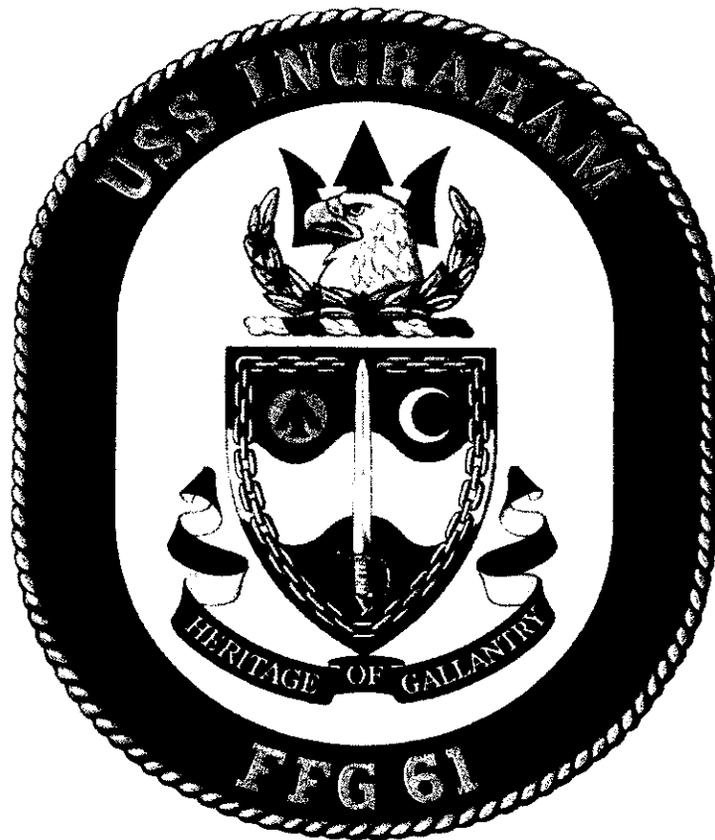


USS INGRAHAM (FFG 61) DEPLOYMENT GUIDE



2011/2012

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PLAN AHEAD

SMOOTH DEPLOYMENT INSURANCE

PLAN AHEAD. This is one of the keys to a successful deployment. Planning ahead can prevent spouses from feeling they have to handle everything all alone and active duty members from worrying about all the things left undone.

PRE-DEPLOYMENT GUIDE. The best place to start is at your command's pre-deployment briefing. Many of you received this guide at that meeting. If you have not been to a pre-deployment briefing recently, plan on attending the next one. Topics discussed during a pre-deployment briefing are informative - from the mission of the command on this deployment to whom to contact if your allotment check is late.

READ. Then, read this book. Mark or highlight passages you find particularly interesting or helpful. Some parts you may want to reread or post on the refrigerator, just in case an emergency occurs and you don't have the time to find the page you need.

COMMUNICATE. Spend an evening with your spouse discussing the deployment; how both of you feel, what you worry about, how to handle emergencies or repair problems, what you think needs to be done around the house to get things shipshape.

LEARN. Have a "show and tell" day. Even if it's the dead of winter, learn how to start and operate the lawn mower. Learn how to check the oil in the car and where to add brake and transmission fluid. Do you know how much air goes into your tires? Or how to change a tire? Do you know which dentist your children go to? Learn these things before the ship leaves.

ORGANIZE. Finally, before the ship leaves for deployment, make sure the keys and checkbook stay here. Once they have gone, the U.S. mail is the only way to get them back, and that can seem to take forever.

So much will depend on your advance preparations. The more you can learn and accomplish before the deployment, the more confident both of you will be when parting times occurs.

FAMILY CHECKLIST

DO YOU KNOW....

