



# Awareness to Action

# KANSAS

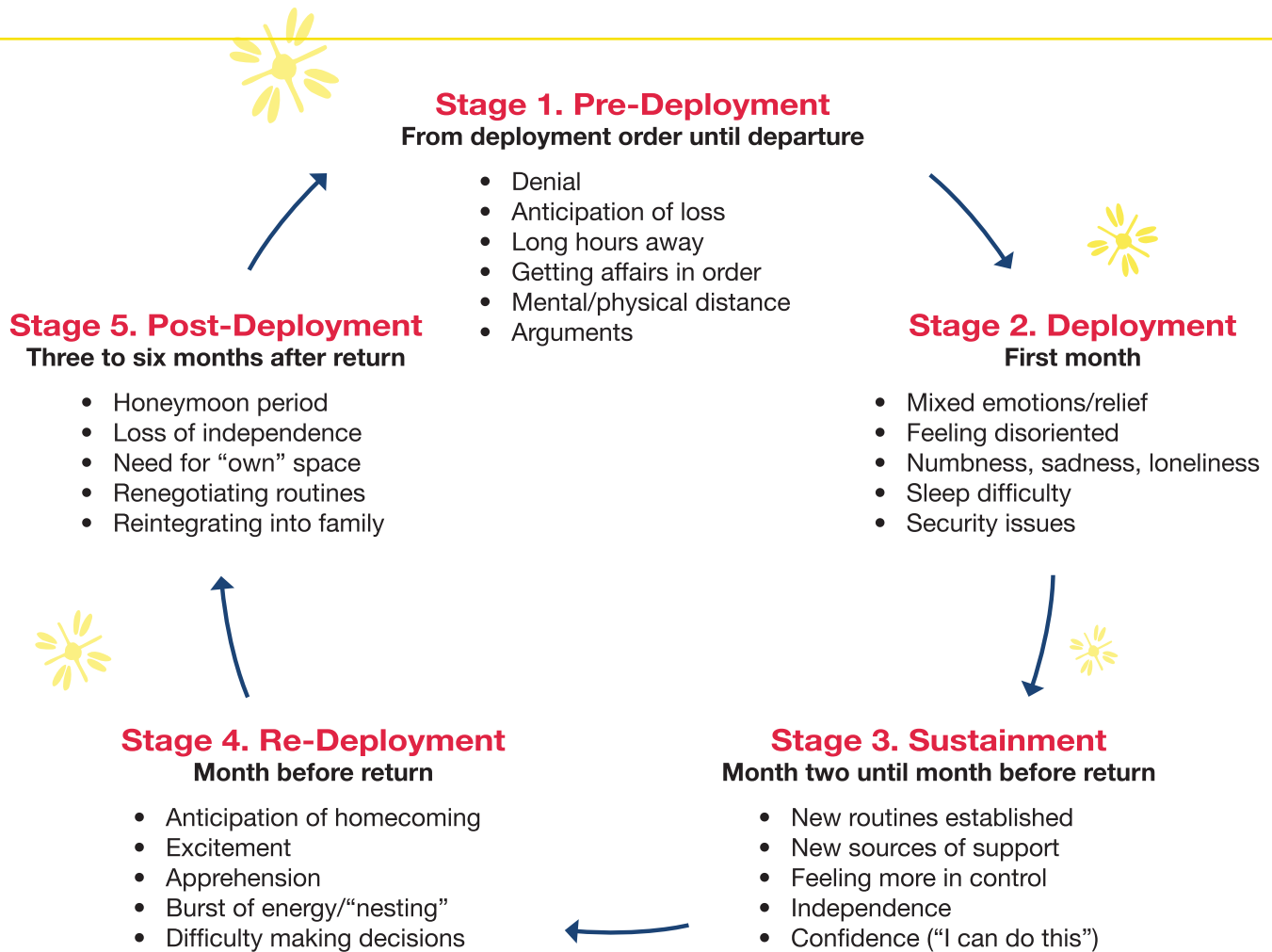


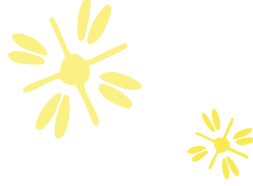
## DEPLOYMENT AND REUNION

When military parents are deployed, and even after they return, their children's lives are turned upside down. Everything they know as "normal" changes, all while their teachers, friends and neighbors go about their everyday lives.

Spouses must also confront tremendous changes in their day-to-day routines. The stress of separation, the threat of loss, the change in caretaking roles, and the readjustment to life after deployment cause intense feelings for everyone in the family.

Understanding the stages of this emotional cycle prepares community members to offer sensitive, appropriate support.





## AWARENESS TO ACTION

### What You Can Do

Community groups can compile and distribute a list of community resources (mechanics, babysitters, where to recycle, etc.), or connect military families with local organizations that offer support.

Families and individuals can educate others about how deployment affects military families, help a family with jobs around the house, or simply listen when a military family member needs to talk.

### Getting Others Involved

Once you've become active, take it one step further by spreading the word. Inspire teachers, businesspeople and other civic leaders to take action.

For example, a community group can collaborate with schools to educate staff about the emotional cycle of kids whose parents are deployed. Counselors and spiritual leaders, on the other hand, can become educated about local resources and refer military families who ask for help.

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### Partners

Operation: Military Kids — [www.OperationMilitaryKids.org](http://www.OperationMilitaryKids.org)  
Army Child & Youth Services — [www.ArmyMWR.com](http://www.ArmyMWR.com)  
Army Reserve Family Programs — [www.ARFp.org](http://www.ARFp.org)  
National Guard Child and Youth Program — [www.GuardFamily.org/Youth](http://www.GuardFamily.org/Youth)  
Military OneSource — [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)  
Military Child Education Coalition — [www.MilitaryChild.org](http://www.MilitaryChild.org)  
National Association of Child Care Resource & Referral Agencies — [www.NACCRRRA.org](http://www.NACCRRRA.org)  
Zero to Three — [www.ZEROTOTHREE.org](http://www.ZEROTOTHREE.org)

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