

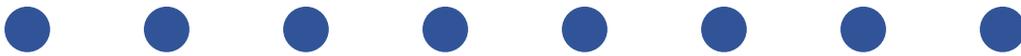
# MISSION:

*Ready & Resilient*



*Military youth can thrive  
not just survive their  
loved one's deployment.*

## Youth Deployment Resource Guide



### RESOURCE SUMMARY:

- TOP DEPLOYMENT SPECIFIC RESOURCES
- EMOTIONAL HEALTH RESOURCES
- SCHOOL RESOURCES
- RESILIENCE ACTIVITIES
- STATE SPECIFIC RESOURCES



# Vermont Army National Guard Child & Youth Program

## WHAT WE DO...

Our Child & Youth Program is dedicated to offering resources, training, and leadership opportunities specifically for military youth. We aim to establish local, community-based support networks that address the social, emotional, and academic needs of those affected by a family member's military service.



## OUR APPROACH...

Our efforts revolve around fostering connections, resilience, and essential life skills in military-connected youth. The program also integrates evidence-based curriculum to empower military youth as they navigate their transition into adulthood.

## WHAT WE PROVIDE

### EVENTS

Day & Overnight Camps, Community/Partner Outings, State Teen Panel, Service Learning, Military Appreciation, Virtual Subscription Packet, Month of the Military Child

### RESOURCES

Deployment, Education, Grief, Wellness, Parenting, Resiliency, Military Awareness, Online Support Programs

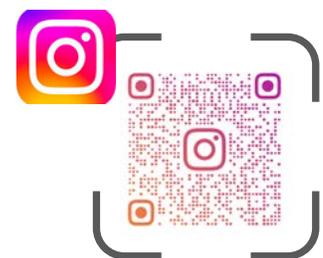
### OUTREACH/PARTNERSHIPS

Educators, Counselors, Volunteer Organizations, Yellow Ribbons, Partner Organization Engagement

**FOLLOW US  
HERE**



Facebook  
VTNGCYP



Instagram  
vtng.cyp

# Top Deployment Resources



*Resources to support youth during a deployment.*

## Disclaimer

*The sharing of resources contained within this guide is for educational and awareness purposes and does not indicate an official endorsement by the VT Army National Guard, VT Child & Youth Services Program, associated staff and/or contractors.*



# Army National Guard Weekend Drill Childcare

## Care You Can Count On

The National Guard Bureau has teamed up with Upwards to bring you the Weekend Drill Child Care (WDCC) Pilot Program. We're on a mission to tackle childcare challenges during drill weekends so you can stay mission-ready, ease financial stress, and balance military duties with parenting. It's all about making life a little easier and a lot more awesome!



### Who is Eligible?

- Soldiers on T32 or M-Day status during drill weekends. Married soldiers with a working or in-school spouse. \* Families with both parents serving in the Guard. Single soldiers.

Soldier must be assigned to a unit and seeking care within AR, CO, GA, IA, ID, IL, KS, LA, MA, MD, MN, MO, NH, NM, OH, OR, VA, VT, WA, or WI

### What's Covered?

- Childcare Hours: 0600 - 1800 during drill periods.
- Days Covered: Saturday and Sunday (and Friday or Monday if part of a three-day drill).
- Childcare Provided: Up to 12 hours per child per day.
- Age Range: Dependent children aged six weeks to 12 years, registered in DEERS.

\*Exceptions for extenuating circumstances related to a working/in-school spouse may be considered. To request an exception, please contact NGB J1-M at:

[ng.ncr.ngb-arng.mbx.weekend-drill-childcare@army.mil](mailto:ng.ncr.ngb-arng.mbx.weekend-drill-childcare@army.mil)

### How to Sign Up

- Confirm your eligibility. <https://upwards.com/benefits/military>
- Once approved, reserve care at least 48 hours before the drill weekend via the Upwards app or website.

### What You Need to Know

- No-Cost Care: The program is fully funded, with payments made directly to the care provider.
- Cancellation Policy: Cancel up to 48 hours before to avoid charges. No-shows or late cancellations result in the soldier covering half the cost.

### Why Choose Weekend Drill Childcare?

- Peace of Mind: Focus on your duties knowing your children are safe and cared for.
- Convenience: Licensed, background-checked providers available during drill weekends.
- Educational Benefits: Children engage in enriching activities and learning experiences.



✉ [heroes@upwards.com](mailto:heroes@upwards.com)

🌐 [www.upwards.com/benefits/military](http://www.upwards.com/benefits/military)



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



## MILITARY CHILD CARE IN YOUR NEIGHBORHOOD (MCCYN)

# ARMY FEE ASSISTANCE PROGRAM

### What is the MCCYN - Army Fee Assistance (AFA) Program?

The Military Child Care in Your Neighborhood (MCCYN) program supports eligible Families with childcare if they cannot access military-based care due to distance or wait list. The Army Fee Assistance (AFA) program under the MCCYN program provides fee assistance to eligible Army Families to offset the cost of community-based care

### How do I apply for AFA Program?

Army families must have an account and a household profile on MilitaryChildCare.com to request fee assistance for their child(ren). More information is available at:  
<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/mccyn>



### MilitaryChildCare.com

Phone Number: 855.696.2934  
FamilySupport@MilitaryChildCare.com



### Child Care Aware of America

Phone Number: 800.424.2246  
msp@usa.childcareaware.org



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



# ENHANCING FAMILY WELLBEING ONE ACTIVITY AT A TIME

## OUR MISSION

Our Military Kids® is a national 501(c)(3) nonprofit offering extracurricular activity grants to children and teens of deployed National Guard, deployed Reserve, or post-9/11 combat wounded, ill, or injured Veterans in treatment. OMK activity grants build the children’s self-confidence, enhance family wellness, and strengthen a shared sense of community.

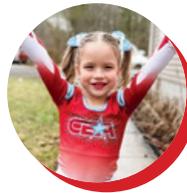
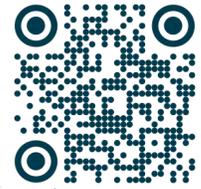
## SURVEY RESULTS

100% of grant recipient families would recommend Our Military Kids to other military families.

98% of Combat Injured Program families would not have been able to afford their child’s chosen activity without OMK grants.

## OUR PROGRAMS

Our Military Kids' Deployed and a Combat Injured Programs serve eligible military children and teens, ages 1-18, in all 50 states and four territories. OMK pays for extracurricular activities that kids are empowered to choose in the communities where their families live and work. The activities range from swimming and tumbling to the arts, camps, tutoring, and driver’s education. See our full eligibility criteria and apply at [ourmilitarykids.org/apply](http://ourmilitarykids.org/apply)



95% of Combat Injured Program families saw improvement in their family’s overall well-being.

91% of Deployed Program families saw improvement in their service member’s morale.

## OUR IMPACT



\$32,000,000 = 88,000 GRANTS  
Since 2004, we’ve proudly given grants to military families in all 50 states, DC, and four U.S. Territories.



86% of every dollar goes directly to grants for military kids.



## HOW YOU CAN HELP



**DONATE**  
Help us empower military kids! OMK grant awards ease stress for military kids by paying for participation in sports, fine arts, and other extracurricular activities. Donate today at: [ourmilitarykids.org/donate](http://ourmilitarykids.org/donate)



**FOLLOW US**  
We interact and engage with investors, grant recipient families, volunteers and community partners across our social media platforms. Follow us to help spread the word! @ourmilitarykids

“All three of my daughters benefited from the structure, community, and friendships built while playing soccer. Knowing they had that support while their dad was deployed helped them stay focused in the classroom.”

# The Clearinghouse for Military Family Readiness



## Sound Science, Strong Families, Stronger Service

The Clearinghouse for Military Family Readiness is a Penn State University applied research center created to help professionals identify, implement, evaluate, and improve programs that strengthen military service members, veterans, and their families.

**Our vision** is to ensure United States military families are always supported by practices and programs that are known to be effective based on science and evidence. We want to make sure programs are implemented with quality in order to enhance readiness and overall well-being.

**Our mission** is to engage in applied research and evaluation, implementation science, education, and outreach to advance the well-being and health of military families.

## Partnerships

- ★ AirForceMedical Operations Agency
- ★ Army Installation Management Command
- ★ Army Office of the Assistant Chief of Staff for Installation Management
- ★ Army Public Health Command
- ★ Department of Agriculture-National Institute of Food and Agriculture
- ★ Department of Defense Education Activity
- ★ Department of Defense Military Community and Family Policy
- ★ Henry M. Jackson Foundation
- ★ Institute for Veterans and Military Families at Syracuse University
- ★ Military Community Advocacy Child and Youth Advocacy Office
- ★ Military Community Advocacy Directorate
- ★ Military Community Advocacy Family Advocacy Program
- ★ Navy CNIC
- ★ Office of Reserve Affairs
- ★ RAND Epstein Family Veterans Policy Research Institute
- ★ The Heinz Endowments
- ★ The May and Stanley Smith Charitable Trust
- ★ The Pew Charitable Trusts
- ★ USC Veterans Resource Center
- ★ United States Marine Corps

## Services Offered



Applied Research and Evaluation



Curriculum Development



Instructional Design



Program Selection and Implementation



Policy Maker Support

## Populations Served



Service Members



Veterans



Military Families



Professionals Serving Military Families



Family/School/Community Organizations

## Technical Assistance

The Clearinghouse is here to help you consider, implement, and evaluate evidenced-based programs designed to bolster child, youth, and family resiliency and readiness. Our TA specialists are available via live chat, email, or phone from **9 a.m. to 5 p.m. EST.**



1-877-382-9185



[clearinghouse@psu.edu](mailto:clearinghouse@psu.edu)

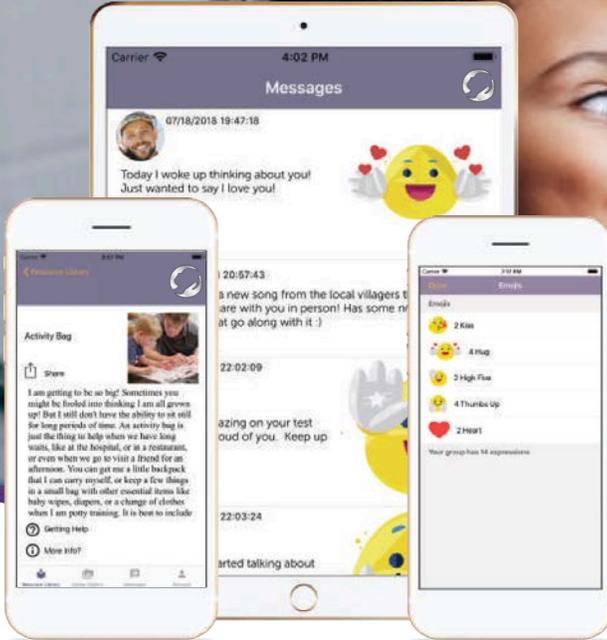


[militaryfamilies.psu.edu](https://militaryfamilies.psu.edu)



# BABIES ON THE HOMEFRONT

Learn more  
[babiesonthefront.org](http://babiesonthefront.org)



Available Now! New and Improved Features

# Stay Connected!



ZERO TO THREE gratefully acknowledges USAA for their support, and the Robert R. McCormick Foundation for funding the original app.