- INGRAHAM's Ombudsman and her assistant and how they can be reached?
- ffg61ombud@gmail.com / CELL (425) 387-1193
- CARELINE (425)304-5222
- Your spouse's social security number?
- If the emergency data page in his/her service record is current?
- If your ID card is about to expire? Have you arranged for the paper work for an ID card for any child who will turn 10 before the service member's return?
- What to do or whom to call if something in your home breaks?
- What the Ombudsman, Navy Fleet and Family Support Center, Red Cross, Navy and Marine Corps Relief Society, Chaplain, etc., can do for you and how and when to contact them?
- Or understand the use of medical facilities and TRICARE? Is your family enrolled in DEERS?
- Emergency numbers and where you can get them quickly?
- The process of moving your household goods?
- Where important family documents are?
- Do you know about your command's spouse support group?
- INGRAHAM Web Sites
<http://www.public.navy.mil/surfor/ffg61/Pages/default.aspx>
<http://www.facebook.com/pages/USS-Ingraham-FFG-61/118881438179891>

HAVE YOU....

- Discussed the car's maintenance? Where will it be taken for repairs?
- Reached and agreement on frequency of letter/email writing? Do you know your spouse's complete ship and email address?
- Included the children in discussions on where the parent is going,

when he/she is coming home, and why they are leaving?

- BOTH made your wills? Are they current and in a convenient place?
- Discussed a Power of Attorney? Do you need a special Power of Attorney to sign his/her name on income tax forms or to cash a tax return check? (Some banks will not cash a government check without a special power of attorney - a general power of attorney will not always do)
- Discussed an adequate allotment? Will it cover your rent, utilities, grocery needs, bills, and other expenditures?
- Discussed your feelings on the deployment and your spouse's return?
- Given your home a security checkup? Do all the window locks work? Do the windows open or are they painted shut? What about the door locks? Have you secured the outside buildings? Do you know the combinations or have the keys for those padlocks? Do you have and know how to test smoke alarms?
- Have you ensured that your parents, and your in-laws know how to reach your spouse in an emergency?

RECORD OF PERSONAL AFFAIRS

	<u>Full Name</u>	<u>SSN#</u>	<u>Date of Birth</u>	<u>Place of Birth</u>
Wife				
Husband				
Child #1				
Child #2				
Child #3				

Marriage Date: _____ Place: _____

Home Address

Military Member's Address

Street Address

Rate and Name

City, State, Zip

Ship's Name

FPO Address

Father's Address

Mother's Address

Military Member

Street Address

Street Address

City, State, Zip

Ship's Name

Spouse

Street Address

Street Address

City, State, Zip

Ship's Name

Personal lawyer or trusted friend who may be consulted regarding personal or business affairs :

_____ phone _____

Dependents other than immediate family:

_____ phone _____

_____ phone _____

LOCATION OF FAMILY RECORDS

Birth Certificates:

Wife: _____

Husband: _____

Children: _____

Naturalization Papers:

Wife: _____

Husband: _____

Children: _____

Marriage Certificates:

Divorce Papers:

Death Certificates:

Adoption Papers:

MILITARY SERVICE PAPERS

Name: _____ Location: _____

OTHER IMPORTANT PAPERS

Will: _____
(name) (resident of)

Power of Attorney: YES or NO Location: _____

Agent: _____

TAXES

Federal Income Tax:	_____
State Income Tax:	_____
City Taxes:	_____
Personal Property Taxes:	_____

INSURANCE

Life Insurance:	_____	_____	_____
	Ins. Co.	Policy No.	Payment Amt.
	_____	_____	_____
	Ins. Co.	Policy No.	Payment Amt.
	_____	_____	_____
	Ins. Co.	Policy No.	Payment Amt.

Other Insurances: _____
(Property, accident, medical liability or other insurance)

PROPERTY OWNERSHIP OR INTEREST THEREIN

Real estate consisting of:

Located:

Held by (bank, etc.):

Taxes are paid through year:

Amount of taxes and when taxes are due?

Automobile:

Make, Model, year, & state of registration

Automobile location:

Insured with: _____ Policy No. _____

Automobile papers located at:

Other personal property:

<u>Bank Accounts:</u>	<u>Bank</u>	<u>Account No.</u>
Checking:	_____	_____
Savings:	_____	_____
Other (specify):	_____	_____

Designated Beneficiary:

Names and addresses of persons designated on service member's official record of emergency data form to receive settlement of unpaid pay and allowances in the event of his/her death:

AUTOMOTIVE DATA

Make/Year _____ Date/Miles _____ Model: _____

Lubricate/Oil Change
Required: _____

Oil Weight: _____

Tires: (include type)

