2012, pp. 5-6). This stage can also be used to build up the trust of the child and parent so that if issues begin to arise, the family will feel comfortable seeking out the help they need (Huebner & Mancini, 2008, p. 12).

Despite all the preparations made during the pre-deployment phase, the deployment phase can still be difficult. As Cole (2012) discusses, providing support and counseling to the spouses of deployed personnel is critical to ensuring the well-being of the child (pp. 8-9). The key to preventing or lessening the effects of deployment on the family is to ensure that the proper support mechanisms, both formal and informal, are available (Huebner & Mancini, 2008).

Cole (2012) and Harrison and Vannest (2008) provide several examples in which the school system can provide access to various support mechanisms. The school can create student-focused, parent-focused, and classwide-focused support groups in order to provide numerous options for the family to connect with others who are encountering similar experiences (Harrison & Vannest, 2008, pp. 19-21). The school can also facilitate support through mentorship programs, allotting time to connect with friends and families, and other non-community connected activities that could aid the child or parent (Cole, 2012, pp. 10-11). The goal of the above support would be to help the families successfully adapt throughout the deployment phase and prepare for the parent's homecoming.

The military services are also key partners in helping families through the stresses of deployment. The DoD provides child care services, allowing the at-home parent to continue to work or to give them much needed time away. The military services also partner with many civilian organizations such as the Boys and Girls Clubs of America, YMCA, and others to develop programs to help dependent children with everyday activities and give them time away from their own fears. The DoD also provides easier access to mental health and behavioral

support personnel such as counselors, psychiatrists, and psychologists (DoD, 2010, p. 10).

Finally, the DoD provides access to email and internet connectivity for military members while they are deployed to allow them to connect with family on a regular basis (Blum et al., p. 471).

Although many may feel that once the military member is home, support can be stopped, this is not true. The post-deployment phase can be extremely difficult for everyone due to the changes all members of the family may have experienced during the deployment (Cole, 2012, p. 11). The roles of each family member may have to be renegotiated due to adjustments that were made while the military member was overseas (Huebner & Mancini, 2008, p. 10). As with the deployment phase, providing support via counseling and support groups can help set expectations by family members and bring to light potential issues that may arise when the military member returns (Cole, 2012, pp. 11-12). In addition, Allen and Staley (2007) recommends that teachers help students create a log or book that documents what the child has been doing while the military member has been away as way of allowing the returning parent to participate in the events even though they were not there (p. 86).

Conclusion

Although the war in Iraq has wound down and the war in Afghanistan is expected to wind down over the next year or two, the lessons learned relating to military families over the last 12 or more years of war should not be forgotten. The success of our all-volunteer military force hinges on how the family copes with the stresses associated with the military. If the military member is more worried about their family at home than how they perform their job, then the risk to the military member and the mission is significantly higher. It is incumbent upon all those who support or interact with military members and their families to ensure the right support is in place.

It takes a concerted effort by all members of the civilian and military communities to effectively combat the issues military families face throughout a military career. Teachers can be instrumental in detecting when problems are beginning and referring the student to the right professional for help. However, unless the proper training and resources are provided, educators, especially those not near a military base, will be ill-prepared when they have military dependent children in their classrooms.

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Appendix A: Student and Family Information Sheet

In order for a teacher to assist military families, they must be knowledgeable regarding the situations that the families face. At the beginning of the school year, teachers should ask the parents and students to fill out an information sheet similar to the one presented here. The goal is for the teacher to learn about the background of the students, some information relating to the parents, and determine if there are any immediate concerns relating to the student or family. The information sheet should not just be for military dependent children but for all children within the classroom. This will allow the teacher to discover if there are issues with all of the students, not just those from the military. In addition, the teacher should provide the information sheet to all new students joining the class after the school year starts.

STUDENT & FAMILY INFORMATION SHEET

Student Name:	Class Period:
---------------	---------------

Previous Schools Attended:

<u>Grade</u>	<u>School</u>	<u>Location</u>

Hobbies?

Favorite Subjects?

Student's concerns about new school year or new school?

Mother:

Name:		Occupation:	
Address:	(Street)		
	(City)	(Zip)	
Home Phone:		Cell:	
E-Mail Address:			
Military Service?	<input type="checkbox"/> Current <input type="checkbox"/> Veteran <input type="checkbox"/> None		
	<input type="checkbox"/> Active <input type="checkbox"/> Reserve <input type="checkbox"/> Guard	Branch:	
	Currently Deployed? <input type="checkbox"/> Yes <input type="checkbox"/> No		
	Location:		
	Deploying during School Year? <input type="checkbox"/> Yes <input type="checkbox"/> No		
	Previously Deployed? <input type="checkbox"/> Yes <input type="checkbox"/> No	Year(s)?	

