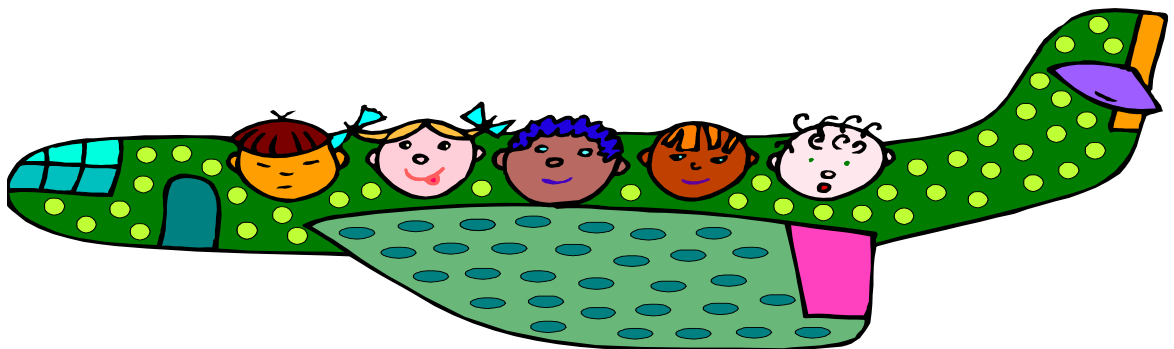


Let's Take A Trip!

About Deployment



A Discovery Guide for Children
ages 2 to 4 whose families are in the National Guard
National Guard Bureau-Family Program Office

A Message to Parents

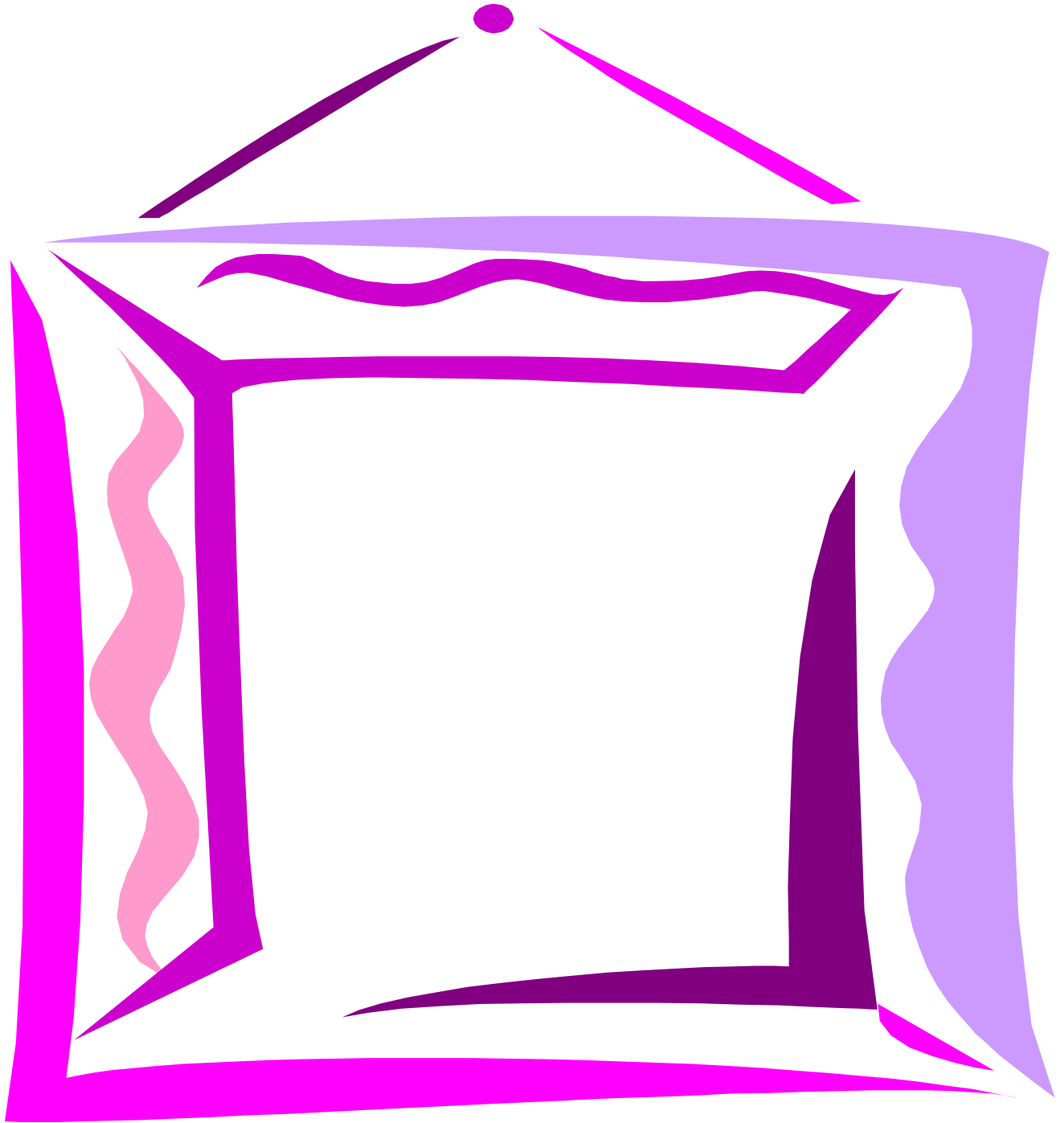
This guide about deployment is a child's activity book. It is our hope that the activities included in this guide will help you and your child cope with deployment.

