

During Pre-Deployment, Deployment, and Reintegration: A Guide for Military Families

Deployment is a challenging time for military families. The stress of having a loved one deployed can be overwhelming, and the challenges of daily life can seem insurmountable. This guide is designed to provide military families with the information and support they need to cope with the challenges of deployment and to thrive during this difficult time.

Pre-Deployment

The pre-deployment period is a time of preparation and anticipation. For military families, this can be a stressful time as they try to balance the demands of everyday life with the added stress of preparing for deployment. This section of the guide provides practical advice on how to prepare for deployment, including how to talk to your children about deployment, how to manage your finances, and how to take care of your emotional health.



Everyone Serves: A Handbook for Family & Friends of Service Members: During Pre-Deployment, Deployment and Reintegration by Roxie Kelley

★★★★☆ 4 out of 5

Language : English

File size : 357361 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Word Wise : Enabled

Print length : 348 pages

Lending : Enabled



Deployment

Deployment is a time of separation and uncertainty. For military families, this can be a difficult time as they try to cope with the absence of their loved one and the challenges of everyday life. This section of the guide provides practical advice on how to cope with deployment, including how to stay connected with your loved one, how to manage your emotions, and how to take care of your children.

Reintegration

Reintegration is a time of transition and adjustment. For military families, this can be a challenging time as they try to reunite as a family and adjust to life after deployment. This section of the guide provides practical advice on how to reintegrate after deployment, including how to communicate with your loved one, how to manage your expectations, and how to take care of your emotional health.

Deployment is a challenging time for military families, but it is also a time of growth and resilience. This guide provides military families with the information and support they need to cope with the challenges of deployment and to thrive during this difficult time.



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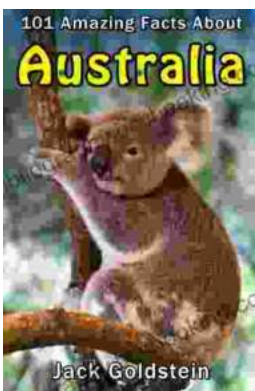
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