Father:			
Name:		Occupation:	
Address:	(Street)		
	(City)	(Zip)	
Home Phone:		Cell:	
E-Mail Address:			
Military Service?	<input type="checkbox"/> Current <input type="checkbox"/> Veteran <input type="checkbox"/> None		
	<input type="checkbox"/> Active <input type="checkbox"/> Reserve <input type="checkbox"/> Guard	Branch:	
	Currently Deployed? <input type="checkbox"/> Yes <input type="checkbox"/> No		
	Location:		
	Deploying during School Year? <input type="checkbox"/> Yes <input type="checkbox"/> No		
	Previously Deployed? <input type="checkbox"/> Yes <input type="checkbox"/> No		Year(s)?
Siblings			
Name:		Age:	
Name:		Age:	
Name:		Age:	
School Support Questions			
1) Who is the primary support for homework help?			
2) Does student have access to a tutor/support other than family member for school? If yes, who?			
3) Does parent desire after school tutoring (will be arranged separately if yes)?			
4) What subject(s) does the student struggle with?			
5) Are parents comfortable with the teacher tutoring/helping with homework via Skype? [NOTE: Parent must be present during entire period of assistance]			
6) What concerns does the parents have with the student's educational progress:			
Other Comments/Information Parent deems important for teacher to know:			

Appendix B: Internet Resources

The internet provides unimaginable access to a large amount of resources which can be useful to military members, military family members, educational professionals, and health professionals. Simple searches using any search engine (such as Google, Bing, or Yahoo!) will provide tens of thousands of links to websites which can help families deal with the stress of the military lifestyle. The below websites are just a few of the sites individuals can go to in order to find information relating to the military.

Title	Clearinghouse for Military Family Readiness
Website	http://www.militaryfamilies.psu.edu/
Geared Toward	Military Member/Spouse/Teens
<p>The Clearinghouse for Military Family Readiness is hosted by Pennsylvania State University and is primarily sponsored by the Office of the Deputy Under Secretary of Defense for Military Community and Family Policy. This website provides information and tools for military families who have to cope with the military lifestyle and deployments. The repository also provides information for professionals who are available to help military families. The website consists of several main areas:</p> <p>1) Programs: This area allows users to search through the list all programs that might be useful for the user. The user has various options to choose from including topics, target population, and sectors (who is helping). The Clearinghouse provides information on whether the programs found have been proven useful, seem promising, or have not proven themselves as of yet.</p> <p>2) Implementation: This area provides contact information to allow the user to seek assistance from the Clearinghouse in order to set up or utilize programs that are addressed.</p> <p>3) Initiatives: Provides information on current projects which the Clearinghouse has been working on with its partners.</p> <p>4) Resources: Provides additional links in which the use may find useful, including blogs, links, videos, and other related information.</p>	
Title	Marine Corps Community Services (MCCS) Quantico
Website	http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/
Geared Toward	Military Member/Spouse
<p>MCCS Provides a broad range of services to Marine families including casualty assistance, voting assistance, family programs, recreational programs, and retail programs (such as commissaries and exchanges). The key area military families will be interested in is the Marine and Family Programs site). Four key programs are:</p> <p>1) Children, Youth, and Teen Program (CYTP) (http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/children-youth-and-teen-program-cytp/): This section includes information on the Child Development Center (child care for children up to 5 years of age), Family Child Care Homes (connecting provides and families for in-home child care services), and Youth Center activities (summer programs, afterschool programs, etc).</p> <p>2) New Parent Support Program (NPSP) (http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/new-parent-support-program-npsp/npsp-information/): This program is geared specifically towards new parents and is a prevention and outreach program. It includes at-home visits, parenting education, support groups, and other</p>	