It is a good idea to include your children when you and your spouse are planning for the deployment. It is important that you explain in simple words why their parent is leaving. Tell them what will happen during the deployment. Help them be involved in preparing for the homecoming and with reunion adjustment. You will probably be surprised how much your little one can understand.

We wish you and your family a smooth separation and happy reunion.

My Family

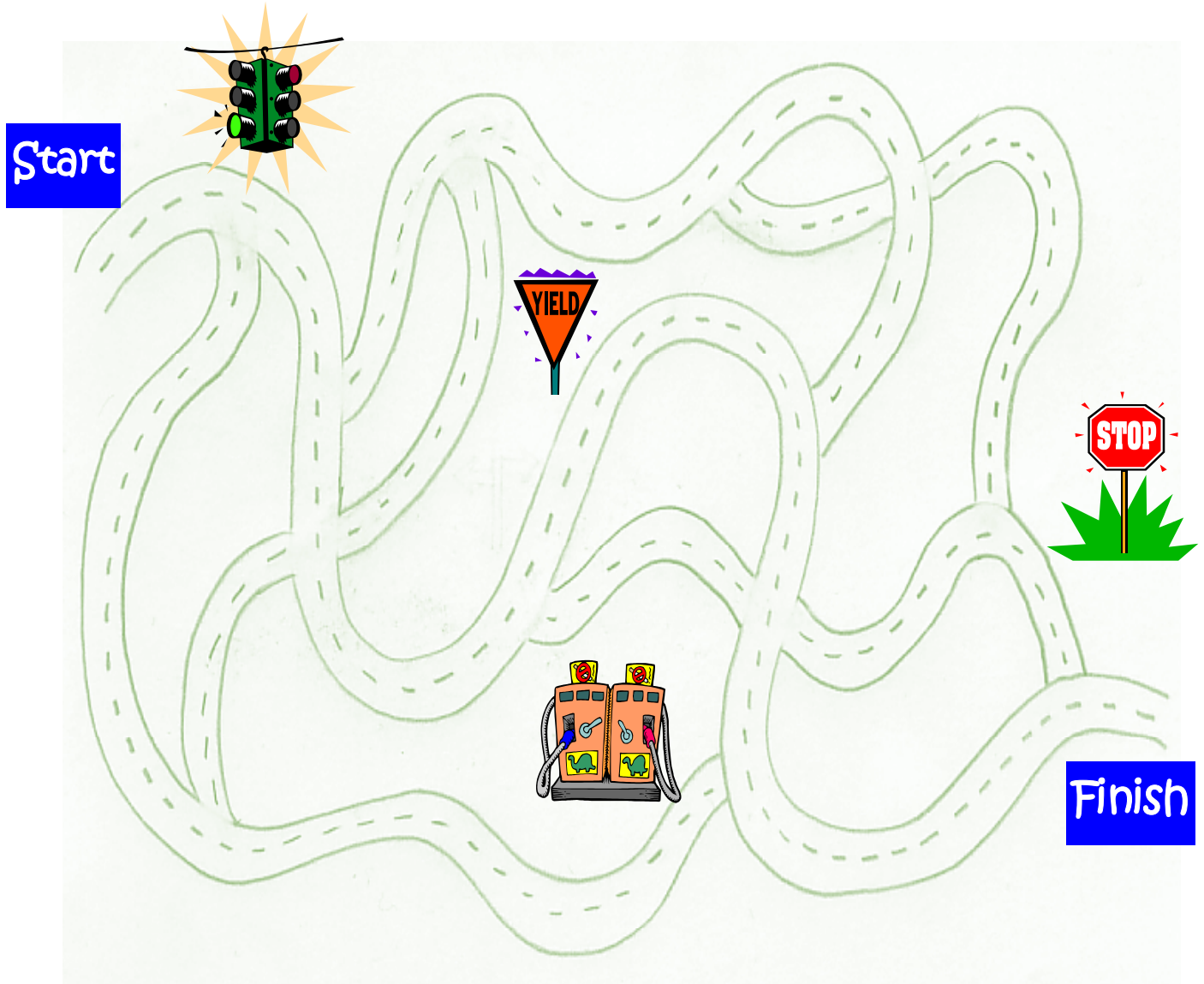
Draw or paste a picture of your family below