Dear Military Families!

Find fun and engaging ways to share those everyday moments with your baby or toddler whether home or deployed. You can tailor the information to your young child's age and you or your spouse's current status: at home, leaving soon, deployed, returning home, veteran, or at a hospital.

Share your photo gallery with other family members through a personal photo gallery cloud account. Use the countdown counter or the emoji counter during family separations or countdown to special occasions.

**Download for FREE** from app stores in English and Spanish for both smart phones and tablets.

In this app, you will find:

### BEHAVIOR TIPS

Find ideas for handling those tougher parenting moments like tantrums, or those unique challenges like missing a deployed parent

### PT (PLAY TIME)

Ideas for fun activities and soothing activities that will keep your connection to your baby strong no matter where you are

### AT EASE (SELF-CARE)

Ideas to help you remember to take care of yourself so you can take care of your baby

### HELP ME GROW (YOUR CHILD'S DEVELOPMENT)

Information on your child's development with tips for you to support your child as they grow

### NEW!

Privately message your co-parent, sharing your family's experiences. Send fun emojis to your child(ren) including kisses, hugs, and high fives. Store photos and videos to share with your child, or send video



**ZERO TO THREE**  
Early connections last a lifetime

# [babiesonthefront.org](http://babiesonthefront.org)



# for Military Families™

Sesame Street for Military Families offers support for you and your young students to navigate the challenges of military life.

Discover ways to build community and strengthen connections.



- Transitions in Healthcare
- Deployments
- Homecomings
- Relocations
- Grief

To Explore the Website Scan the QR Code



<https://sesamestreetformilitaryfamilies.org>





# MCEC<sup>®</sup>

MILITARY CHILD EDUCATION COALITION (MCEC)

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MCEC supports all military-connected children by educating, advocating, and collaborating to resolve education challenges associated with the military lifestyle.

MCEC delivers programs, services, and professional development to meet the needs of military-connected students, parents, and professionals.

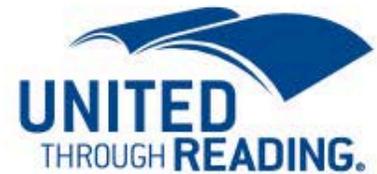
**SCAN  
ME!**



**Scan the QR code or visit:**  
<https://militarychild.org/for-education-professionals/>



# Share Story Time... No Matter the Distance



## Introducing the new United Through Reading App

For 30 years, United Through Reading has provided the opportunity for service members to be video recorded reading a storybook aloud to a child they love. We encourage military members to video-record stories at more than 200 physical UTR Story Stations around the world. Now, service members and veterans can download the United Through Reading App, which is both FREE and SECURE, on the Google Play and Apple Stores.

## Download the United Through Reading App Today!



Download on the  
App Store



GET IT ON  
Google Play



### Record Story on App

Record offline and upload when wifi is available

### Secure & No Cost

Verifies military affiliation with TroopID

### Kids Read Along Online

Or download the video to PC, Mac, or Android

### Free Book

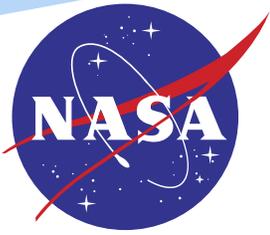
Provided by Dollar General Literacy Foundation

## Follow These Steps to Use the UTR App

- 1 **LOGIN**  
Register with [www.ID.me](http://www.ID.me) "Troop ID" to log in.
- 2 **SELECT A BOOK**  
Go to your bookshelf, a library, a UTR Story Station, or request a free book from our website.
- 3 **READ**  
Select Add (+) to begin, press record, and read your story aloud.
- 4 **SAVE**  
Finish recording then save your file.
- 5 **SHARE, SEND, AND PREP**  
Select the checkmark (✓) to add or confirm the email addresses where the video is to be sent and select "yes" to move the video to the upload section.
- 6 **UPLOAD**  
Navigate to the Upload tab and select Upload All to send your video recordings.
- 7 **REQUEST A BOOK**  
Visit [utr.org/app](http://utr.org/app) to request a free copy of the book for the child.
- 8 **VIEW**  
An email is sent to your friend or family member telling them how to log in, view, and download your video at [utrapp.org](http://utrapp.org)

Visit [UTR.org/app](http://UTR.org/app) for more information. For help, email [appsupport@utr.org](mailto:appsupport@utr.org).

[unitedthroughreading](https://www.facebook.com/unitedthroughreading)  
[utr4military](https://twitter.com/utr4military)  
[utr4military](https://www.instagram.com/utr4military)  
[unitedthroughreading.org](http://unitedthroughreading.org)



# From Earth to Space: NASA Science for Everyone

NASA Science seeks to spark curiosity and foster interest in STEM fields, paving the way for the next generation of scientists, engineers, and explorers. Enjoy digital access to comprehensive lesson plans.

## Available free resources feature:

- Interactive websites
- Engaging hands-on activities
- Informative workshops
- Exciting competitions



**SCAN ME !**



**Explore the website:**

<https://science.nasa.gov/citizen-science/>

# Emotional Health Resources



*Helping support any age youth with the journey that is a deployment.*



# Impact of the Unique Circumstances of Military Life on Youth

Military life presents unique challenges for youth, impacting their academic performance, social connections, and emotional well-being. From navigating frequent relocations to coping with the absence of a deployed parent, these experiences shape their resilience while posing obstacles that require understanding and support.

## Academic Impact

- Absences or interruptions due to deployment related stress.
- Difficulty concentrating during family member deployments.
- Challenges adjusting to new routines after reintegration.



## Social Impact

- Anxiety or worry about the safety of a deployed family member.
- Feelings of isolation or being different from peers.
- Difficulty expressing emotions or understanding their own feelings.
- Stress associated with frequent separations and changes in family dynamics.





# INVESTIGATING RED FLAGS FOR YOUTH

**BEING AWARE OF THE WARNING SIGNS CAN  
MAKE A SIGNIFICANT DIFFERENCE IN  
PREVENTING SUICIDE.**

## **CHANGES IN BEHAVIOR**

Sudden withdrawal from friends or activities, noticeable changes in eating or sleeping patterns, or a decline in academic performance.

## **EMOTIONAL SIGNS**

Expressions of hopelessness, worthlessness, or severe anxiety and irritability.

## **PHYSICAL INDICATORS**

Frequent complaints of physical ailments such as headaches or stomachaches without a clear cause.

## **VERBAL CUES**

Talking about feeling trapped, being a burden to others, or expressing a desire to die.

# Hotlines & Messaging Services

If you are aware of someone facing a crisis, please refer to the resources provided below.



## Dial 911

In an emergency, or if someone appears to be at risk of self-harm and says that they intend to die, call 911. Do not leave the person alone.

## Crisis Lifeline

Call or text 988 for 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress, including:

- Thoughts of suicide.
- Mental health or substance use crisis.
- Any other kind of emotional distress.

**988** | SUICIDE & CRISIS  
LIFELINE



## Veterans Crisis Line

Veterans and their loved ones can text 838-255 OR dial 988 then press 1 for to get 24/7 confidential crisis support. Responders are real people, many of them veterans, who are specially trained to support veterans. You don't have to be enrolled in VA benefits or health care to use the Veterans Crisis Line.

## First Call for Chittenden County

Call 802-488-7777. Howard Center's First Call for Chittenden County offers 24/7 support to clients of all ages and diagnoses. Services include phone support, crisis intervention, assessments, referrals, and follow-up care connections.



# Websites

If you are aware of someone facing a crisis, please refer to the resources provided below.

## The Suicide Prevention Resource Center (SRPC)

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and houses a database of resources, including fact sheets, presentations and self-help worksheets like the Stanley-Brown Safety Plan.



## The Jason Foundation

Dedicated to preventing youth suicide through educational and awareness programs.

- The website offers information for students, parents and educators/youth workers.

## The U.S. Department of Veterans Affairs

Has a guide for talking to a child about a suicide attempt in their family.

- The guide provides specific recommendations for holding these discussions with preschoolers, school-age children and teenagers.



U.S. Department  
of Veterans Affairs

# School Resources



*Ways to help create two-way communication between  
you and your child's school.*



# School Connection Letter

*A supportive and understanding school environment is crucial for children & youth during deployments. Use the following letter template to communicate the upcoming deployment with your child's key support networks.*

*Be sure to direct any educational professional to your local Child & Youth Program Coordinator for further support and training materials.*

## **Contact Information:**

Lisa Larson

*Lead Child & Youth Program Coordinator  
Contractor, Chenega*

Address: 789 National Guard Road  
Colchester, VT 05446

Office Number: 802-338-3369

Email Address: [lisa.larson.lcypc@gmail.com](mailto:lisa.larson.lcypc@gmail.com)



**(Date)**

Dear **(Teacher Name)**,  
**(Service Member Name)**, the **(Parent, Guardian, etc...)** of **(Child's Name)**, is **(currently / preparing to, etc...)** deploy(ed) with the National Guard. I am writing to make you aware of these changes because you are a valuable resource to our child. Over the course of the deployment and into the months after **(Service Member Name)** returns home, we will experience a great deal of change. Therefore, we would appreciate open communication regarding any insights you notice during this time. Please keep me informed and communicate any concerns with **(Child Name)** during this school year. I will also work to communicate anything I notice. Thank you for your support and understanding. If you would like to learn more about resources or trainings for educators who support military youth, please contact the Vermont National Guard Child & Youth Program. Their contact information is listed below.