<p>services for parents coping with a new child.</p> <p>3) Family Advocacy Program (FAP) (http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/family-advocacy-program-fap/): This is a congressionally mandated program to prevent and reduce family violence. FAP’s goal is to provides services to family members by assessing risk, create safety plans, and development of intervention and treatment plans. The key concern of FAP is the safety and well-being of the victim.</p> <p>4) School Liaison Program (SLP) (http://www.quantico.usmc-mccs.org/index.cfm/marine-family-programs/school-liaison-program/): SLP’s mission is to help military children adapt to new locations and schools. The SLP utilize community based services and works with Marine Corps resources and the civilian school systems to ensure children have a smooth transition.</p>	
Title	Boys & Girls Clubs of America
Website	http://www.bgca.org/
Geared Toward	Military Member/Spouse/Teens
<p>BGCA is a national organization that provides a safe environment for boys and girls to learn and grow. The club has many different programs to help develop leadership skills, improve educational success, provide physical outlets (such as sports), and provide life-skills training. There are almost 4,000 clubs across America and at military bases worldwide for children up to 18 years of age.</p>	
Title	Military OneSource
Website	http://www.militaryonesource.mil/deployment
Geared Toward	Military Member/Spouse/Teens
<p>This is a Department of Defense-funded program providing a variety of services for military members and their families. The website also provides a significant amount of information on every facet of military life including deployments, reunions, relationship, grief, military children, and many other areas. All services are free to personnel. Throughout the website, the user can find information relating to every topic associated with the military and the issues military families might face.</p>	
Title	Surviving Deployment
Website	http://www.survivingdeployment.com/
Geared Toward	Spouses
<p>This website is operated by military spouses who have firsthand knowledge of the effects of deployments on their families. The website has links to articles of interest to military families, links to activities for military children, and recommendations on books. The website also has links to other online resources which may be useful.</p>	
Title	Operation Homefront
Website	http://www.operationhomefront.net/
Geared Toward	Spouses
<p>This organization was founded in 2002 and was specifically created to help support the families of deployed service members. In addition, the organization helps wounded warriors and returning service members when needed. Among the services the organization can provide include financial assistance, emergency food, and emergency home repair, just to name a few.</p>	

<p>Families in need can contact the local chapter to arrange assistance when needed. Individuals can also volunteer to assist families in need.</p>	
Title	American Red Cross
Website	http://www.redcross.org/
Geared Toward	Spouses
<p>The American Red Cross is best known for their efforts during disaster relief and for blood drives. But they are also a key organization which can help military families in need. The most important service the ARC provides is allowing emergency communications between a family member and a service member. If a family has a major crisis (death, serious illness), then the ARC can utilize its resources to contact the service member through official channels to ensure the word is relayed. In addition to the emergency contact services provided, the ARC also provides assistance to local families, provides training for families to allow them to better cope with the military lifestyle, and they support wounded warriors and military hospitals.</p>	
Title	Military.com
Website	http://www.military.com/
Geared Toward	Military Member/Spouse
<p>This website provides a wide range of information which might be useful to those in the military as well as their families. The user can find information on military benefits, veteran job support programs, education, deals/discounts, and a host of other items. In addition, if you are a member, you can connect with others you may have served with while serving. There is also a section for spouses of military members which can help military spouses with a variety of concerns (finding jobs in their new locale, getting information on a new base, finding support groups, etc).</p>	
Title	American Academy of Pediatrics Support for Military Children and Adolescents
Website	http://www2.aap.org/sections/uniformedservices/deployment/index.html
Geared Toward	Military Member/Spouse/Educators/Mental Health Professionals
<p>This website was created to provide resources for military youths, families, and those who support military youths. This website provides access to various research publications, provides links to other websites that may be of use to military families, and provides links to other resources such as books, reports, etc. This website is more geared toward the professional who needs a better understanding of the military culture and its effects but can also be used by parents and teens.</p>	
Title	Center for Deployment Psychology
Website	http://deploymentpsych.org/
Geared Toward	Military Member/Spouse/Educators/Mental Health Professionals
<p>According to the CDP mission statement: "The Center for Deployment Psychology (CDP) trains military and civilian behavioral health professionals to provide high-quality deployment related behavioral health services to military personnel and their families." This website would be more for the school counselor or even educators who wish to do a more in-depth review of the issues facing military families.</p>	

Title	Deployment Health and Family Readiness Library
Website	http://dhl.dhhq.health.mil/
Geared Toward	Military Member/Spouse/Educators/Mental Health Professionals
<p>This website was created by the DoD to provide a library of resources which military members, families, and health care providers could use to obtain information on health related issues as well as family readiness preparation. The website has a link to allow the user to search their entire library or to search just certain areas depending on who the individual is and what information they are seeking.</p>	
Title	Public Broadcast System (PBS) When Parents are Deployed
Website	http://www.pbs.org/wpad/resources.html
Geared Toward	Military Member/Spouse/Young Children
<p>PBS provides a section on their website where parents are able to go to in order to find information on deployments. One resource item is Sesame Street's <i>Talk, Listen, Connect</i> (TLC) kit which was developed to help children cope with the stresses of deployment. The website also has links to several other websites and a place for children to create e-cards.</p>	
Title	After Deployment
Website	http://www.afterdeployment.org/
Geared Toward	Military Member/Spouse/Teens
<p>As its name implies, After Deployment is geared towards providing resources to military members, families, and veterans when the deployment has ended. This website provides information on many issues that military members and their families face today including depression, post-traumatic stress, financial issues, life stress, anger management, and physical injury. Under each section the user can find additional information, pamphlets, and questionnaires. In addition, under the Resources tab, the user can find an extensive list of links, books, and blogs organized by major topic area.</p>	
Title	John Hopkins Military Child Initiative
Website	http://www.jhsph.edu/research/centers-and-institutes/military-child-initiative/
Geared Toward	Educators
<p>This website is geared more towards the educational system in order to help them create programs which can specifically help military children through their unique challenges. There are links which the user can use to obtain additional information as well as a library that educators can access to obtain copies of the latest research that is being conducted on the topics of military children.</p>	
Title	Military Spouse
Website	http://militaryspouse.com/
Geared Toward	Spouse
<p>This website is geared specifically towards the military spouse. The website includes information on Permanent Change of Stations (PCS), deployments, careers, education, and other topics which may be useful for the military spouse. The website provides advice on how to deal with all issues military families face. The website also provides forums for questions, links to various articles, and a list of other resources the military spouse may find useful.</p>	