Size: _____ Make _____ Air Pressure: _____

Battery Type: _____ Make: _____

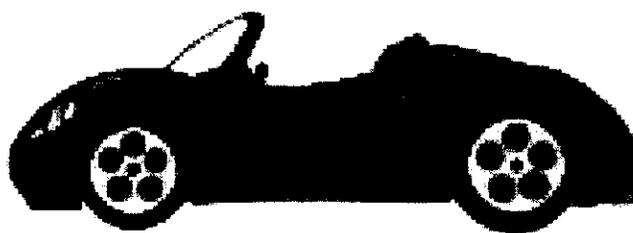
Servicing to be done: _____

Automobile title: YES or NO License tag number: _____

Automobile registration: YES or NO expires: _____

Drivers license: expires: _____

Automobile state inspection: expires: _____





VEHICLE MAINTENANCE

The family automobile is a vital part of the family's life. Have the following information available to help you meet your car's regular maintenance schedule and prevent unsafe conditions.

Date of last tune-up

When should it need another tune-up?

Where should the tune-up be done?

What kind of gasoline does the car use?

Do the current tires have a guarantee?

When will the car need a lube job?

Where?

When should the oil change be done?

What filters should be changed?

Does the car need anti-freeze? YES or NO

How much?

Where are the chains or snow tires?

Who will put them on?

Where is an extra set of keys?

Are accident forms, proof of insurance and registration in the car? YES or NO

Who is covered by the insurance to drive the car?

Where and how do I apply for new License tags or Plates?

When does the base sticker expire?

How much and when are car payments due?

How much and when are car insurance payments due?

STATION DECAL INFORMATION

Access Control Office, building 1900, has the responsibility for administration and control of the motor vehicle registration program at Naval Station Everett. Phone: 425-304-3260.

RENEWAL: Make sure your base sticker is valid through the entire period your spouse will be away. This will save you the troubles of renewing it yourself, but you are allowed to renew the base sticker by acting as your spouse's agent. Questions concerning decals can be answered by the Access Control Office Personnel.

EFFECTIVE PERIODS: Registration stickers issued to active duty military personnel will remain current for the duration of the tour of duty, or the duration of their enlistment, whichever is earlier, plus 90 days. Personnel will normally register privately owned vehicles within 90 days after arrival at a new permanent duty station.

** You will need a valid military or dependent ID card to register your car or renew your sticker.*

IN CASE OF AN ACCIDENT

AUTO ACCIDENTS: An auto accident occurs in the United States every 90 seconds..... so buckle up for safety. The wearing of seat belts is mandatory in Washington. Seat belt restrictions for children are as follows:

- Infants (less than 1 year of age or up to 20 pounds of body weight/26 inches of body height) must be restrained in approved infant or infant/toddler vehicle safety seat.
- Toddlers (up to 60 pounds of body weight) must be properly restrained in either an infant/toddler vehicle safety seat or an installed seat belt (Lap and shoulder belt) restraint system. Except in special circumstances (e.g., extremely large child), seat restraint devices are to be used.
- Children who have not yet reached the age of 5 years and do not fall into the infant or toddler categories **MUST** at least be secured with a lap seat belt.

STOP IMMEDIATELY AND

1. Aid any injured persons. Call a doctor. Do not move the injured person if movement may add to his/her injury. If necessary, call an ambulance.
2. Call a police officer.
3. Do not admit responsibility - make no statement regarding the accident to the police. The law requires that you give your name, address and license number. You are not required to give any other information at the scene of the accident.
4. **DO NOT REVEAL THE EXTENT OF YOUR INSURANCE COVERAGE TO ANYONE!!**
5. Take notes concerning all details of the accident. Be sure to obtain names and addresses of all injured persons, occupants of all cars and other witnesses.
6. **REPORT ALL ACCIDENTS TO YOUR INSURANCE COMPANY IMMEDIATELY!!**
Proof of financial responsibility cannot be furnished by the company to your state authorities until the company receives your accident report.

STAGES

OF

DEPLOYMENT

STAGES OF DEPLOYMENT

The Navy has its own culture, traditions and challenges. one of those challenges is living through an extended separation -- a deployment! Civilian friends marvel at Navy families. You might hear comments like, "You're so strong!" or "I don't know how you do it!" You know that you are just doing the best that you can under the circumstances.