Sincerely,  
**(Parent, Guardian, etc...)**

**Contact Information:**

Lisa Larson  
*Lead Child & Youth Program Coordinator*  
*Contractor, Chenega*  
Address: 789 National Guard Road  
Colchester, VT 05446  
Office Number: 802-338-3369  
Email Address: [lisa.larson.lcypc@gmail.com](mailto:lisa.larson.lcypc@gmail.com)



# Top 10 Facts for Parents about Tutor.com™ for U.S. Military Families



1

## Safe and Anonymous

All tutors must pass a rigorous application process including an extensive background check. No personal information is shared between student and tutor. All work is completed in our recorded classroom.

2

## FREE for Eligible Students

There is NO cost to eligible students to use Tutor.com for U.S. Military Families and you will not be asked to purchase anything.

3

## Personalized Learning Sessions

Every Tutor.com session is personalized to meet the needs of your student, from remedial to advanced levels. It focuses on conceptual learning and critical thinking—not just quick answers.

4

## Covers 60+ Subjects

Students can get help in math, science, English, writing, social studies, Spanish, computer literacy, AP® courses, and more. We also provide job search assistance.

5

## More than Just Homework Help

Tutors assist students with specific homework problems but can also help with concept review, writing assignments, test prep, and more.

6

## Extends the Learning Day

With over 3,000 tutors on board and 24/7 access, Tutor.com can help students at their moment of need, no matter when that may be.

7

## Supports Student Achievement

95% of students who use Tutor.com say it helps them complete their homework and improve their grades.\* Students come to class better prepared and ready to learn.

8

## Builds Confident Learners

Students of all skill levels can get help from a tutor. In fact, 97% of students responding to our post-session surveys have said that using Tutor.com makes them feel more confident in their learning.

9

## Is Easy to Use and Accessible from Anywhere

Wherever students have online access—at home, at school and anywhere in between—they can connect to a tutor using any computer or mobile device. Sign up is quick & easy!

10

## Endorsed by Parents

“This service has been excellent and wonderful. My 7-year-old son is actually motivated to do his HW because of it. Thank you so much!”

[www.tutor.com/military](http://www.tutor.com/military)

Visit [www.tutor.com/military/eligibility](http://www.tutor.com/military/eligibility) for full funding and program eligibility details. The appearance of the U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.

\*Based on 2018 post-session Tutor.com student surveys.



TUTOR.COM for  
U.S. MILITARY FAMILIES  
[www.tutor.com/military](http://www.tutor.com/military)



# MIC3

MILITARY INTERSTATE  
CHILDREN'S COMPACT  
COMMISSION



## WHAT IS THE COMPACT?

The Compact deals with specific educational challenges of military children due to their frequent relocations. It allows for uniform treatment as military children transfer between school districts in member states.

Note: The Compact applies to public schools, and through a Memorandum of Agreement, to U.S. Department of Defense Education Activity (DODEA) schools located within states and foreign countries.

To learn more about the Compact visit the Interstate Commission's website at [www.mic3.net](http://www.mic3.net).



## STUDENTS COVERED UNDER THE COMPACT

Children of the following:

- Active-duty members of the uniformed services, including members of the National Guard and Reserve on active-duty orders (Title 10)

- Members or veterans who are medically discharged or retired for one year
- Members who perish while on active duty, for a period of one year after death.
- Uniformed members of the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA), and United States Public Health Services (USPHS)

## STUDENTS NOT COVERED UNDER THE COMPACT

Children of the following:

- Inactive members of the National Guard and Reserves (Not Title 10)
- Members now retired or veterans other than those covered above
- Other Department of Defense personnel, federal agency civilians and contract employees not defined as active duty
- Members other than the uniformed personnel of NOAA and USPHS

## OUR MISSION

Through the Interstate Compact, MIC3 addresses key educational transition issues encountered by children of military families.

### What are some of the specific educational issues that the Compact addresses?

#### Enrollment

- Educational Records
- Immunizations
- Kindergarten & First Grade Entrance Age

#### Placement & Attendance

- Course & Educational Program Placement
- Special Education Services
- Placement Flexibility
- Absence Related to Deployment Activities

#### Eligibility

- Eligibility for Student Enrollment
- Eligibility for Extracurricular Participation

#### Graduation

- Waiving courses required for graduation if similar course work has been completed
- Flexibility in accepting state exit or end-of course exams, national achievement tests, or alternative testing in lieu of testing requirements for graduation in the receiving state
- Allowing a student to receive a diploma from the sending school instead of the receiving school

Who do I contact in my state or school district to learn more about what is and is not covered in the Compact?

For a listing of State Commissioners visit [mic3.net/interactive-map](http://mic3.net/interactive-map) or scan the QR code.



Is there a person at the military installation who can help me understand the Compact issues and requirements for local school districts?

For a listing of School Liaisons visit [www.mic3.net/school-liaisons/](http://www.mic3.net/school-liaisons/) or scan the QR code.



## MILITARY INTERSTATE CHILDREN'S COMPACT COMMISSION

1776 Avenue of the States  
Lexington, KY 40511  
859.244.8000  
[www.mic3.net](http://www.mic3.net) | [mic3info@csg.org](mailto:mic3info@csg.org)



# Supporting a Military Child During the Pre-Deployment Phase



## COMMUNICATION WITH SCHOOL

Parents notify teachers/administrators/counselor of the deployment.

Exchange email addresses for consistent communication.

Ensure deployed service member has access to online documentation.



## CHILD ENGAGEMENT

For younger children, consider recording the Service Member as they read their favorite or new books. Ensure you obtain permissions so this can be shared with the class.

For older children, the teacher should provide a selection of books that the Service Member and child can read together.



## CALENDAR PLANNING

Mark important dates, family events, school events, grade reporting dates, etc... for the Service Member's reference.



## CHILD COMMUNICATION COMMAND CENTER

Encourage the child to write notes and reminders about things they wish to share with their Service Member upon their return.



## QUESTIONS?

Be sure to contact your local Child & Youth Program Coordinator for further support and training materials.

**Contact Information:**

Lisa Larson  
Lead Child & Youth Program  
Coordinator  
Office Number  
802.338.3369  
Email Address  
lisa.a.larson11.ctr@army.mil

# Supporting a Military Child During the Deployment Phase



## COMMUNICATION WITH SCHOOL

Maintain stability in youth's lives based on Pre-Deployment plans.

Include the Service Member in daily conversations.

Caregivers can email or call the Service Member to discuss youth-related topics.



## CHILD ENGAGEMENT

Use children's storybooks to explain deployments.

Create a method for younger children to mark time by focusing on days passed instead of remaining deployment days, using ideas like paper chains, candies in a jar, or ribbons on a tree.

Set a clock to display the deployed Service Member's local time.



## CALENDAR PLANNING

Discuss school updates as conversation starters.

Involve the Service Member in family decision-making.



## CHILD COMMUNICATION COMMAND CENTER

Have children choose papers to send to the Service Member.

Facilitate homework review if the Service Member has computer access.



## QUESTIONS?

Be sure to contact your local Child & Youth Program Coordinator for further support and training materials.

**Contact Information:**

Name  
Lead Child & Youth Program  
Coordinator  
Office Number  
#  
Email Address  
Email

# How Can I Support a Reunion of a Military Soldier?

1

Parents/Guardians should schedule conferences with teachers to discuss concerns and progress.

---

2

Service Members, when possible, can share their deployment culture with younger children by presenting items such as money, toys, and pictures.

---

3

Facilitate opportunities for Service Members to meet their child's new friends, acknowledging the chaotic nature of reunion and reintegration.

## Let's Raise Awareness

*One effective way to raise awareness about the distinct experiences of National Guard families is to encourage them to share their stories. By sharing these narratives, non-military youth and families can gain valuable insights into the military and the lives of military-connected families within their communities.*



# Resilience Activities



*Activities to support youth during a deployment.*

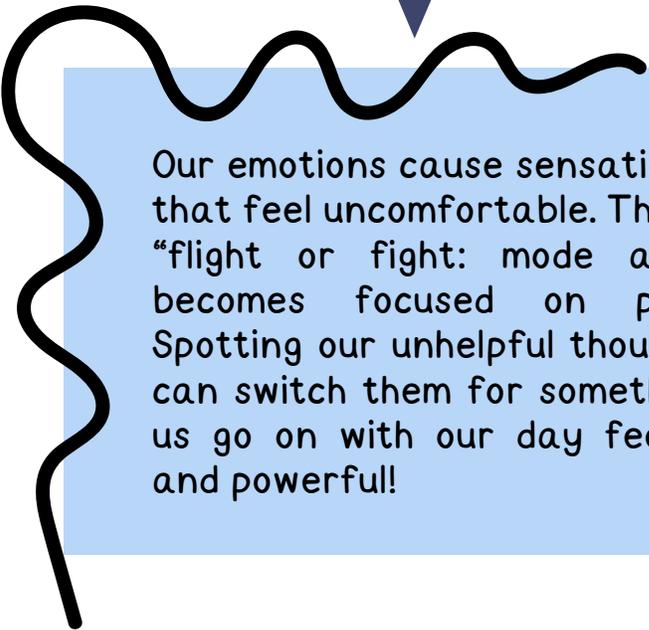


# Worries When my Parent Leaves

When a family members leaves it can feel like a BIG deal. Even when you know your family looks after you or that you have fun when your family member is not there. Lots of kids feel this way at some point, but are not sure why! Talking to someone about the thoughts and feelings you are having can help you understand what is causing your worries.



When it is time for my family member to leave my stomach feels like a towel being twisted to squeeze out water.