Title	Real Warriors
Website	http://www.realwarriors.net/
Geared Toward	Military Member/Spouse
<p>Real Warriors is a website designed to encourage military members and their families to seek help with the various stresses of military life and deployment. The site breaks out their information by user: active duty, National Guard and reserve, veterans, families, and health professionals. Under each section there are links to information which the individual may find useful. The site also has links to external websites for easy access to various service oriented information (Air Force, Army, Navy, Marines, Reserve, etc.).</p>	
Title	Military Interstate Children's Compact Commission (MIC3)
Website	http://mic3.net/
Geared Toward	Military Member/Spouse/Educators
<p>MIC3 is a website dedicated to creating a uniform policy on how the various school districts and states treat children of military members. MIC3 provides information on each state that has joined the Compact and what the schools are expected to do regarding the education of military dependents. Parents moving between states can use this website to see if their new duty station is covered by the Compact thus helping ease the stress related to school transfer.</p>	

Appendix C: Books

There are thousands of books which can be useful for military members, spouses, children (of all ages), educators, and mental health professionals. A person can find books that are specifically written to help children cope with military deployments or understanding the military lifestyle. They can also find books relating to the military that are humorous, serious, or just informational. Below are a list of books that were recommended on various military websites relating to the military family. All descriptions were obtained from websites (as indicated). This is a very short list. Many of the websites that deal with military deployments will recommend books and articles. In addition, a person can search sites such as Amazon or Barnes and Noble to find books relating to these topics. The intent of this list is to show the individual that there are resources available to help in every situation.

Book Title	Author	Description
Night Catch	Brenda Ehrmantraut	<p>When a soldier's work takes him half-way around the world, he enlists the help of the North Star for a nightly game of catch with his son.</p> <p>Night Catch is a timeless story that connects families while they are apart and offers comforting hope for their reunion.</p> <p>Pasted from <http://www.amazon.com/Night-Catch-Brenda-Ehrmantraut/dp/0972983392/ref=pd_sim_b_2></p>
The Wishing Tree	Mary Redman	<p>Amanda understands her dad is making the world a better place, but it doesn't make his deployment any easier. After mulling over ways she can support her dad, Amanda creates a small wishing tree in her room, writing her hopes and prayers on yellow ribbons that she ties onto the branches. As Amanda wishes for her dad to enjoy good meals, make new friends, and return safely, the little tree comes to life with yellow ribbons of hope.</p> <p>Pasted from <http://www.amazon.com/Wishing-Tree-Mary-Redman/dp/1934617024/ref=sr_1_3?s=books&ie=UTF8&qid=1373063692&sr=1-3&keywords=the+wishing+tree></p>
American Hero Books: My Daddy is a Marine	Alia Reese	<p>American Hero Books: My Daddy is a Marine is for infant-preschool children of U.S. Marines. This book helps teach kids about, and be proud of, Daddy's very important job by using text and pictures of actual Marines and equipment at work. And you can insert your own pictures over those printed in the book for a truly personalized experience. American Hero Books® can be used regardless of deployment status of the service member. When Daddy is home insert pictures of him at work and teach about the job he does on a daily basis. When he is deployed update the book with pictures he sends home to keep him present in the mind of the young child. Make American Hero Books® part of a good routine to foster pride in Daddy and his job, and help ease anxiety caused by separation due to training and deployment. American Hero Books® are 8" x 8" x 1" board books. The front cover and each illustrated page have a 4" x 6" picture frame cut out to allow the reader to insert their own picture over those printed in the books. Each frame has a clear cover so little hands can't reach the pictures placed in the book. All American Hero Books® books comply with standards for children's product safety, are constructed from sustainable materials, and are printed with plant based inks.</p>