A deployment can be a pretty emotional experience for those left behind. Understanding the different stages of emotion you may go through and that those feelings are perfectly normal can make it a lot easier for everyone.

The following chart will give you an idea of the emotions you might experience. The cycle appears to be true for most spouses left behind during deployment, but each person is unique -- so obviously there will be exceptions.

If you feel your emotions are overwhelming and you can't seem to get your balance, call the Fleet and Family Support Center on-call counselor, 425-304-3367. They can help you understand these emotions and gain some coping skills.

THE EMOTIONAL CYCLE OF DEPLOYMENT

PRE-DEPLOYMENT	ONE Anticipation of loss	One to six weeks before deployment	Underlying tension. Difficulty in accepting reality of separation. Frequent bickering or arguing. Much unexpressed anger, resentment, shock, numbness, disbelief, denial, hyperactivity, depression, sexual withdrawal, frequent crying, irritability, and restlessness.
	TWO Detachment and Withdrawal	Last week before deployment	Emotional release of husband. Despair, inertia, detachment, hopelessness, emotional distance, sexual withdrawal.
DURING DEPLOYMENT	THREE Emotional Disorganization	First six weeks of deployment	Withdrawal, numbness, anger, mild shock, depression, grief, disorganization.
	FOUR Recovery and Stabilization	Depends on individual Duration variable	New family patterns, routines somewhat settled. Intermittent incapacitating physical symptoms and illness. Outward independence, more mature reorganization. Sex role adjustments made. Feelings of isolation, vulnerability, anxiousness, mild depression. Feelings of independence, self-confidence, new freedoms and responsibilities.
	FIVE Anticipation of Homecoming	Six weeks prior to homecoming	Excitement, eagerness, increased tension, nervous, apprehensive, ambivalence, guilt. Purposeless activity, disorganization, increase in depressive symptoms. New expectations of the marriage. Weeping, irritability, sleep disturbance, loss of appetite.
POST DEPLOYMENT	SIX Renegotiation of Marital Relationship/contract	Six weeks after reunion	Depressive symptoms: loss of appetite, weeping, irritability, sleep disturbance. Impulse to punish spouse. Increased tension, nervousness, excitement, disorganization, increased pressure, arguments. Major adjustment in roles. Extensive renegotiation.
	SEVEN Reintegration and Restabilization	Six to twelve weeks after reunion	Depressive symptoms reduced. Relaxed, comfortable with spouse. Feeling of couple/family reestablished. New routines adopted.

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ATTITUDES

HOW'S YOUR ATTITUDE

We can look at deployment two ways: Positively or negatively. Because attitudes affect behavior, consequences, how you look, what you say, what you do, how you feel both physically and mentally, and how successful you are in achieving your purposes in life, is it not wiser to look to the positive aspects of deployment instead of the negative?

Negative attitudes make life difficult for everyone. Positive attitudes help everyone get the most out of life. While talent is important and knowledge is essential, the most important key to success is your state of mind!

We encourage both the service member and spouse to view deployment as not the end of the world, but a time of growth. It is difficult to grow and change when we are negative. Being positive and utilizing the time to the best of our ability will result in a healthier and somewhat easier separation.

Time passes quickly when you are busy. It also makes for better, longer and more interesting letters to your spouse. Find something you enjoy doing. Something that says **YOU**. Set goals for tomorrow, next week, and next month. The completion of a project will give you a sense of satisfaction. Have you thought about:

- going back to school?
- taking up a new hobby, such as ceramics or woodworking?
- pursuing an active exercise program?
- taking part time or full time employment?
- participating in a Fleet and Family Support Center spouse employment workshop?
- volunteering?

WORKING SPOUSES

Today, many military spouses work outside the home. For Navy spouses, especially those with children, deployments are a special challenge. Time becomes a premium, and the added responsibilities of work, single parenting and taking care of the house can add extra stress.

