

Appendix 2B
 Deployment/Sustainment Checklist for Parents

KEEPING KIDS CONNECTED			
<i>Action Items</i>	YES	NO	N/A
1. Request a conference with your child's teacher to find out how he/she is doing			
2. Stop by the A&FRC and pick-up a letter writing kit and other resources			
3. Assign mom's or dad's chores to each child as a special contribution to the family			
4. Plan and schedule a family adventure, routine, or outing like a weekly hike, or monthly trip to a doing a museum, doing a craft project, etc.			
5. Plan and schedule special time for yourself; use A&FRC "Give Parents a break"			
6. Establish a Skype account and help your kids connect with deployed parent			
7. Contact Children and Youth Services (CYS), and community youth programs such as 4H (Operation Military Kids (OMK)) where children can support one another			
<i>Helpful Tips</i>			
1. Monitor media coverage, and turn off graphic descriptions of violence and combat			
2. Keep talking about your feelings and their (concerns, fears, expectations)			
3. Ensure exercise, rest, and proper diet for everyone			
4. Try something new like scouting, bowling, arts and crafts classes, youth sports, youth tours			
5. Help children look forward to the deployed parent's return. Caution against using the deployed-parent as a discipline tool			
6. Send cards, email, photos, drawings, copies of school work to deployed parent			
7. Put together care packages that can be sent back and forth			
8. Together with your child, log on to the internet to video conference/Skype with deployed member. Call A&FRC if you don't have capability			
9. Create a photo album or scrapbook of memories of missed special events			
10. Keep in touch with and get help from professionals and community resources sooner rather than later.			