		<p>Pasted from <http://www.amazon.com/Daddy-Marine-American-Hero-Books%C2%AE/dp/0983313008/ref=sr_1_1?s=books&ie=UTF8&qid=1373063742&sr=1-1&keywords=american+hero+books%3A+my+daddy+is+a+marine></p>
Countdown 'til Daddy Comes Home	Kristin Ayyar	<p><i>Countdown 'til Daddy Comes Home</i> is the story of a young boy waiting for his daddy to come home from a trip. To make their separation easier, his family creates rituals to stay connected and make the countdown fly by. A perfect book for military kids who have a parent deployed or kids who have a parent that is a frequent business traveler. After reading this warmly illustrated story you will find ideas on various ways to countdown 'til your daddy comes home and discussion questions to set expectations and alleviate any fears your child may have because of their parent's deployment or trip.</p> <p>Inspired by her experiences, Kristin Ayyar shares how her family copes with the separations that are part of everyday life.</p> <p>Pasted from <http://www.amazon.com/Countdown-til-Daddy-Comes-Home/dp/1620862417/ref=sr_1_1?s=books&ie=UTF8&qid=1373063806&sr=1-1&keywords=countdown+till+daddy+comes+home></p>
You Know When the Men Are Gone	Siobhan Fallon	<p>In Fort Hood housing, like all army housing, you get used to hearing through the walls... You learn too much. And you learn to move quietly through your own small domain. You also know when the men are gone. No more boots stomping above, no more football games turned up too high, and, best of all, no more front doors slamming before dawn as they trudge out for their early formation, sneakers on metal stairs, cars starting, shouts to the windows above to throw them down their gloves on cold desert mornings. Babies still cry, telephones ring, Saturday morning cartoons screech, but without the men, there is a sense of muted silence, a sense of muted life.</p> <p>There is an army of women waiting for their men to return in Fort Hood, Texas. Through a series of loosely interconnected stories, Siobhan Fallon takes readers onto the base, inside the homes, into the marriages and families-intimate places not seen in newspaper articles or politicians' speeches.</p> <p>When you leave Fort Hood, the sign above the gate warns, <i>You've Survived the War, Now Survive the Homecoming</i>. It is eerily prescient.</p> <p>Pasted from <http://www.amazon.com/You-Know-When-Men-Gone/dp/B0051BNVDQ/ref=sr_1_1?s=books&ie=UTF8&qid=1373063846&sr=1-1&keywords=you+know+when+the+men+are+gone+by+siobhan+fallon></p>
American Hero Books: My Mommy is a Marine	Alia Reese	<p>American Hero Books: My Mommy is a Marine is for infant-preschool age children of U.S. Marines. This book helps teach kids about, and be proud of, Mommy's very important job by using text and pictures of actual Marines and equipment at work. And you can insert your own pictures over those printed in the book for a truly personalized experience. American Hero Books® can be used regardless of deployment status of the service member. When Mommy is home insert pictures of her at work and teach about the job she does on a daily basis. When she is deployed update the book with pictures she sends home to keep her present in the mind of the young child. Make American Hero Books® part of a good routine to foster pride in Mommy and her job, and help ease anxiety caused by separation due to training and</p>

		<p>deployment. American Hero Books® are 8" x 8" x 1" board books. The front cover and each illustrated page has a 4" x 6" picture frame cut out to allow the reader to insert their own picture over those printed in the books. Each frame has a clear cover so little hands can't reach the pictures placed in the book. All American Hero Books® books comply with standards for children's product safety, are constructed from sustainable materials, and are printed with plant based inks.</p> <p>Pasted from <http://www.amazon.com/Mommy-Marine-American-Hero-Books%C2%AE/dp/B008KN8YN4/ref=sr_1_1?s=books&ie=UTF8&qid=1373063777&sr=1-1&keywords=american+hero+books%3A+my+mommy+is+a+marine></p>
<p>Alice Bliss</p>	<p>Laura Harrington</p>	<p>When Alice Bliss learns that her father, Matt, is being deployed to Iraq, she's heartbroken. Alice idolizes her father, loves working beside him in their garden, accompanying him on the occasional roofing job, playing baseball. When he ships out, Alice is faced with finding a way to fill the emptiness he has left behind.</p> <p>Matt will miss seeing his daughter blossom from a tomboy into a full-blown teenager. Alice will learn to drive, join the track team, go to her first dance, and fall in love, all while trying to be strong for her mother, Angie, and take care of her precocious little sister, Ellie. But the smell of Matt is starting to fade from his blue shirt that Alice wears everyday, and the phone calls are never long enough.</p> <p><i>Alice Bliss</i> is a profoundly moving coming-of-age novel about love and its many variations--the support of a small town looking after its own; love between an absent father and his daughter; the complicated love between an adolescent girl and her mother; and an exploration of new love with the boy-next-door. These characters' struggles amidst uncertain times echo our own, lending the novel an immediacy and poignancy that is both relevant and real. At once universal and very personal, <i>Alice Bliss</i> is a transforming story about those who are left at home during wartime, and a teenage girl bravely facing the future.</p> <p>Pasted from <http://www.amazon.com/Alice-Bliss-Novel-Laura-Harrington/dp/B007HW57C0/ref=sr_1_1?s=books&ie=UTF8&qid=1373063890&sr=1-1&keywords=alice+bliss+by+laura+harrington></p>
<p>Waiting Wives: The Story of Schilling Manor, Home Front to the Vietnam War</p>	<p>Donna Moreau</p>	<p>In 1964, as the first B-52s took flight in what would become America's longest combat mission, an old Air Force base on the plains of Kansas became Schilling Manor -- the only base ever to be set aside for the wives and children of soldiers assigned to Vietnam. Author Donna Moreau was the daughter of one such waiting wife, and here she writes of growing up at a time when <i>The Flintstones</i> were interrupted with news of firefights, fraggings, and protests, when the evening news announced death tolls along with the weather forecasts. The women and children of Schilling Manor fought on the emotional front of the war. It was not a front composed of battle plans and bullets. Their enemies were fear, loneliness, lack of information, and the slow tick of time.</p> <p><i>Waiting Wives: The Story of Schilling Manor, Home Front to the Vietnam War</i> tells the story of the last generation of hat-and-glove military wives called upon by their country to pack without question, to follow without comment, and to wait quietly with a smile. A heartfelt book that focuses on this other, hidden side of war, <i>Waiting Wives</i> is a narrative investigation of an extraordinary group of women. A compelling memoir and domestic drama, <i>Waiting Wives</i> is also the story of a country in the midst of change, of a country at war with a war.</p>