For working spouses, the deployment period may be a time to cut back on extra curricular activities, if it means more time away from your family. If you are too busy, children will sense loss, not only of the deployed parent, but also to the mom or dad, who is busy, too. **Balance is important.**

If you are thinking about joining the job market, why not participate in the **Spouse Employment Assistance Program, sponsored by the Fleet and Family Support Center?**

SPOUSE EMPLOYMENT ASSISTANCE PROGRAM

The spouse Employment Assistance Program (SEAP) has been developed by the Fleet and Family Support Center to provide information and resources for Navy spouses who are either seeking employment or requesting assistance in making career decisions. The program focuses on job search techniques, the local job market, and the documentation of job search activities.

The following services are included:

- Workshop Series
- Resource Library
- Networking Information
- Individual Consultations
- Printed Materials
- Job Skills Bank
- Referral Services
- Local Employment Information

Volunteering is an excellent way to help yourself by helping others. If you have young children at home, or are not able to work full time, volunteering can help you keep your job skills current. The Fleet and Family Support Center has a volunteer coordinator who can match up your skills and interests with the center's programs or refer you to outside agencies.

Navy-Marine Corps Relief, Red Cross, and the Fleet and Family Support Center welcome volunteers. In fact, without volunteers, many organizations would not exist. Volunteers also assist teachers, tutor students, work in libraries, and perform many useful roles.

REMEMBER, most employers today consider volunteer experience when evaluation a resume. Editing a spouse's support newsletter, chairing the homecoming committee, being a scout leader, or working as an interviewer for Navy-Marine Corps Relief are marketable skills that may help you obtain a paid job later. **INVEST IN YOURSELF, VOLUNTEER.**

TAKE TIME OUT

Even if you are well occupied, schedule an hour or two each day just for you. Do whatever you want. Take a long bubble bath, write a journal, exercise, read a couple of chapters in a book, watch the sunset at the beach, **R-E-L-A-X**.

1. **Take care of yourself.** Don't try to fix family and friends.
2. **Get involved** in things that make you happy.
3. **Avoid self-medication and abusing substances** like drugs, alcohol, caffeine, nicotine and food. Liquor and drugs reduce the perception of stress, but they don't reduce stress.
4. **Be flexible;** accept that you can't control everything.
5. **Plan for stress.** Set realistic goals that leave time for breaks and limit work. Take a stress management class.
6. **Learn how to praise yourself and accept praise.** Turn off that "constant censure" voice that always says "you should."
7. **Keep a sense of humor** with you at all times.
8. **Start thinking about what you really want out of life** and begin to work toward those goals.
9. **Take a mental health day** every two or three months.
10. **Avoid sulking.** Let people know what you want.
11. **Learn how to express irritation and appreciation** to others.
12. **Pick out somebody you work with and tell them something about yourself that you haven't told anybody else.** (Make sure it's something you don't mind if they repeat).

WHEN THE BLUES GET BLUER

Loneliness. Most Navy spouses find the dinner hour and Sunday afternoon the times they miss their spouse the most. And everybody has an occasional blue Monday.

But if your blue days are increasing in frequency, pay attention to what is going on in you and around you. Are you...

- Letting things go?
- Picking up weight?
- Yelling at the kids?
- Watching TV constantly? Sleeping in later?
- Withdrawing from people?
- Dropping out of organizations?
- Spending a lot of time with your thoughts?
- Drinking more than usual or drinking alone?

No one takes a giant leap into depression. It's more of an adding on process. Favorite words are "I can't"

Consequences include physical and emotional problems, accident proneness, bad decisions and relationship problems with others. **All** these can deepen your depression.

Some use alcohol and drugs as a remedy. But that doesn't work. Drinking does nothing to answer life's problems. In fact, drinking may help you relax and forget -- but the problems are still there.

The cure for depression is the same as the prevention. Take positive action. Behavior is changed by thoughts and feelings. Do make changes in your behavior to change your thoughts and feelings to the positive.

If you can, talk to a friend. If you are feeling alone, out of sorts and problems seem overwhelming, call the Fleet and Family Support Center at 425-304-3367. They have trained counselor who can help you.

Being a parent is an awesome job, and with it comes stress which is sometimes overwhelming. During the course of just one day, many different types of crises can occur -- some minor, some major. At times you need a few hours away from the worries, cares, and responsibilities of parenting.