Our emotions cause sensations in our body that feel uncomfortable. This can put us in “flight or fight: mode and our brain becomes focused on protecting us! Spotting our unhelpful thoughts means we can switch them for something that helps us go on with our day feeling confident and powerful!



# Worry Triggers...

There can be lots of reasons why you feel anxious before your parent leaves. Sometimes you might not know why you feel worried, but your brain signals an alarm anyway. Let's look at some reasons why some youth feel worried about a parent leaving. Do any of these things below sound familiar?

I feel safe and secure.

I am scared I might get teased.

I am scared my parent will not come home.

I am worried about what will happen at home.

I don't know what will happen when my parent leaves.

I am afraid that I will not be able to talk to my parent.

I am worried my parent will miss my games.

I do not have an adult to talk to about my worries.

Things at home will change.

I find it hard to concentrate on things.

I worry about leaving my family.



# Five Points of Trust

## Identifying Trusted Adults

Trusted adults are individuals whose words and actions create a sense of safety for you. They demonstrate this behavior both online and offline. A trusted adult can be anyone whose actions and words instill confidence; this includes teachers, mentors, parents, coaches—essentially anyone who loves and respects you.

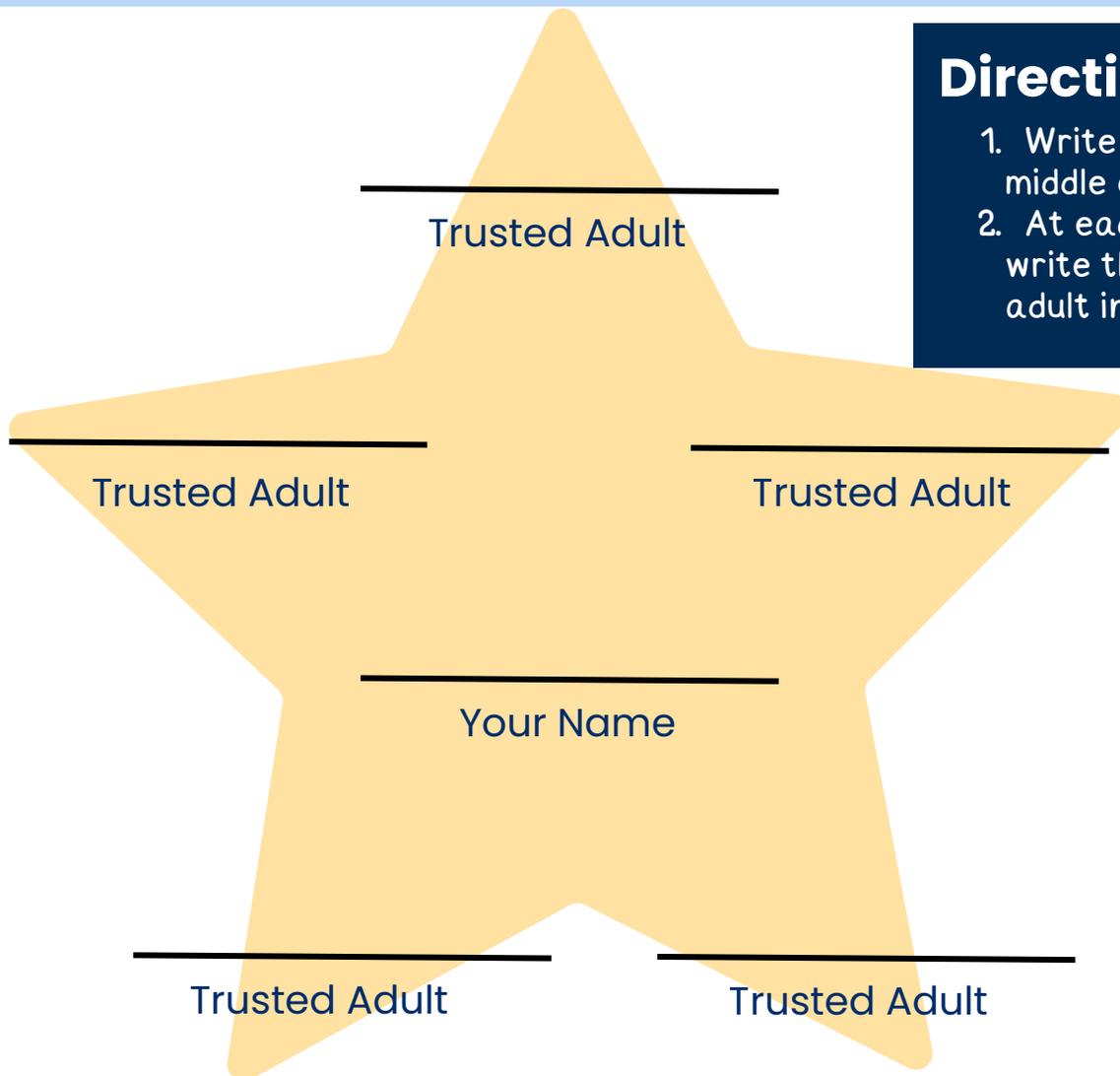
★ **Do You Need Someone to Talk To?**  
There are several ways to recognize a safe adult in your life.

### A Safe Adult is....

- Thoughtful: actively listens to you and believes you.
- Trustworthy: dependable, someone you feel comfortable talking to.
- Respectful: mindful and considerate of your feelings - and your boundaries.
- Helpful: provides a guidance and helps you find solutions to problems.
- Caring: does what is best for you, puts you first and cares about your mental and emotional well-being and physical safety.

### Directions:

1. Write your name in the middle of the star.
2. At each point of the star write the name of a trusted adult in your life.



# Your Feelings

Feeling anxious about your parent leaving can cause other emotions. This can be overwhelming and sometimes it can lead to behavior that appears difficult to handle, such as shouting or stomping feet.



I am upset about my parent leaving because they will not be able to come to my game. I would rather my parent stayed home so I do not have to feel this way.

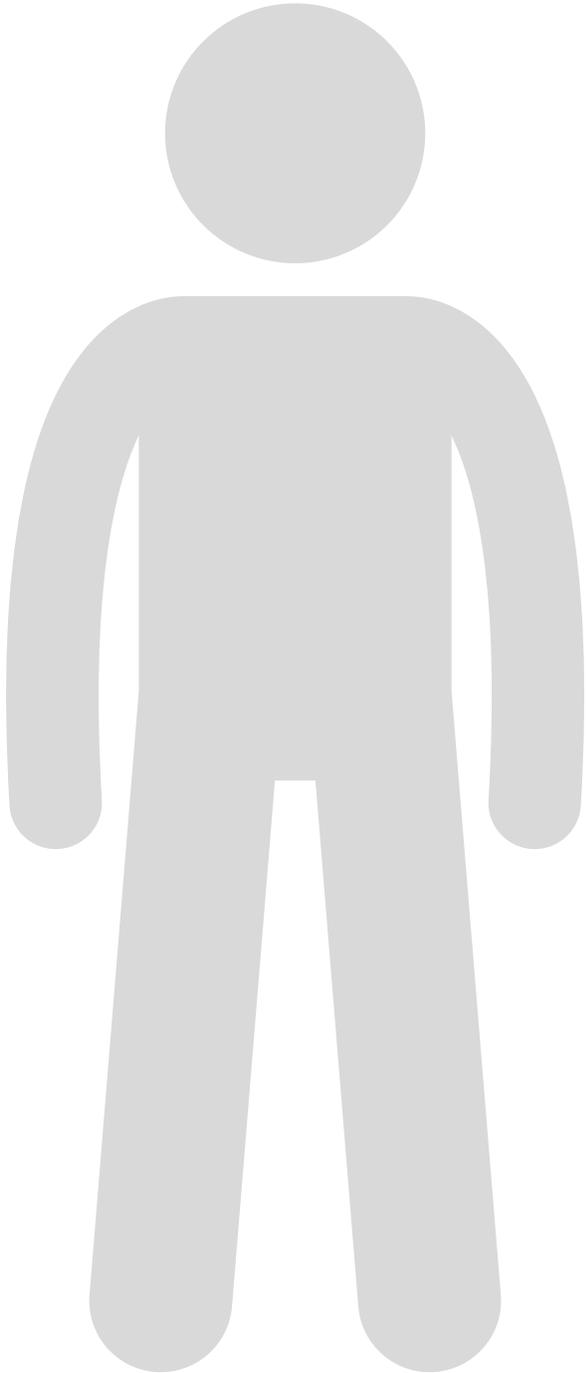


I am angry because I do not have anyone to talk to and I feel lonely. I shout and stomp my feet to try and protect myself from this lonely feeling.

Big feelings like fear and worry can often turn to anger or frustration. This is because the part of our brain responsible for keeping us safe floods our body with stress chemicals that prepare us to react and protect ourselves.

