



# Supporting Military Kids During Deployment

When military parents are mobilized, their kids are in need of and deserve special support from local schools and communities. During the emotional cycle of deployment, their lives are literally turned upside down! A significant portion of stability in their family system has temporarily been disrupted resulting in increased levels of stress and potential separation anxiety.

As a result, these military kids are in need of heightened understanding and support from professionals in local school buildings where they spend a large portion of their day. To help educators more thoroughly understand their experience, the 5 stages of deployment are described below:

## Stages of Deployment

### Stage 1:

**Pre-Deployment** – Begins with the warning order to soldier for deployment from home through their actual departure.

- ▶ Anticipation of loss vs. denial
- ▶ Train up and long hours away
- ▶ Getting affairs in order
- ▶ Mental/physical distance
- ▶ Tension builds

### Stage 5:

**Post-Deployment** – Begins with the arrival of the soldier back home and typically lasts 3-6 months (or more) after return.

- ▶ Soldier re-integrating into family
- ▶ Family “honeymoon” period
- ▶ Independence developed in sustainment stage redefined
- ▶ Need for “own” space
- ▶ Renegotiating routines

**Deployment** – Period immediately following soldier’s departure from home through first month of deployment.

- ▶ Mixed emotions/relief
- ▶ Disoriented/overwhelmed
- ▶ Family numb, sad, alone
- ▶ Sleep difficulties
- ▶ Security and safety issues

### Stage 2:

### Stage 3:

**Sustainment** – Lasts from first month through the end of deployment.

- ▶ New family routines established
- ▶ New sources of support developed
- ▶ Feel more in control of day to day life
- ▶ Sense of independence
- ▶ Family Confidence–“We can do this”

### Stage 4

**Re-Deployment** – Defined as the month before the soldier is scheduled to return home.

- ▶ Anticipation of homecoming
- ▶ Excitement
- ▶ Apprehension
- ▶ Burst of energy/“nesting”
- ▶ Difficulty making decisions