If you are having trouble with your children you can call:

FLEET AND FAMILY SUPPORT CENTER On-Call counselor, or
YOUTH OUTREACH WORKER,

or

NEW PARENT SUPPORT TEAM

at

(425) 304-3367

...and they can refer you to the proper agencies in the area.

KEEPING IN TOUCH

Communication. It is an important part of keeping any marriage alive. But when you are separated for so long by so many miles, communication becomes a vital necessity.

Honestly discuss with each other your feelings about the deployment. What are your fears and expectations? Have both considered and discussed what kinds of changes can be expected by the deployment is over? Personalities will definitely change, especially the children's. Some goals may have been added, some goals may have been eliminated.

LETTERS & EMAIL

Letters and Email are your lifelines to sanity. You must walk a fine line between "Everything is falling apart, and I can't handle it without you," and "Everything is falling apart, but I don't need you anymore to fix it."

➤ So, how do you straddle the fence?

- Begin before he/she goes
- Know whom to call in an emergency
- Develop a support group (friends, family, spouse groups)

☺ Then you will be prepared to handle almost **anything**. ☺

Service members, remember you need to plan ahead: prepare yourselves for letter writing.

Don't be afraid to write about your feelings, hopes and dreams.

Mail and Email are your main avenues of communication--and it's a **two-way street!**

[Before you Mail That Letter or send that email.....]

There are times in every deployment when the pressures and disappointments build to a point that the spouse must verbalize his/her feelings or explode. This, too, is normal and can be managed if channeled properly.

When you haven't heard from your spouse, and everyone you know has received mail and/or email, it is easy to become hurt, angry, frustrated or disappointed. It's natural to want to vent those feelings. An excellent way is to go ahead and write that letter or email, the one that will have his/her ears burning for a week. But don't, repeat, DON'T mail or send it for at least three hours. Think about what you have written.

After three hours, re-read what you have written. Do you still feel the same way? Now sit down with your email or letter and start over.

Remember that regular mail, when deployed, can be irregular at best. If your spouse is on a ship, letters and packages seldom arrive two days in a row - sometimes as much as two weeks pass between air lift or mail call.

Mail service between that States and various deployment places may vary from fast to agonizingly slow. If deployed to a ship, a letter usually takes from five to seven days. Parcel post and second class mail may take up to a month to be delivered. Also, it may be impossible to deliver, due to the ship's position or activities.



LETTER & EMAIL WRITER'S GUIDE

Here are a few ways to enhance talking back and forth to each other by letter and email:

1. **Answer all questions.** Write with his/her letter/email and picture in front of you as though talking directly to him/her. Use a highlighter when reading the letter for points of interest or question to answer.
2. **Ask advice when needed.**
3. **Explain problems clearly.** If vague and unresolved, your spouse will worry.
4. **Express appreciation for letters, emails, tapes, etc.,** mentioning one or two points of special interest.
5. **Tell of daily activities in an amusing and interesting way.**
6. **Remember** the importance of the amount and frequency of expressions of affection.
7. **Share your feelings** as openly and feely as you can without indulging in self-pity.
8. Above all, **express yourself clearly and unequivocally** so he/she won't have to say, "I wonder what was meant by that!"
9. If you have children and they can write, have them enclose notes in your letter or email – send pictures they have drawn.
10. Give news of neighborhood, friends, and relatives.
11. Write **often**. If that's hard, supplement with cards (funny to romantic).
12. Number your letters. Colored, pre-numbered, sticky dots are great!
13. Consider occasional phone calls.

**DEPLOYMENT
AND
CHILDREN**

PRE-DEPLOYMENT

The pre-deployment period is stressful for parents and children. Confronted with an extended absence of a parent, family members sense a loss of continuity and security. Children may not fully understand why daddy or mommy must leave. Very young children may become confused and fearful that the parent at home will also desert them.

Children are not very good at expressing fears and feelings in words. Anger, a desire for revenge, and guilt for feeling that way are often demonstrated in the child's behavior. Change is puzzling to children. They want everything to remain the same. When change occurs, children usually have no way to release anxieties and nowhere to go for help.