# Exploring my Feelings about my Parent's Deployment

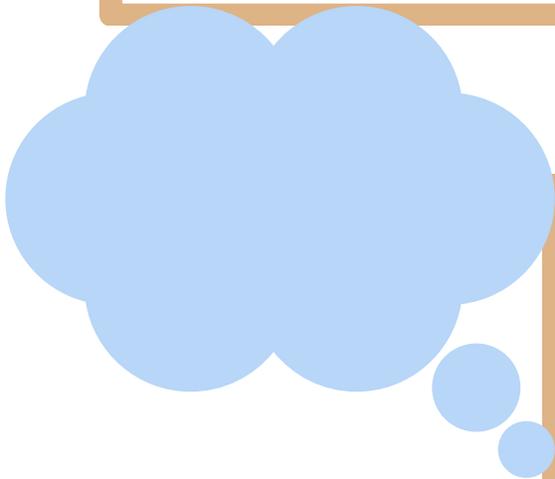
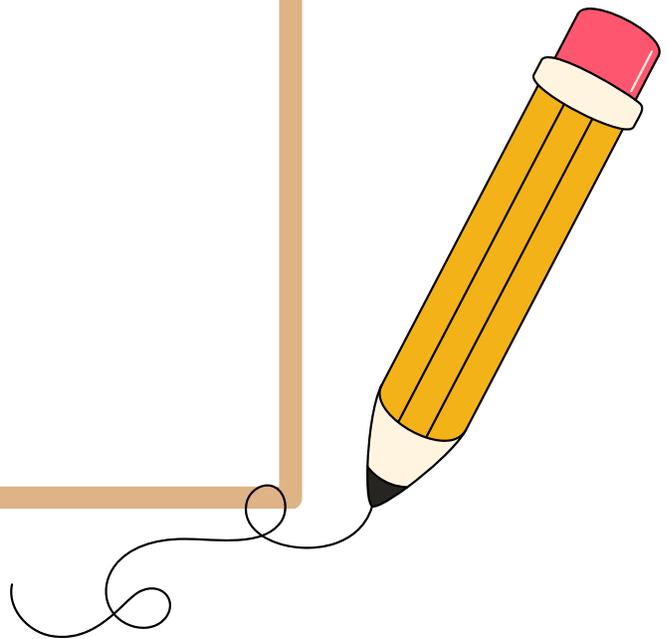
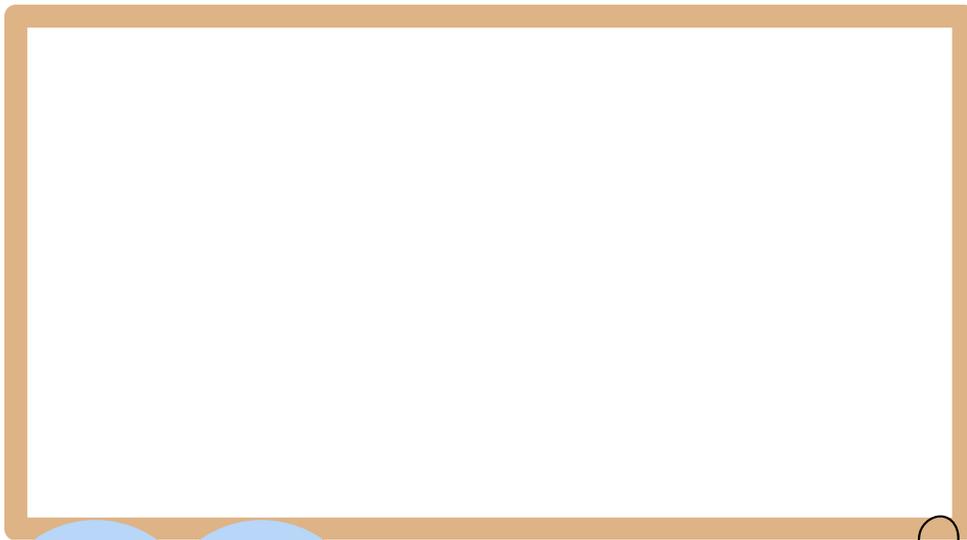
When your parent is getting ready to leave to go on a deployment, where do you feel your emotions in your body? Represent this emotion on the body below. What color is it? What shape is it?



Can you describe the sensation your emotion gives you?

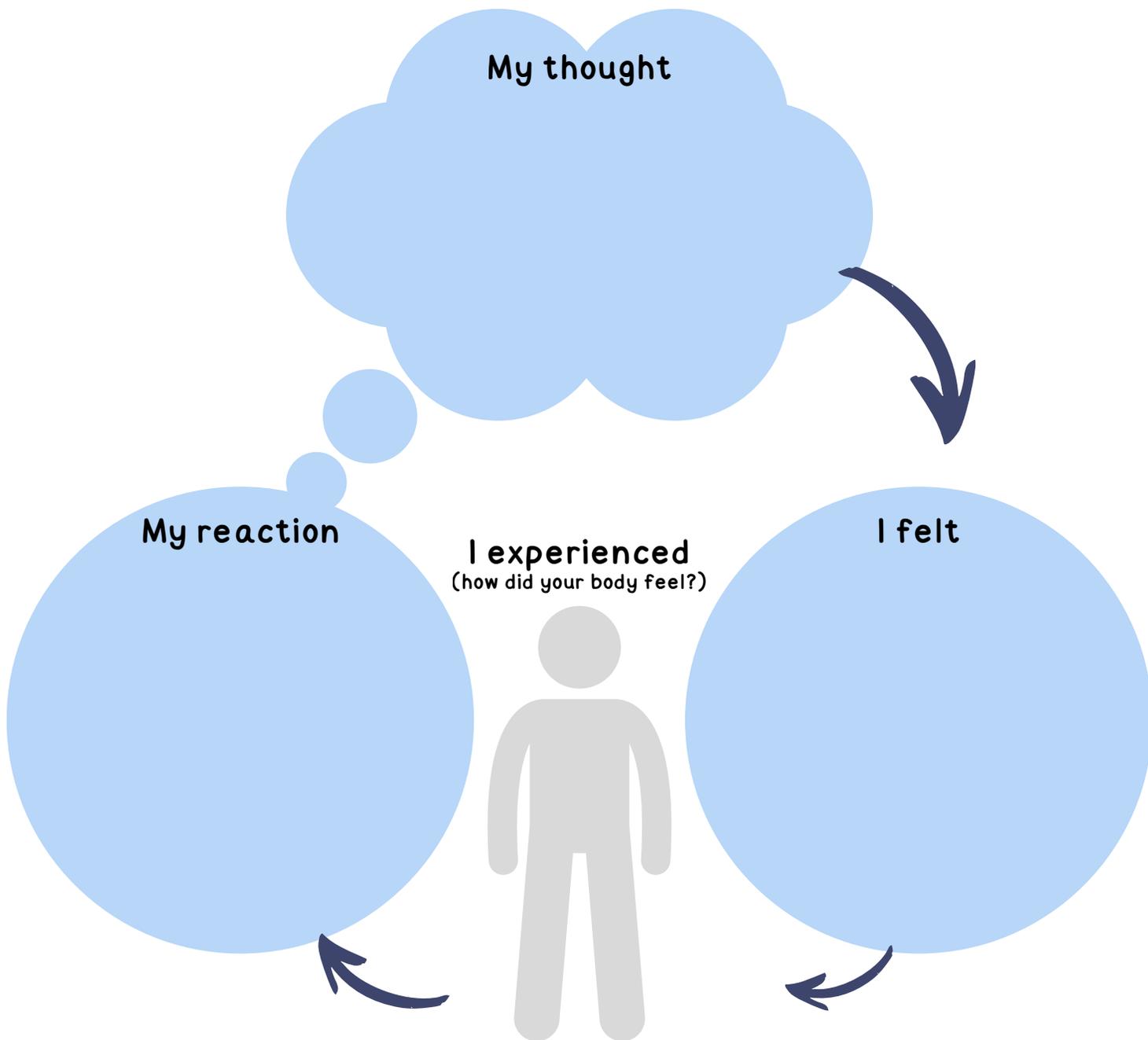
# Exploring my Thoughts about my Parent's Deployment

When your parent is getting ready to leave to go on a deployment, what thoughts come into your mind? Write them in the spaces below.



# Exploring my Thoughts, Feelings and Reactions

Use this sheet to reflect on your feelings before your parent deployment experience. What happened as your parent was leaving?



What does this tell you about your feelings? What could you do next time?

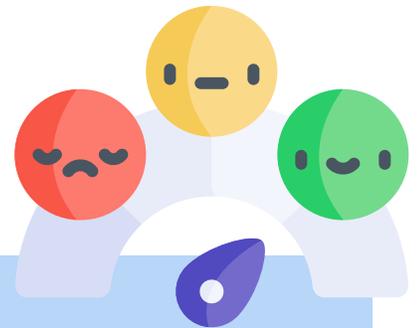
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# Using “My Mood Tracker”

Use “My Mood Tracker” to help understand the anxiety, fear or anger that can be felt in the morning is often rooted in things that can be taken control of such as negative thinking, what if worries, etc... As you complete the morning and afternoon boxes, hopefully a pattern will emerge where the morning mood may be more challenging than the afternoon mood, signifying that the apprehension that is felt about the moment of separation is not always representative of the day they will have.

Use the following prompts and questions to help in reading your mood tracker.



Do you feel more positive in the morning or afternoon?

What does this tell you about your thoughts and feelings in the morning?

What difference do you notice about your chart between the morning and afternoon?

That is an interesting pattern.

How truthful are your morning thoughts?

I wonder what this tells us?

# My Mood Tracker

## Morning

worried  scared  angry  sad  excited  happy  nervous 

<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

## Afternoon

worried  scared  angry  sad  excited  happy  nervous 

<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

# Welcome to Affirmation Academy

Affirmations are powerful statements we can use to help us cope with anxiety and stress. By saying these statements, we can calm our stress response and quiet the negative talk that is not helping us.



Did you know?  
The thoughts we repeat to ourselves become our beliefs. These beliefs impact our emotions. So it is important to check we are repeating thoughts that will help us. These are affirmations!

No one wants to play with me.



Which of these statements is helpful?