Where are you going?

Your parent is leaving on a military trip. Your parent has to go because it is their job. A job is something we have agreed to do. Just like you have the job of cleaning your room, your parent has the job of protecting the country you live in and your freedom. Have your parent show you where they are going on a map.

Where are you going? See if you can follow the maze from start to finish:



Pack Your Bags

Make a special treasure box with your parents before they go away. You can cover your box with paper bags, construction paper, newspaper or wrapping paper. You and your parent can draw special pictures on the box. You can put special things in your box like pictures of you and your parents, patches, medals, ribbons or other special items.

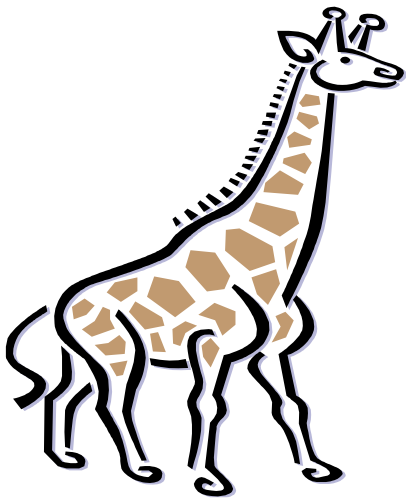
Hold onto your box until your parent comes home. Have your parent send you some things to put in your treasure box. Share your box with your friends and family members.



Spending Time Together

Before your parent goes away, spend special time together.