To relieve some of the stress of the pre-deployment period, think about the following ideas which have helped in similar situations:

- **TALK to your children about the deployment before it happens.**

Communicate your thoughts and feelings about the separations. Be open and honest. Some parents worry that advance warning will only give a child more time to fret. However, children can sense when something is about to happen and worry more when they are left in the dark. Knowing about the deployment in advance helps in adjusting to the idea.

- Attend pre-deployment briefings, spouse support groups, and activities for children offered through the FFSC and/or the command.

SIGNS OF SEPARATION ANXIETY IN CHILDREN

In pre-school or kindergarten-age children:

- Clinging to people or favorite toy, blanket, etc.
- Unexplained crying or tearfulness
- Change in relationships with same age friends
- Choosing adults over same age friends
- Increased acts of violence toward people or things
- Shrinking away from people or becoming very quiet
- Sleep difficulties (nightmares, frequent waking)
- Eating difficulties
- Fear of new people or situations

In school-age children:

- Any of the signs listed above, PLUS
- A rise in complaints about stomach aches, headaches or other illnesses when nothing seems to be wrong
- More irritable or crabby
- Increase in problems at schools:
 - drop in grades
 - unwillingness to go to school
 - odd complaints about school and/or teachers
- Behavior changes

BUILDING AN EMOTIONAL BOND

The service member needs to spend quality time with each child before he/she leaves. Younger children (under 8) will be willing to accept a half hour of face-to-face communicating. Don't be afraid to hug your child. A display of affection is powerful communication. Older children (8 and over) appreciate being consulted when deciding how long and where this "special" time together can occur.

Use this time to share pride in your work, the ship or squadron, and the purpose for your deployment. Children of school age are beginning to understand that some events must happen for the good of everyone. It's a little easier to let go if the service member's job is seen as essential to the mission of the Navy.

Often, when asked if something is bothering them, a child will say "no." But there are ways to get through. Make some casual reference to your own worries or ambivalent feelings about the impending deployment. Sometimes that enables parent and child to share similar feelings. It also helps a child to realize his parent is a real person who can cry as well as laugh, and it models an appropriate way to release feelings -- talking about them.

Visit your child's teacher. Frequently, children misbehave in class or perform poorly in their schoolwork. A teacher who is aware of the situation is in a better position to be sensitive and encouraging. The service member might leave at least three stamped, self-addressed envelopes with the teacher with a request for periodic communication regarding the child's progress as well as a special product of the school or classroom, such as classroom newspaper and school PTA newsletter.

Children need to see the service member's work place. Children need to know where the parent eats, sleeps and spends some of his/her day when away from home. This provides them with a concrete image of where daddy or mommy is when they can't come home. Take your children to the squadron, hangar or ship. Gather pictures of the deployed site and their parent's territory on it. If possible, visit a carrier, a deployed site, or take a Family Day Cruise.

Plan for communicating. Expect children to stay in touch with their parent. A lively discussion needs to take place before deployment. Encourage children to brainstorm the many ways communication can occur in addition to letter/email writing, such as cassette tape exchanges, photographs of their parent while he/she is deployed, encoded messages, "puzzle messages" (a written letter cut into puzzle parts that must be assembled in order to read), unusual papers for stationery and pictures drawn by pre-schoolers.

Help children plan for the departure. While Mom or Dad is packing their sea bag, allow your child to assist in some way: rolling socks in balls or folding a handkerchief or shirt. Suggest a "swap" of some small token, something of your child's that can be easily packed in the sea bag in return for something of yours (key ring, old hat or cap, ribbons or other uniform devices). Discuss the household chores and let your children choose (as much as possible) the ones they'd rather do. Mother and father need to agree with each other that the division of household chores is reasonable. The role as disciplinarian needs to be supported and demonstrated by both parents.

Turn on your sensors and tune in to your child's worries about the deployment. Just because a child doesn't tell you about their concerns doesn't mean that they are not troubled. Children don't usually recognize the cause, nor will they tell you.

The service member should communicate with each child individually. There is no substitute for a letter with your own name on the envelope. Send postcards, snapshots, and tape recordings. Use unusual stamps, felt-tipped pens, colored pencils, and different styles of alphabets and lettering.