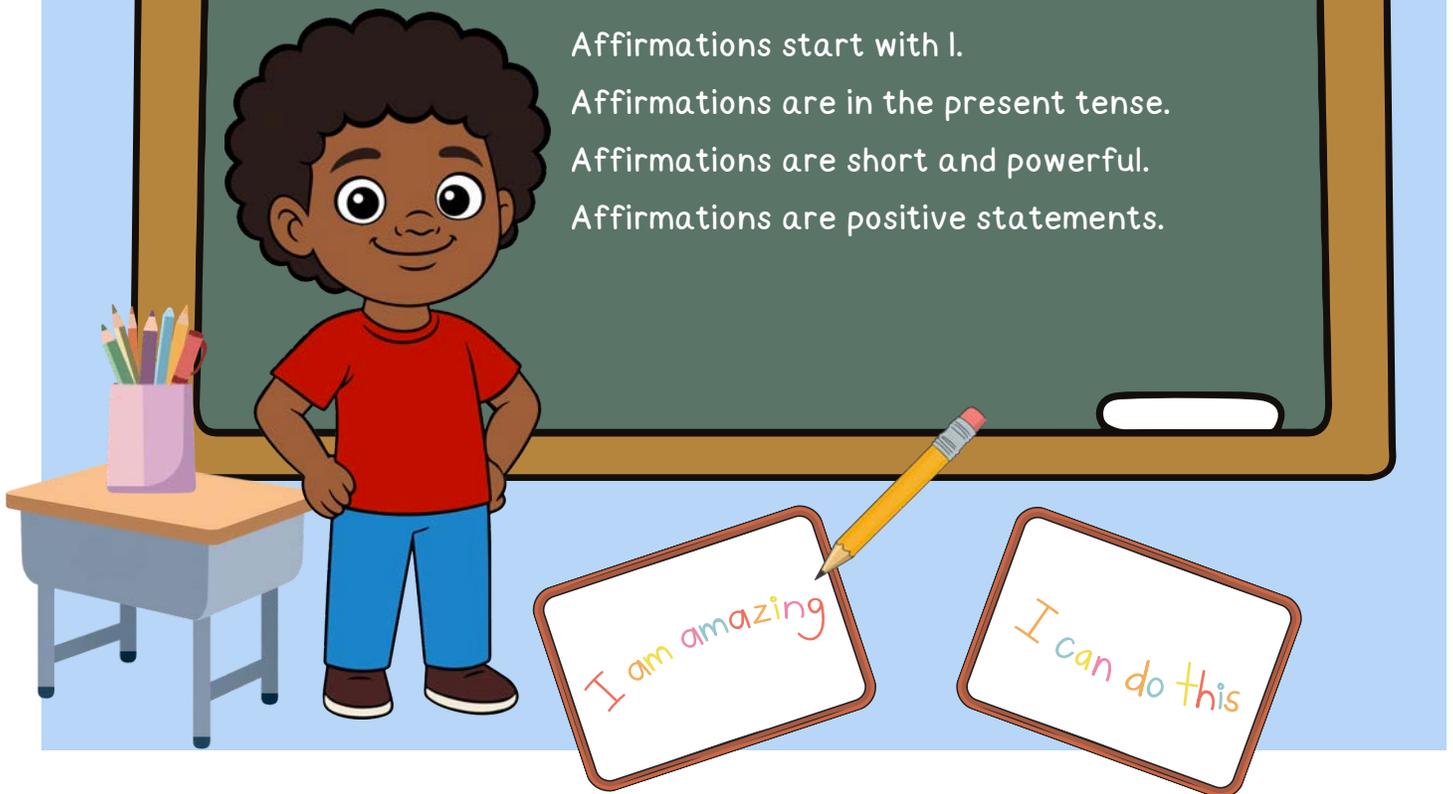
I am making friends.



Join us at Affirmation Academy and learn how to create your own affirmations to help you overcome negative talk.

# Welcome to Affirmation Academy

Affirmations start with I.  
Affirmations are in the present tense.  
Affirmations are short and powerful.  
Affirmations are positive statements.



**Step 1**      **Decide on the area you would like to make a change in. This could be friendships, confidence, believing in your abilities or anything that is causing you to feel anxious about school.**

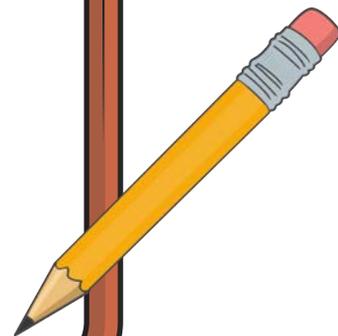
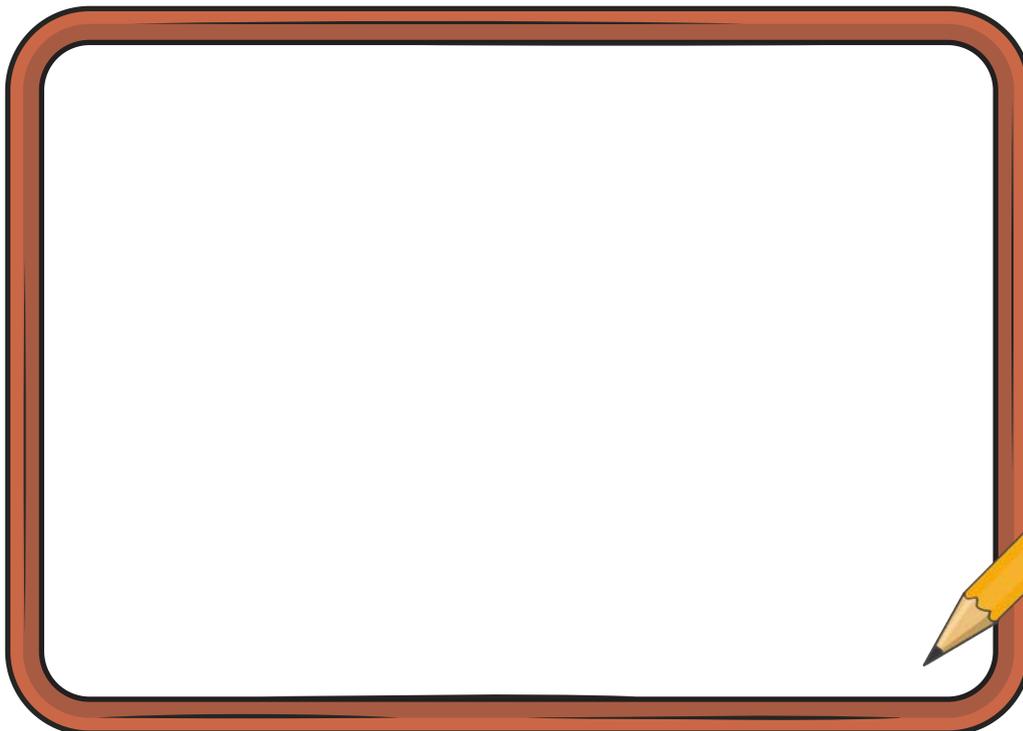
**Step 2**      **Create a sentence starting with I, that shows how you would like things to be.**

**Step 3**      **Write your affirmation down and repeat it over and over, with lots of expression!**



# Write your Affirmations

Now it is your turn to write your own affirmations using the spaces below. See the next page for other helpful ideas!



**I am  
having a  
great day!**



**I can do  
hard  
things!**



**I am  
calm.**



**I get  
better  
every day!**

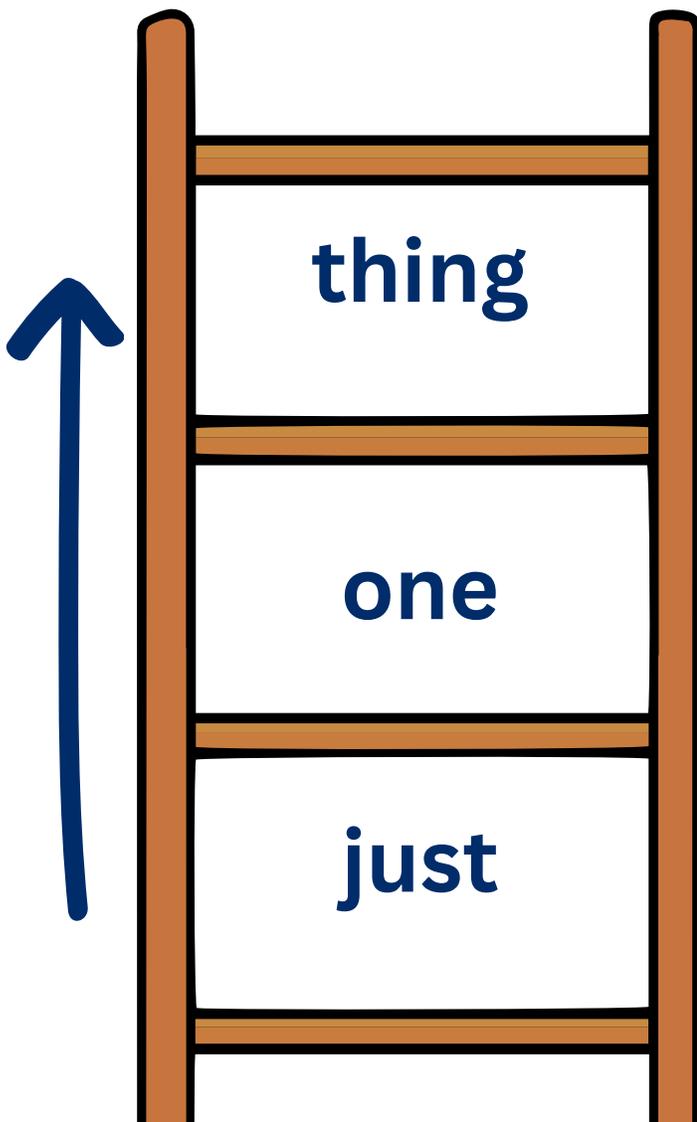


# One Step at a Time

When we feel anxious or stressed, we can find ourselves thinking about a lot of things at one time or looking too far ahead. It can be helpful to slow things down and look at just the next step. This can feel less overwhelming.

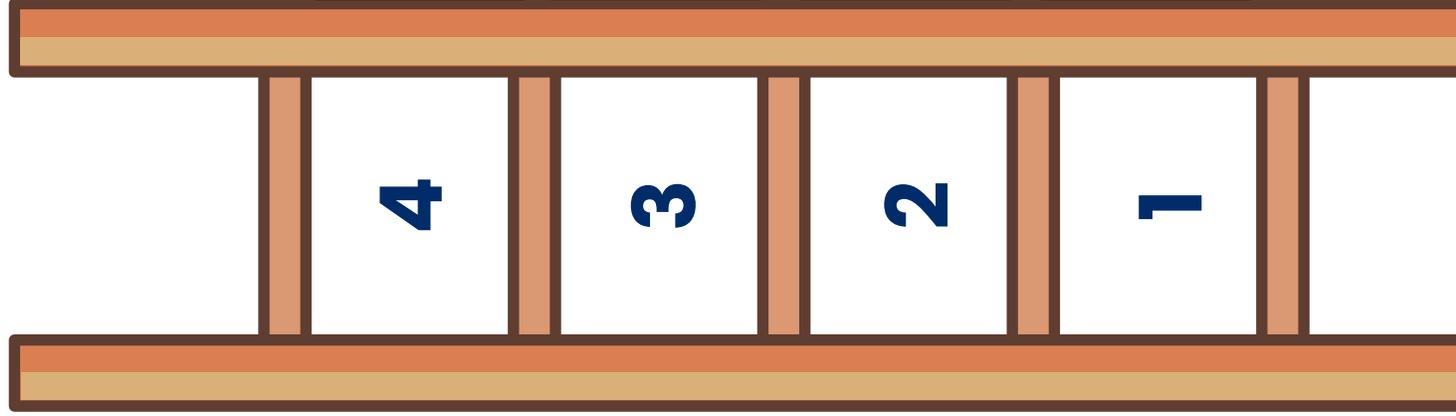
Use the ladder to plan the steps you need to help you with your parent's deployment. Break your routine down into small sections. Do this when you are feeling calm.