You can go to the park,



You can go to the Zoo,

You can go on a picnic,

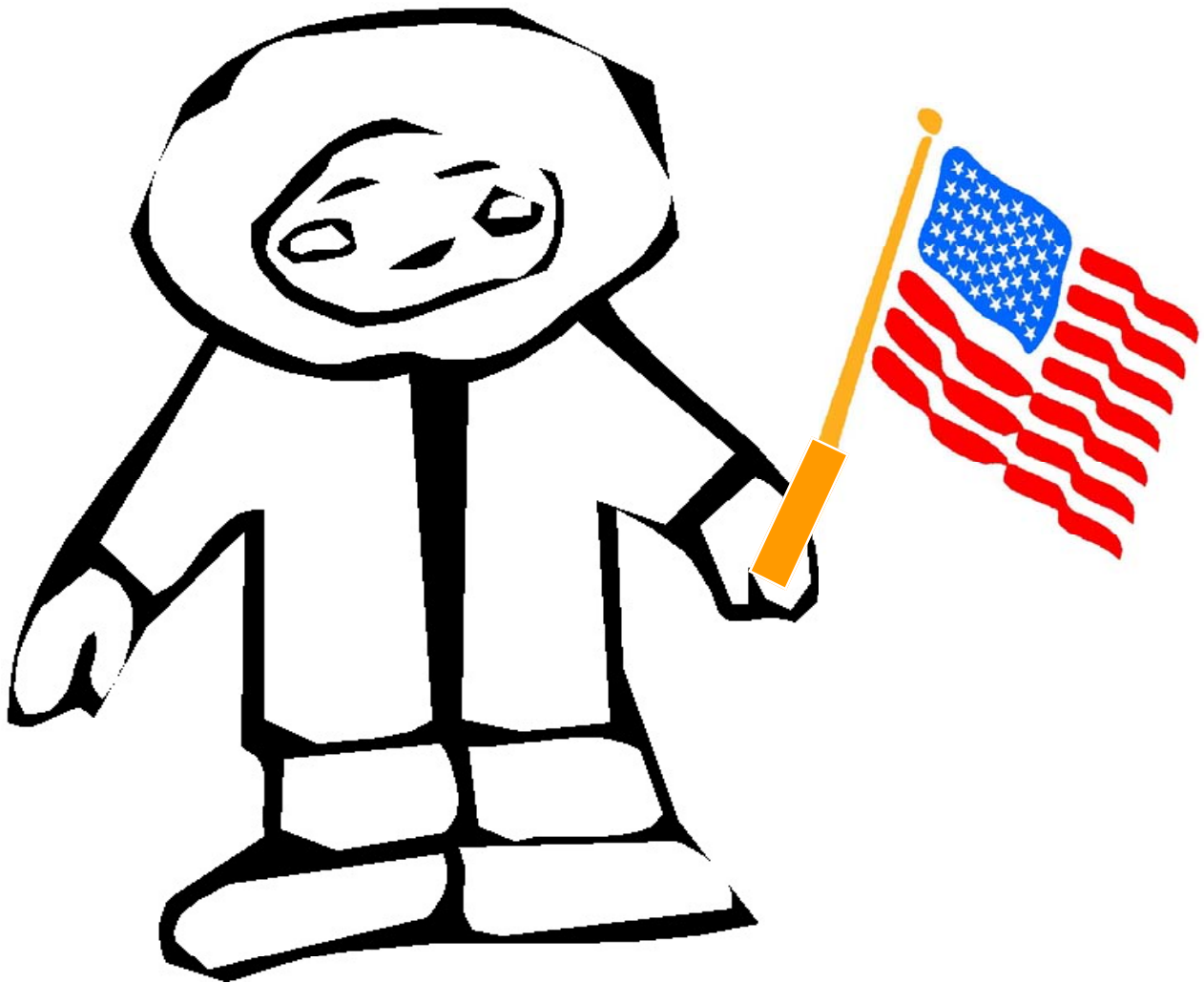


You can go for ice cream too!

