

## Deployment Ideas

Wondering what to do to help your children during the process of deployment? Here are some simple practical ideas that might assist you.



Simply get two small jars marking on "Days to Go" and one "One Day Closer". Place toy army men in the "Days to Go" jar and have your child move one to the other as the days progress.



Get a large plastic container or jar and fill it with kisses chocolates. Mark the container "Kisses from Dad / Mum" and allow the child to have one per day until day returns.



Before Dad or Mum leaves have them write small notes of encouragement, ideas on what they can do with the child upon their return and memories of good times they have had with the child. Place them into a jar and name it the “Happy Jar”. When you child is struggling allow them to take a note from the “Happy Jar” and be encouraged by the absent parent.

The saying on the jar  
“To be used when you’re feeling low  
In sunshine, rain or even snow  
Just pluck one out,  
And soon you’ll see,  
A happy message,  
To you, from me”



Mark a Jar / container with the words “A lolly a day while Dad’s/ Mum’s away” and allow the child to have a lolly each day of the parent’s absence.

From the website – Dad’s from a Distance - <http://www.daads.com> and Mum’s over Miles - [www.fambooks.com/moms](http://www.fambooks.com/moms) – These websites have a number of great resources for families going through deployment or parental separation because of training or courses.



Send a jar with the exact number of M&Ms as days that are left until you see each other again. Instruct your child to eat one a day until you are together again.

Make a screen saver with pictures of the two of you and send a copy of it to your child.

Send a care package that can only be opened when he/she is sick. You could include a can of chicken noodle soup, a get well card, a video, a book, etc.

Call your child's favorite radio station and dedicate a song to him/her. Call your child so he/she will be listening when it is played.

Write a letter on tissue paper, put it in a locket with your picture, and send it to your child.

Make a "Top 10" list of things you admire most about your child and send it to him/her.

Call at a time when you wouldn't normally call. Then say, "I just called to say I love you."

Have an official photo pose that you both use when posing for pictures.

End your letters by writing: S.W.A.K. (Sealed With A Kiss).

Use the sign for "I love you" in all your photos.

Take a picture of any of the following ways to say "I love you. . ." and send it to your child.

Carved in chocolate  
Spelled with flowers  
With icing on cookies  
Spelled with sea shells  
Written at the beach  
Carved into a pumpkin  
Spelled with chocolates

Written with shaving cream on the bathroom mirror  
Spelled with Alphabet Cereal  
Spray painted in the snow  
Using letter shaped cookies  
Written on your car window  
Written with whipped cream

Spelled with french fries  
Using stamps  
Spelled with rocks  
Written with chalk on the sidewalk  
Spelled with Jell-O  
Spelled with pop cans

## Special Gifts

Begin a "Life's Lessons Booklet." Each week write down a few of the lessons you've learned in life and how you learned them. When the booklet is full, send it to your child to use as he/she continues his/her journey through life.

Buy a copy of your favorite book when you were your child's age and send it to him/her.

Send your child a subscription to a magazine that covers his/her hobby.

Find out what your child's 5 all time favorite movies are and send him/her the movies one at a time.

Buy your child a talking picture frame. Put a favorite picture inside and record a fun message.

Send an art poster by his/her favorite artist.

Send packets of gourmet hot chocolate to be used when the weather turns cold.

Create stationary using a watermark made from a photo of you and your child.

Get an athlete's autograph for your child.

Send a singing telegram.

Send a new \$1 gold coin to help him/her begin a coin collection.

Buy your child a calendar with photos of his/her favorite car, animal, sport, artist, etc.

Frame your child's favorite poem and send it to him/her.

Buy your child a hat from his/her favorite sports team.

Make an exercise video starring you and send it to your child, so he/she can exercise with you.

Have a favorite photograph of the two of you made into a jigsaw puzzle.