		<p>Pasted from <http://www.amazon.com/Waiting-Wives-Story-Schilling-Vietnam/dp/074347077X/ref=sr_1_1?s=books&ie=UTF8&qid=1373063959&sr=1-1&keywords=Waiting+wives%3A+the+story+of+schilling+manor></p>
<p>My Dad's Deployment : A Deployment And Reunion Activity Book for Young Children</p>	<p>Julie LaBelle</p>	<p>This 112-page activity book features mazes, dot-to-dot, counting, matching, coloring, crafts, telling time, and other activities familiar to preschool and early elementary children. Shown within the context of common deployment and reunion topics, the activities reinforce concepts young children are already learning and offer children the opportunity to ask questions, talk about their feelings, and feel connected to their deployed parent. This version is specific to a dad's deployment.</p> <p>Pasted from <http://www.amazon.com/My-Dads-Deployment-deployment-activity/dp/1934617075/ref=sr_1_1?s=books&ie=UTF8&qid=1373063993&sr=1-1&keywords=My+dad%27s+deployment%3A+a+deployment+and+reunion></p>
<p>Standing By: The Making of an American Military Family in a Time of War</p>	<p>Alixon Buckholtz</p>	<p>More than two million U.S. service members have been deployed to Iraq or Afghanistan in the last decade. More and more of these veterans are writing about their wartime experience, but few military spouses have shared the truth about what it's like when a loved one leaves for battle. <i>Standing By</i> is Alison Buckholtz's candid account of her family's struggles during her husband's eight-month deployment on an aircraft carrier in the Persian Gulf during Operation Iraqi Freedom and a subsequent year-long deployment to Iraq. With insight and humor she describes trying to keep life as normal as possible for the couple's two young children while transitioning into the unfamiliar – and at times unwelcome –role of military wife. Throughout both deployments, a remarkable and surprising series of events challenges her long-held assumptions about the military, motherhood, and even the nature of American citizenship.</p> <p>A rare and intimate portrait of a family that represents America's fast-growing population of service members and veterans, <i>Standing By</i> is a window into what matters for families everywhere.</p> <p>Pasted from <http://www.amazon.com/Standing-Making-American-Military-Family/dp/0399163794/ref=sr_1_1?s=books&ie=UTF8&qid=1373064211&sr=1-1&keywords=standing+by%3A+the+making+of+an+american+military+family></p>
<p>I Love a Man in Uniform: A Memoir of Love, War, and Other Battles</p>	<p>Lily Burana</p>	<p>An all-American love story about a former punk-rock stripper and her unlikely marriage to an officer in the U.S. Army.</p> <p>In this brave, eloquent, and often funny memoir, critically acclaimed author Lily Burana writes about love, war, and the realities of military marriage with an honesty few writers would dare.</p> <p>A former exotic dancer who once had a penchant for anarchist politics and purple hair dye, Lily's rebellious past never would have suggested a marriage into the military. But then she met Mike, a Military Intelligence officer, and fell hopelessly in love, resulting in a most unorthodox romance-poignant, passionate, and utterly unpredictable.</p> <p>After Lily and Mike said "I do" in a brief, pre-deployment City Hall ceremony, Mike left for Operation Iraqi Freedom, and Lily was left in a strange town to endure his absence</p>