Saying Goodbye

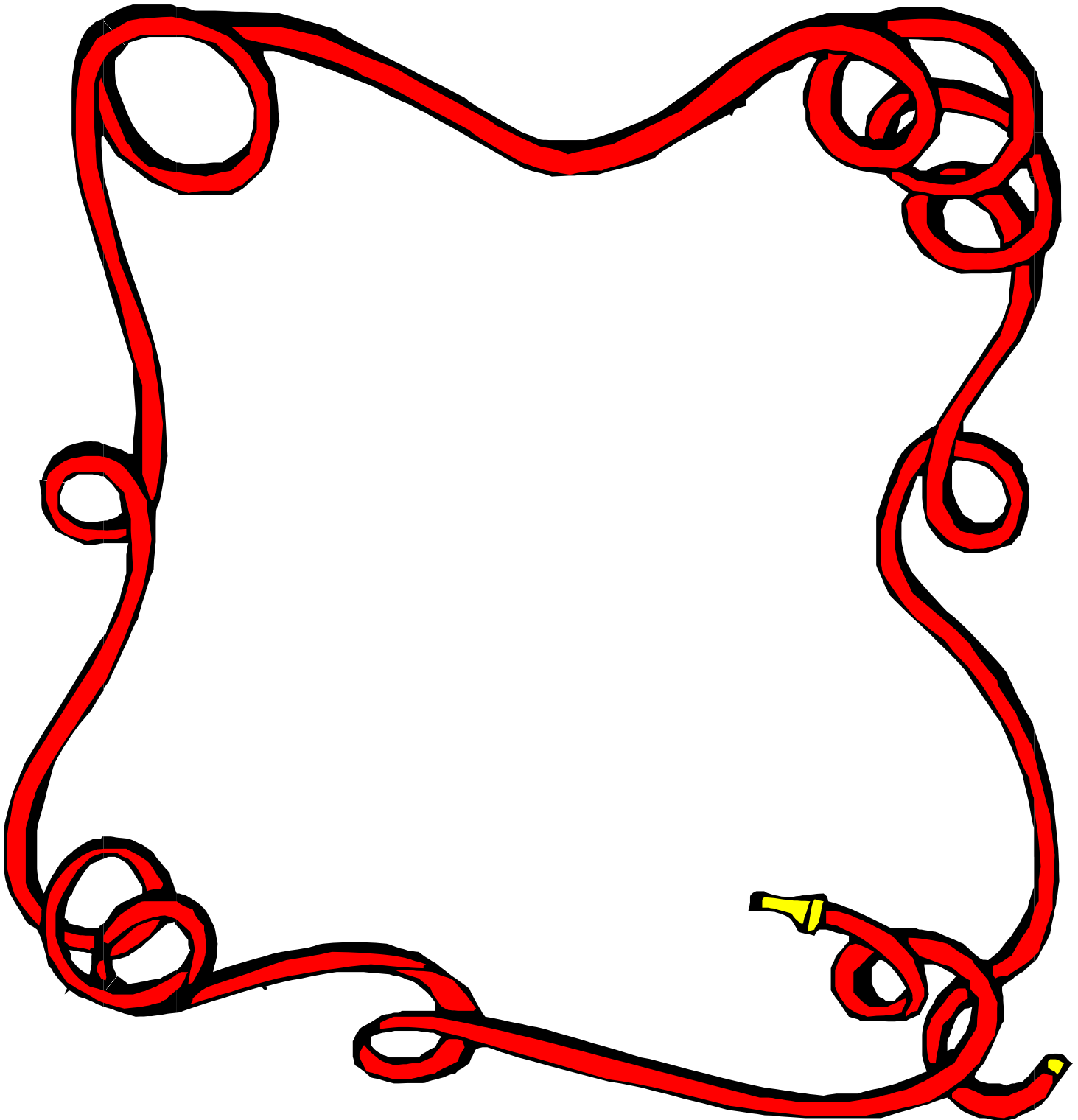
Packing the car will help you say “goodbye” for now. When your parent leaves, you will have to say “goodbye.” You are sad when they leave and you sometimes cry because you will miss them. Just like your family, other military families say “goodbye” too.

Color this picture and give it to your parent before they leave.



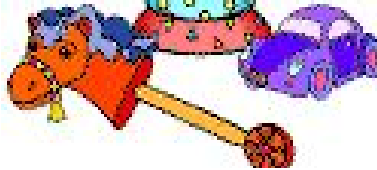
My Parent

In the space below, draw a picture of your parent in their uniform.



Staying Close

You can stay close while your parent is away by creating a picture wall. You can put these pictures on the wall in your bedroom or in your family room or anywhere you spend a lot of time.



