



## Midland Middle's Military Parent's Corner



# A resource for parents before, during and after deployment

Pre-Deployment Issue, Mar 2007

### Emotional Phases of Deployment

Adolescents experience many different emotions during the three phases of deployment. Awareness of these emotions can help parents understand and communicate with their adolescent throughout the deployment cycle.

#### **Pre-deployment**

excitement, denial, fear, anger, hurt, emotional withdrawal, emotional confusion

#### **Deployment**

loss, loneliness, emptiness, worry, adjustment

#### **Reunion**

apprehension, excitement, happiness, readjustment

### Pre-deployment strategies for parents:

#### Talking with your children

-Focus on how to make the deployment less traumatic: keep the deploying family member involved

-Tell children about the deployment as early as possible to allow time to prepare and start to adjust (both parents should be involved in this process)

-Be honest, straightforward and provide the facts

-Talk on their level

-Encourage questions

### Things to watch for:

-Drop in grades

-Changes in friendships

-Possible drug or alcohol abuse

-Irritability

-Tearfulness

-Weight loss

- Please note that some changes are normal; however, drastic changes may require special attention.

### If you are concerned:

#### Ft. Benning Contacts:

Family Assistance Center (706) 545-7517

Chaplain (706) 545 1760

Tri-Care Appointment Line 800-444-5445

**Midland Middle School (706) 569-3673**

6<sup>th</sup> Grade Counselor: Mrs. Michelle

Hoglund

7<sup>th</sup> Grade Counselor: Mrs. Heather Lipp

8<sup>th</sup> Grade Counselor: Mrs. Alice Fry

### Additional Resources

#### On the Web:

[www.survivingdeployment.com](http://www.survivingdeployment.com)

[www.deploymentkids.com](http://www.deploymentkids.com)

[www.myarmylifetoo.com](http://www.myarmylifetoo.com)

[www.militarystudent.org](http://www.militarystudent.org)

[www.deploymentlink.osd.mil](http://www.deploymentlink.osd.mil)

In our next issue (Mar/Apr 2007):  
issues during deployment, reactions to stress, and strategies for parents