		<p>alone, with no support system and little knowledge of the vast and confusing military world into which she had married.</p> <p>Upon Mike's return from the war, the couple moved to historic West Point, where Lily found that life on base had its own challenges. As the war continued and the past intruded unexpectedly into the present, Lily and Mike found themselves plunged into the nightmare of Post Traumatic Stress Disorder. Struggling to cope in a community where admitting weakness is the ultimate taboo and "suck it up" is the suggested response to emotional pain, Lily suffered from depression so severe, it almost ended their marriage. With the help of a revolutionary therapeutic technique, the couple made their way out of the darkness and back to each other. Through it all, Lily wrangled with her preconceptions about the military and found her place within the uniquely supportive sisterhood of military wives.</p> <p>From harrowing emotion to the dishy details of life on base, Lily Burana bares her heart and soul as a modern military spouse. I Love a Man in Uniform is a profoundly moving story of how a woman can locate, and heal, her true self as a dedicated Army wife, free spirit, and freedom-loving American.</p> <p>Pasted from <http://www.amazon.com/Love-Man-Uniform-Memoir-Battles/dp/1602860831/ref=sr_1_1?s=books&ie=UTF8&qid=1373064238&sr=1-1&keywords=i+love+a+man+in+uniform%3A+a+memoir></p>
<p>Confessions of a Military Wife</p>	<p>Mollie Gross</p>	<p>Confessions of a Military Wife is an honest, witty, and often hilarious look at the life of the new generation military wife. Mollie Gross learned the hard way to laugh instead of cry at what she could not control as a military spouse-and as she quickly discovered, nearly everything was out of her control!</p> <p>A standup comedienne, public speaker, and wife of a Marine Corps officer, Mollie explores everything about the "issued" spouse, from deployment and the stress of having a husband in a combat zone, to the realization that marriage changes when your husband returns home from war. Nothing is taboo or out-of-bounds in Confessions, including the "parties" military wives throw for themselves before hubby returns. (You'll have to read the book to find out about those!)</p> <p>More than one million American servicemen have deployed to war over the last few years, which means the lives and lifestyles of military wives are now front and center in the public's curiosity. How do they live? What is their day-to-day life like? How do they interact? How do they deal with weeks and months of separation? The answers will surprise (and in some cases, shock) you. Confessions teaches all women, whether civilian or military, that they can learn to find the funny side of anything by embracing the situation and changing their perspective. And now they can do so with humor and levity, and a little wisdom.</p> <p>Evocative and provocative, Confessions of a Military Wife is a can't-put-down book that will leave you laughing and crying at the same time.</p> <p>Pasted from <http://www.amazon.com/Confessions-Military-Wife-Mollie-Gross/dp/1932714766/ref=sr_1_1?s=books&ie=UTF8&qid=1373064273&sr=1-1&keywords=confessions+of+a+military+wife+by+mollie+gross></p>
<p>I Miss You!: A Military Kid's Book About</p>	<p>Beth Andrews</p>	<p>Military families face stressful times that are unique to the military lifestyle. One of the most challenging situations, both for children and parents, is when a father, mother, or sibling is deployed for military service and must be away from the home. Children often experience sadness, anger, fear, anxiety, and loneliness, and they do</p>

<p>Deployment</p>		<p>not understand their own feelings or know how to express them.</p> <p>This book is designed to help children especially, but also their parents, during such difficult times. Based on many years of experience as a social worker, who has assisted military families experiencing stress, author Beth Andrews has created an excellent tool for allowing children and their loved ones to deal with the many emotions caused by deployment. The text and illustrations encourage children to discuss their feelings and to draw their own pictures to express themselves. The accompanying parents' guide is designed to validate parents' feelings and give them ways to help their children cope.</p> <p>Guided by this approach, a parent or caregiver can help their children understand why one of their parents or a sibling had to leave home, identify their reactions, cope with their feelings in a positive way, be assured that they are not alone, and try new activities to help themselves adjust.</p> <p>At a time when military families are asked to make many sacrifices in the service of their country, this reassuring book will be a welcome resource.</p> <p>Pasted from <http://www.amazon.com/Miss-You-Military-About-Deployment/dp/1591025346></p>
<p>Weekend Warrior No More: Help and Hope for Reserve and National Guard Families During Deployment</p>	<p>Sara Horn</p>	<p>At the height of our nation's most recent wars, more than 1.1 million service members served with the United States Reserve components, making up 45 percent of the country's total military force. Currently, an estimated 850,000 serve. As the military's approach to the global war on terror shifted, the reservists' role changed accordingly. Families now know not to ask if they will be deployed, but when. Reservists now expect deployment more frequently, requiring them to put families, employers, and lives on hold while they serve their country.</p> <p>From planning family budgets to helping your kids cope during deployment, Weekend Warrior No More is a practical and positive guide written for Reserve and National Guard spouses by the wife of a reservist who has served for more than 16 years and has seen multiple deployments. Personal stories and insights from the author and other Reserve and National Guard spouses provide hope, encouragement, and a message that yes, your family can survive a deployment—and even grow from it.</p> <p>If you're about to experience your first deployment, or you'd like some tips and insight on how to handle the next one even better, this book can help.</p> <p>What you can find in Weekend Warrior No More:</p> <ul style="list-style-type: none"> -What must-have info you need to include in your deployment binder (and what your service member shouldn't leave home without). -The three most important things you need to take care of, and tips on how to do just that. -How to overcome the fears that come with deployment. -How to get ready for the homecoming! <p>Pasted from <http://www.amazon.com/Weekend-Warrior-More-Deployment-</p>