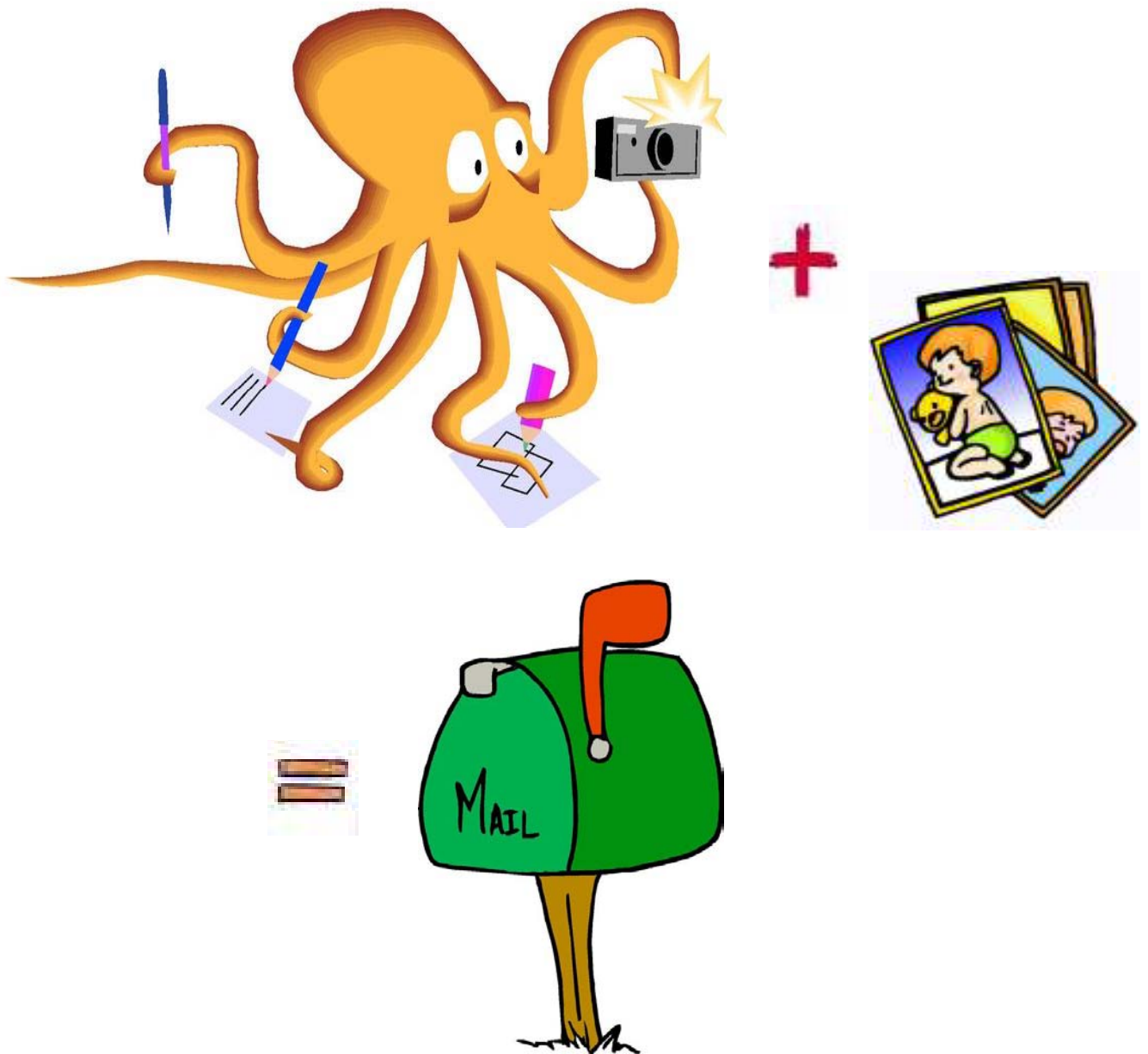
Getting Post Cards

While your parent is away, have them send you stamps, money or other collectable items from the places they are visiting. You can put the special items in your treasure box until they get home.