SINGLE PARENTS' GUIDELINES

30-60 DAYS BEFORE YOU DEPART THE AREA:

- A. Choose the care provider as early as possible.
- B. Begin providing this information for the care provider:
 - Names, phone numbers, and addresses of your extended family members.
 - Name of your duty station or ship and correct mailing address.
 - Names and phone numbers of your Commanding Officer and Ombudsman.
 - A medical power of attorney
 - Detailed information about the child(ren): full name, birth date and birth place of child, favorite foods, toys, special comforts (like using a pacifier or blanket to hold), books, fears, habits, brief medical history.
 - If child is in school, name of teacher, school and grade placement.
 - Religious preference and place of worship and plan for continuing religious instruction.
 - Clinic in which your child's Navy medical records are located.
 - If the child is 10 years of age, he/she must have his/her own **DEPENDENT IDENTIFICATION CARD**. If the care provider does not have a Navy dependent ID card of her own, obtain an ID card for you child regardless of his/her age.
 - Dental Care: Frequency of visits, name of dentist and location.
 - School - relationship. Who will attend parent conferences? Leave stamped, self-addressed envelopes with your child's teacher for regular communication.
 - Communication with care provider and your child: Depending upon the age of your child, this can be done with short notes, art work, taped cassettes, photographs or snapshots, and separate letters from you to our child and the care provider. Ask for a regular description of your child's growth and development from the care provider.

TIPS FOR THE SPOUSE

- **Be honest about your feelings.** Don't attempt to hide feelings -your own or the children's. Many times we try to spare our children from knowledge of our own upsets, self-doubts and fears.
- **Give children a method of measuring the passage of time.** Families use such techniques as a ceremonial crossing-off of each day on a calendar as it passes, tearing a link off a paper chain consisting of the number of days or weeks a parent will be away.
- **Make sure the service member stays well informed.** Don't make the mistake of depriving Mom or Dad of knowledge of what is happening at home, or the way things are being handled, out of fear of "distracting" or "worrying" them on the job where they can't do anything about them.

One parent was "spared" knowledge that his son had to be hospitalized for emergency surgery on his ears shortly after swimming in the ocean. Not understanding his son's newly acquired "sissiness" about entering the water, on the first visit to the beach after his homecoming, he flung the 6 year old head-first into the surf, with disastrous physical and psychological consequences.

- **Be responsible for all disciplining.** Do not fall into the trap of using, "Just wait until your father/ mother gets home!" as the ultimate threat.

NEW PARENTS

When mom or dad are deployed at the time of birth or for a good part of baby's first year, special efforts need to be made to capture and share the events that occur during these important days.

There are many ways a recent mother can help a father get to know and love his new baby.

- **Plan ahead** to ensure that someone other than the parent is available to help during the deployment (Ombudsman, family friend, neighbor).
- **Write letters often** describing baby's looks, likes personality, abilities, and growth.
- **Send tapes** of baby's sound and mother's or father's soothing voice.
- **Send - pictures of baby.**
- Have the deployed parent record several stories from the child's favorite book. The child can then follow along while Dad or Mom reads the story.

- Send baby's footprints, a lock of hair, booties, a hat or some other thing belonging to baby.
- Keep a diary to share upon return.
- Keep a picture of the deployed parent and recording of his/her voice for baby to see and hear.
- Let baby have a pillowcase or some personal object w/ parent's scent.

COMING HOME AFTER A NEW BABY IS BORN

Your life as husband and wife will be very different now that a new baby has arrived. Talk about how you can best share the joys as well as the responsibilities of parenthood to allow the necessary private time for just the two of you.

Try to be realistic about what you expect of the baby and of your new or changed family life.

Ease back into the family gently by taking cues from your spouse. A young baby needs a lot of cuddling, skin contact and time to study your eyes and face. An older baby (seven months plus) may view you as a stranger and require more time to accept you.

Expect that you will do things differently from your spouse. That's fine. Your ways, as long as they are safe (no rough handling), will complement your partner's ways and probably will delight the baby.

Coming home to a new baby isn't always easy. But you will be able to "catch up" and establish a warm and loving relationship with baby, if you are persistent and patient.

**KNOW that things will never be the same as they were before.
Children grow and change, Adults change too!**