Then when you are feeling stressed in the moment, check your ladder and focus on just the next step.



# One Step at a Time

Use the ladder to plan the steps you need to help you with your parent's deployment. Break your routine down into small sections. Do this when you are feeling calm.



# Superhero Magic Bubble

This is a mind tool that can help you feel protected when you feel stressed or anxious. Imagine you are a Superhero with the ability to create magic bubbles around yourself. Practice these steps when you feel calm so you can use the Magic Bubble when you need it.

**Choose a spot on your hand or arm. This spot will be the button that creates the Magic Bubble.**

**Now imagine yourself feeling very safe and calm. Where are you? Are you with anyone? What is the temperature like? How does your body feel? Now picture this image inside a big bubble. Picture this really strongly while you press your Magic Bubble Button.**

**When the image fades, let go of your Magic Bubble Button and relax for a while. They do the same thing again. Try and do this 3 times in total. Remember to get a really strong image in your mind.**



Now you can use this image of you inside your bubble whenever you need to. Just press that Magic Bubble Button and the feelings of calm and safety will come back to your mind.

# Superhero Magic Bubble

Draw a picture of yourself in your calm place inside your Magic Bubble. Remember this image is in your mind ready to help you feel calmer whenever you need it.



# Stay Connected: My Bucket Full of Comfort

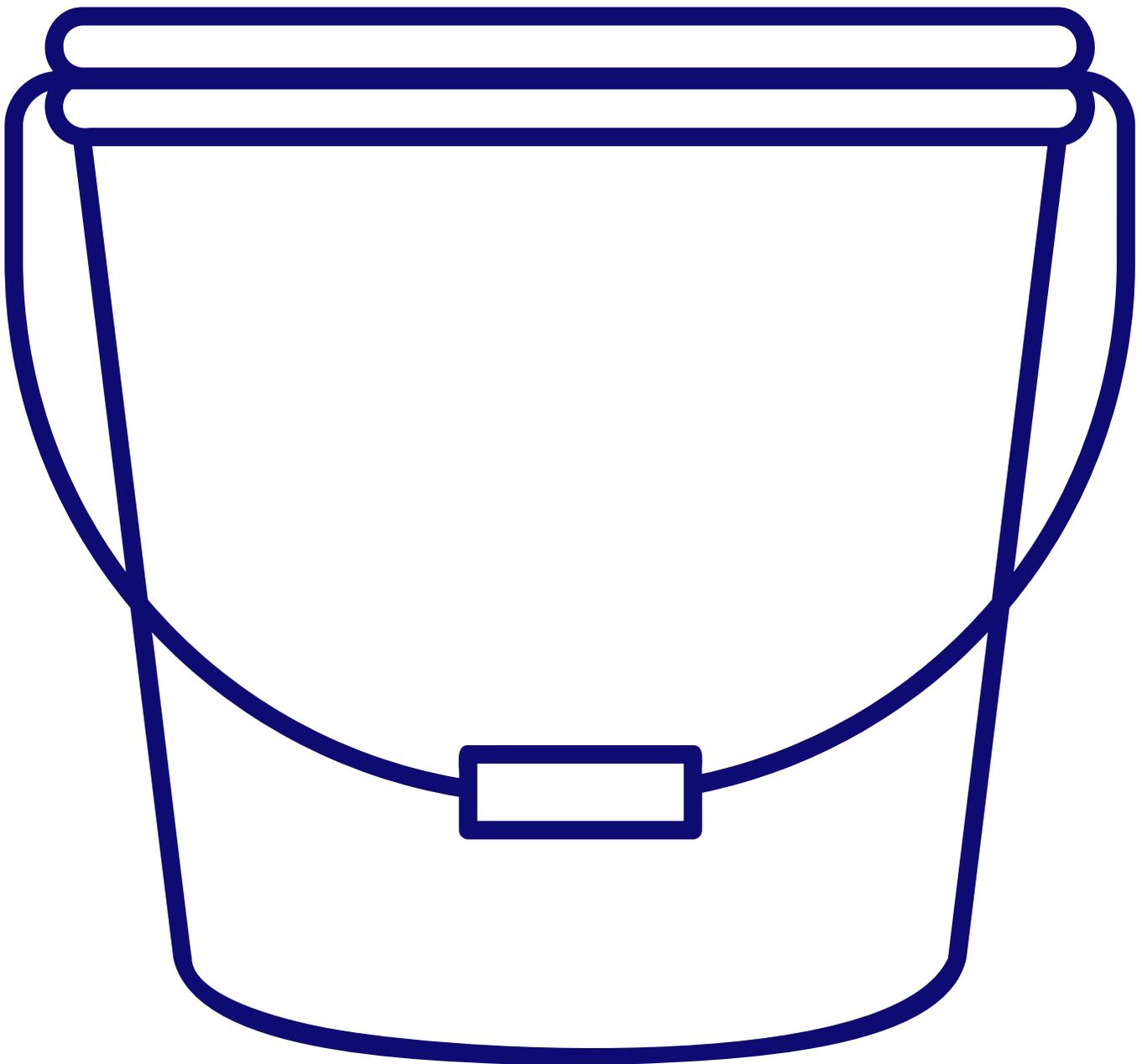
A Bucket Full of Comfort is an imaginary bucket that holds all the things that help you feel comforted or safe. It can be full of anything that helps you feel close to a safe person that has deployed when you think of something in it. When you are not with them, you can imagine your comfort bucket and pull out something that helps you feel near to them. You could put in memories, images or objects that help you feel safe, such as your favorite teddy bear.



# Stay Connected: My Bucket Full of Comfort

What would you keep in your imaginary comfort bucket?

Draw pictures, stick photos or write down some things you want to keep in your imaginary bucket below. When you need something comforting, imagine your bucket and pull out what you need in your mind's eye. Remember how it makes you feel.



# My Coping Techniques

Use a coping technique when you miss your deployed parent.

breathe in deeply  
for 4 seconds  
and out slowly  
for 5 seconds.



say an  
affirmation



say what you are  
doing out loud and  
describe what you  
can see.



give  
yourself a  
hug.



imagine your  
happy place.



rub your  
thumb and  
finger  
together.



stretch.



# Checklist

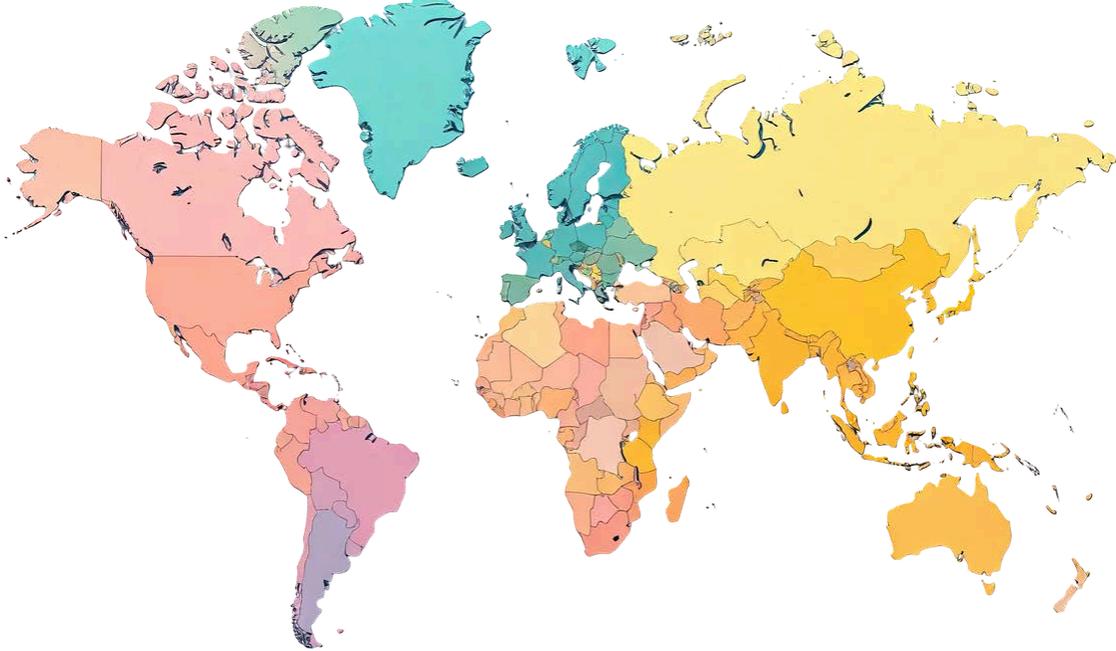
The unknown of a deployment can be scary. Naming what you know about where your parent will be can help ease the fear of the unknown and create a sense of closeness and empowerment as you make the new place familiar and part of your family's story.

The name of my person who is away:

What time is it when it is my bed time?

What are some customs in the place where my loved one is?

Where are they on a map? Where am I?



What language is spoken there?

How do you say hello?

Goodbye

What foods do people eat there?

# State Specific Resources



*Local resources to connect you to support services that  
are near you.*



Supporting Our Military Kids!

# MILITARY KIDS



## VERMONT

We are a community-oriented program dedicated to uniting local partners in support of **ALL** military children and youth in Vermont.

### Events

- Military Appreciation
- Month of the Military Child
- Community & Partner Events

### Resources

- Deployment Education
- Military Awareness
- Connection

## Connect with Us!

Office: 802-393-7553

Email: [militarykidsvermont@army.mil](mailto:militarykidsvermont@army.mil)



QR CODE



Follow Us!