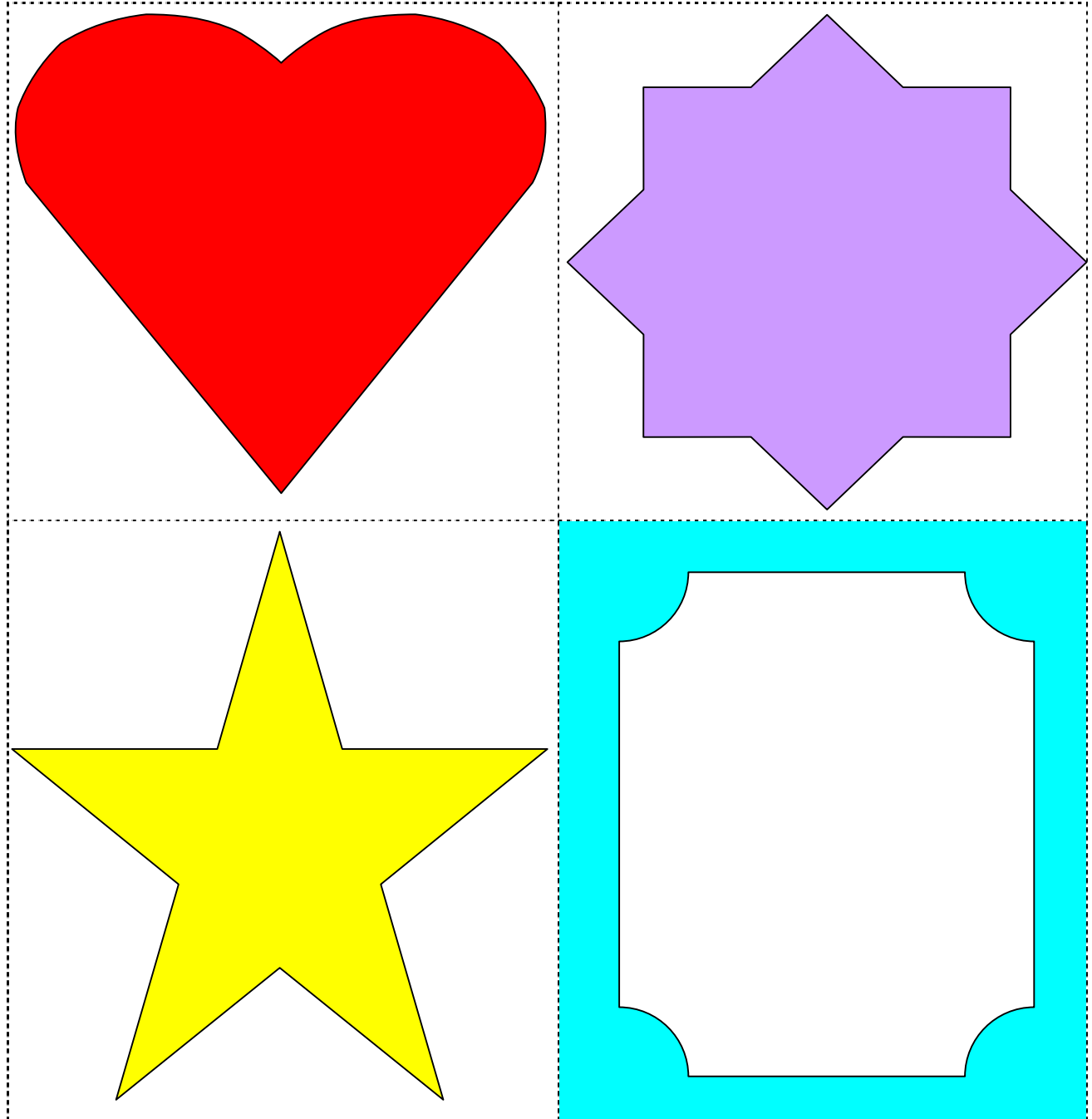
Take Pictures

While your parent is away, take pictures of yourself and your brothers and sisters to send in the mail. Pictures will allow your parent to see how you are growing while they are gone. You can also send your school pictures. With pictures, your parent can share any special days like your birthday or Christmas that they might miss.



Pictures to Wear

Your mommy or daddy can help you make a picture to wear.



Directions:

Have a grown up cut out the shape frames for you. Then pick out four pictures you want to put on the frame and glue it to the cut out. Next, take a clothes pin and glue it to the picture with its frame. Now you have created a picture to wear.

Make Cards

You can make cards to send to your parent while they are away.