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Love Spots	Karen Panier	<p>Ages 3-9 Do you know the REAL reason camouflage uniforms have all those spots? It's a story every military dad or mom should share with their children. Children from military families will enjoy the warmth of their parent's love as they are read this endearing book. Parents from any branch of the service, stationed at home or deployed, will undoubtedly recognize a memory in Love Spots that touches their own heart.</p> <p>Pasted from <http://www.amazon.com/Love-Spots-Karen-Panier/dp/1936352443/ref=sr_1_1?s=books&ie=UTF8&qid=1373064733&sr=1-1&keywords=love+spots></p>
Love, Lizzie: Letters to a Military Mom	Lisa Tucker McElroy	<p>Nine-year-old Lizzie writes to her mother, who is deployed overseas during wartime, and includes maps that show her mother what she has been thinking and doing. The book includes nonfiction tips for helping children of military families.</p> <p>(Resources for Military Children Affected by Deployment, Jan 2008)</p>
When Dad's at Sea	Mindy Pelton	<p>Emily's father, a Navy pilot, is leaving for a six-month deployment on an aircraft carrier. Each day he is gone, she removes one link from the paper chain he made for her, so that she can mark the days until his return.</p> <p>When she makes a friend whose dad has also shipped out, she realizes that she is not the only one who feels like she does.</p> <p>(Resources for Military Children Affected by Deployment, Jan 2008)</p>
My Red Ballon	Eve Bundting	<p>A boy takes his red balloon to greet his Navy dad, who has been away at sea for months. This story shows the joy felt when loved ones come home after serving our country.</p> <p>(Resources for Military Children Affected by Deployment, Jan 2008)</p>
Deployment : Strategies for Working with Kids in Military Families	Karen Petty	<p>Children with parents in the military face unfamiliar and complicated emotions. This comprehensive handbook is for civilians and military personnel who work with or care for children who experience separation through deployment, death, or divorce. Written by an internationally known, hands-on trainer and presenter in the field, this book contains theory-based, practice-driven strategies for handling separation and helping young through elementary-age children move forward and live full lives.</p> <p>Pasted from <http://www.amazon.com/Deployment-Strategies-Working-Military-Families/dp/1933653744/ref=pd_sim_b_4></p>
Once a Warrior--	Charles W. Hoge	<p>The essential handbook for anyone who has ever returned from a war zone, and their spouse, partner, or family members.</p>

<p>Always a Warrior: Navigating the Transition from Combat to Home-- Including Combat Stress, PTSD, and mTBI</p>		<p>Being back home can be as difficult, if not more so, than the time spent serving in a combat zone. It's with this truth that Colonel Charles W. Hoge, MD, a leading advocate for eliminating the stigma of mental health care, presents <i>Once a Warrior—Always a Warrior</i>, a groundbreaking resource with essential new insights for anyone who has ever returned home from a war zone.</p> <p>In clear practical language, Dr. Hoge explores the latest knowledge in combat stress, PTSD (post-traumatic stress disorder), mTBI (mild traumatic brain injury), other physiological reactions to war, and their treatment options. Recognizing that warriors and family members both change during deployment, he helps them better understand each other's experience, especially living with enduring survival skills from the combat environment that are often viewed as "symptoms" back home. The heart of this book focuses on what's necessary to successfully <i>navigate</i> the transition—"LANDNAV" for the home front.</p> <p><i>Once a Warrior—Always a Warrior</i> shows how a warrior's knowledge and skills are vital for living at peace in an insane world.</p> <p>Pasted from <http://www.amazon.com/Once-Warrior-Always-Warrior-Navigating-Home-Including/dp/0762754427/ref=pd_sim_b_1></p>
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