What you need:

Construction Paper

Crayons

Magic Markers

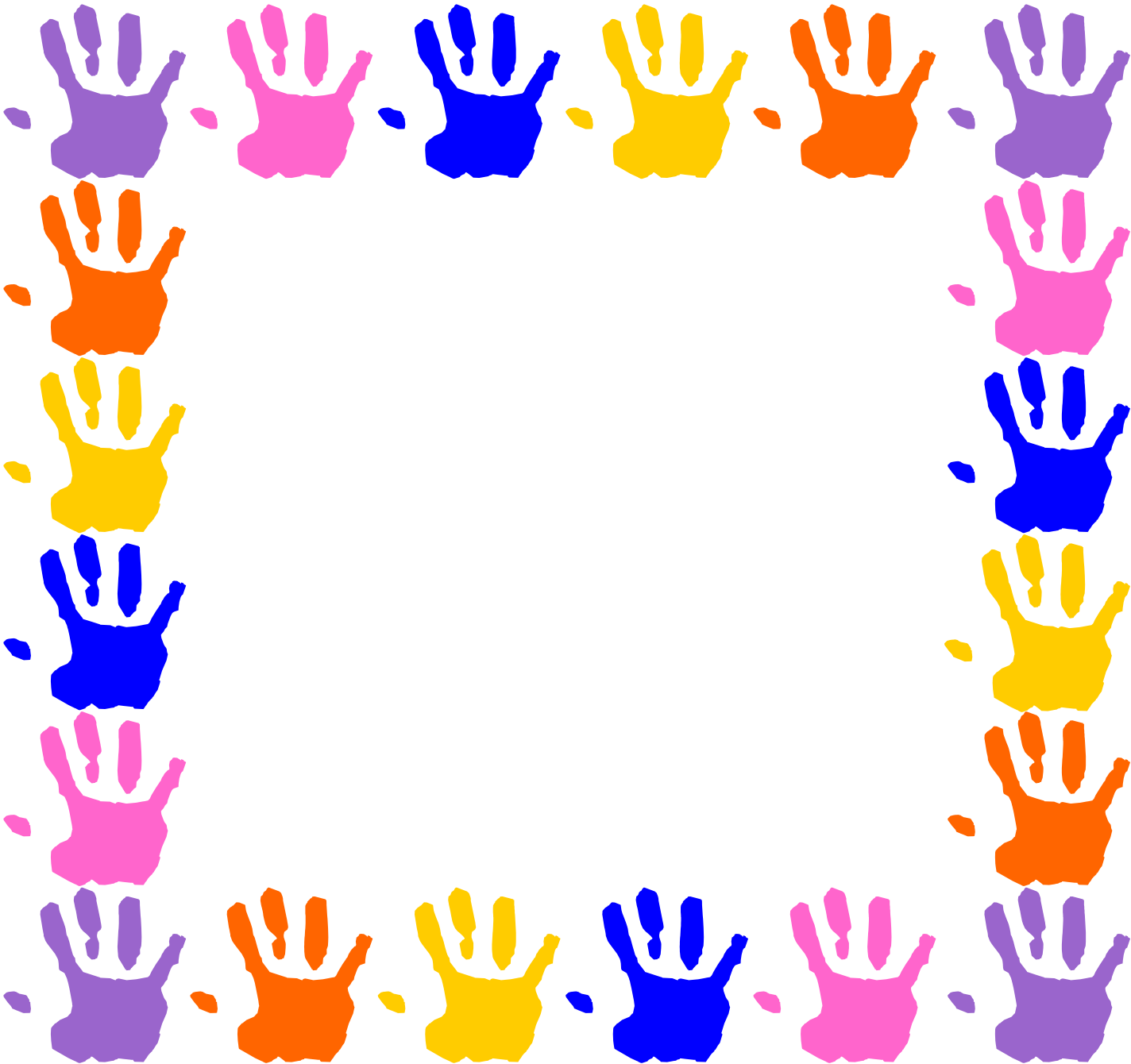
Scissors

Glue



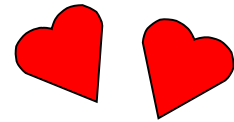
My Prints For You!

Trace your hand or use finger paints to create a print to send to your parent while they are away.



Send a Letter

Send a letter to your parent. Have a grown up help you write your letter, then have them help you mail the letter. Your parent will love to read a letter from you while they are gone.



Dear _____

Today we _____

We miss you when _____

When you come home we will _____

I love you very, very, much _____

Coming Home

A few weeks before your parent comes home you can make welcome home banners and posters to put outside of your house or take to the airport.