**From Kitchen Spoons to Combat Boots, these webinars and podcasts help balance life on the home front, during military service, and everything in between.**

**Premieres every first Wednesday of the month at 7:00pm!**



**Learn more at:**

**[www.ngfamily.vt.gov/Programs-Services/Kitchen-Spoons-Combat-Boots/](http://www.ngfamily.vt.gov/Programs-Services/Kitchen-Spoons-Combat-Boots/)**





# Military OneSource: Parenting Resources

Find how to help your children cope with a deployment. Explore new strategies to get your baby to sleep. Search for quality, affordable child care options.

Military OneSource can help with these and much more! Military OneSource has a wide range of resources designed to assist parents with children of any age, including articles, resources and tools to help answer all of your parenting questions and make sure your family is safe, happy and healthy.

## Highlights

- A [Parenting & Children](#) content category with helpful articles, booklets and guides on a wide range of parenting issues including family relocation, discipline, adoption and blended families
- [Parenting Infants and Toddlers](#) and [Parenting Youth and Teens](#) pages filled with age-specific articles, popular links and helpful information on everything from changing schools to managing money
- Access to tools and products such as [Sesame Street for Military Families](#) and the Talk, Listen, Connect resources designed to help military families and their young children cope with deployment, changes and grief
- Quick links to child-friendly websites such as [Military Kids Connect](#)
- Access to [Thrive](#), the free, comprehensive, on-demand parenting education program to assist you in handling parenting challenges at any age
- Information regarding the [New Parent Support Program](#) and the [Family Advocacy Program](#) designed to help parents build strong family bonds, manage the demands of parenting and learn valuable parenting skills
- Articles and resources to help you identify the child care option that will best meet your needs, while ensuring your child is safe and nurtured, including the [expanded hourly child care options](#)

**MILITARY ONE SOURCE** **Committed to Readiness and Resilience**

Discover more of what Military OneSource has to offer by visiting [www.militaryonesource.mil/family-relationships/parenting-and-children](http://www.militaryonesource.mil/family-relationships/parenting-and-children).

 thrive





# Vermont National Guard FAMILY PROGRAMS

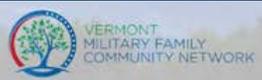
*Providing education, support, and resources through community, state, and federal programs.*



**CONTACT US**

888-607-8773 

[www.ngfamily.vt.gov](http://www.ngfamily.vt.gov) 





**VERMONT NATIONAL GUARD**

# **YOUTH ADVISORY COUNCIL**

**APPLY TODAY!**

**Qualify:**

To qualify, a teen must be a dependent of a currently serving member of the Vermont Army National Guard and be in grades 8 through 12.

**Goals:**

Our goal is to help teens develop essential skills in leadership, readiness, resilience, and networking, equipping them to thrive in leadership positions. Council members will have the chance to influence policy matters that affect military teens and work towards achieving the goals set by the council.

**Apply:**

Reach out to your Lead Child & Youth Program Coordinator to complete your application today!

## **TEACHING**

**Leadership**

**Readiness**

**Resilience**

**Networking Skills**



**Lisa Larson - Lead Child & Youth Program Coordinator**

Email: [lisa.larson.lcypc@gmail.com](mailto:lisa.larson.lcypc@gmail.com)  
Office: 802.338.3369



# FAMILY FUN SUBSCRIPTION PACKET



Available to ALL service members and their families

Engaging activities to provide your family hours of entertainment, education, and resilience building. Packets are emailed!

Please click the link or scan the QR code to subscribe today!

[www.surveymonkey.com/r/cypvirtualpacket](http://www.surveymonkey.com/r/cypvirtualpacket)



# How to Register

FOR AN ECHO PASS

For service members in the Vermont National Guard and their families.



01

**Scan the QR Code or click the link.**  
Find the QR code on this flyer or visit <https://www.surveymonkey.com/r/ECHO-VTNG>

02

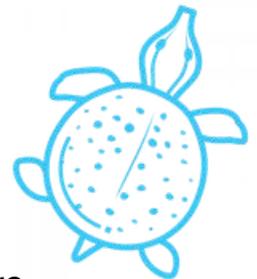
**Fill Out the Survey Monkey**  
Enter information.

03

**Get Your Open Door Application**  
Application will be mailed to address provided.

04

**Go to ECHO**  
Submit your open door application to the front desk at ECHO to receive a one-year pass.



After one year, renew your ECHO membership using the same process.

For more information, email:

**Lisa Larson**

*Lead Child & Youth Program Coordinator*

[lisa.a.larson11.ctr@army.mil](mailto:lisa.a.larson11.ctr@army.mil)



# Scholarships For Military Kids...



## SCHOLARSHIP

### Enlisted Association of the National Guard of the United States (EANGUS)

Provides multiple scholarships for its members and their dependents.

MORE INFORMATION

<https://eangus.org/we-care-for-america/scholarship-information/>

## SCHOLARSHIP

### National Guard Association of the United States (NGAUS)

Provides multiple scholarship opportunities for its members and their dependents.

MORE INFORMATION

<https://www.ngaus.org/membership/member-benefits/scholarships>

## SCHOLARSHIP

### Fisher House

- Target Audience: Service Members, Spouses, and Children.
- Over the past 19 years, more than \$35 million has been awarded.

MORE INFORMATION

<https://www.fisherhouse.org/programs/scholarships-programs/>

## SCHOLARSHIP

### Army Scholarship Foundation

- Dependents of current or former U.S. Army active duty, Army Reserve, or National Guard members may apply.
- A minimum GPA of 2.0 is required.

MORE INFORMATION

<https://armyscholarshipfoundation.org/scholarships/>

## DATABASE

### Joint Services Scholarship Database

- Offers a comprehensive database featuring various scholarships specifically for military families.

MORE INFORMATION

<https://www.partners-in-purpose.com/>

## ADDITIONAL SUPPORT

### Post-9/11 GI Bill

- Active service members with qualifying duty, at least six years of service, and four years remaining may transfer education benefits to eligible dependents.
- The transfer request can be made by the Service Member at: <https://milconnect.dmdc.osd.mil/milconnect/>

# Military-Themed Booklist

Ages 4-8

*One excellent way to support military families and youth is by including books that feature military themes or messages. Often, the themes and lessons conveyed in these books can resonate with non-military youth who are facing their own separations from loved ones.*

## **H is for Honor: A Military Family Alphabet**

By Devin Scillian  
Published by Sleeping Bear Press

## **Hero Dad**

By  
Published by

## **Hero Mom**

Edited by  
Published by

## **I Miss You!**

By Beth Andrews  
Published by Prometheus

## **Lily Hates Goodbyes**

By Jerilyn Marler  
Published by Wyatt-MacKenzie Publishing

## **My Daddy is a Soldier**

By Kally Mayer  
Published by CreateSpace Ind. Publishing

## **You and Your Military Hero: Building Positive Thinking Skills During Your Hero's Deployment**

By Sara Jensen-Fritz, Paula Jones-Johnson & Thea L. Zitzow  
Published by Beavers Pond

## **Sometimes We Were Brave**

By Pat Brisson  
Published by Boyds Mills Press

## **Operation Celebration**

by Stephanie Skolmoski  
Published by Self-Published

## **Red, White, and Blue Goodbye**

By Sarah Tomp  
Published by Walker Childrens

## **Nubs: The True Story of a Mutt, a Marine & a Miracle**

By Major Brian Dennis  
Published by Little, Brown Books for Young Readers

## **The Wishing Tree**

By Mary Redman  
Published by Elva Resa Publishing

## **The Magic Box: When Parents Can't Be There to Tuck You In**

By Marty Sederman  
Published by Magination Pr

## **We're Moving Today!: A Moving Story**

By James Thomas  
Published by James R Thomas

## **What Will I Play While You Are Away?**

By James Thomas  
Published by James R Thomas

## **The Kissing Hand**

By Audrey Penn  
Published by Child Welfare League of America



# Military-Themed Booklist

*Ages 4-8 Continued*

## I'm Here For You Now

By Janice Im  
Published by Zero to Three

## The Impossible Patriotism Project

By Linda Skeers  
Published by Puffin Books

## When Dad's at Sea

By Mindy Pelton & Robert Gantt Steele  
Published by Albert Whitman & Co.

## Welcome Home Daddy, Love Lexi

By Florenza Denise Lee  
Published by Words to Ponder Publishing Company, LLC

## Love, Lizzie: Letters to a Military Mom

By Lisa Tucker McElroy  
Published by Albert Whitman & Co.

## Deployment: One of Our Pieces is Missing

By Julia Cook  
Published by National Center for Youth Issues

## Over There

by Dorinda Silver Williams  
Published by Zero to Three

## A Paper Hug

by Stephanie Skilmoski  
Published by Self-Published



# Military-Themed Booklist

*Ages 8-12*

## Deployment Journal for Kids

By Rachel Robertson  
Published by Elva Resa

## Crow Call

By Lois Lowry  
Published by Scholastic Press

## Dear Blue Sky

By Mary Sullivan  
Published by Nancy Paulsen Books

## A Flicker of Hope

By Julia Cook  
Published by National Center for Youth Issues

*Ages 12-18*

## Soldier Mom

By Alice Mead  
Published by Farrar, Straus & Giroux

## Dear Military Teen: Moving, deployments, and winning the game of high school

By Shanon Hyde  
Published by

## Megan Meade's Guide to the McGowan Boys

By Kate Brian  
Published by

## My Story: Blogs by Four Military Teens

By Michelle D. Sherman, Ph.D. & DeAnne M. Sherman  
Published by

# Additional Military-Themed Booklist

## Themes Include:

- Deployment & Reunion
- Preparing for PCS
- Wounded Caregivers & PTSD
- Spanish & Bilingual
- Teen & Young Adult
- Holidays
- Caregiver Loss & Absence
- Grief
- First Responders
- Mil-Life Connected Topics
- Social-Emotional Skills



Access by QR Code or @  
Partners-In-Purpose.com  
on the Resources page!



AmeriCorps

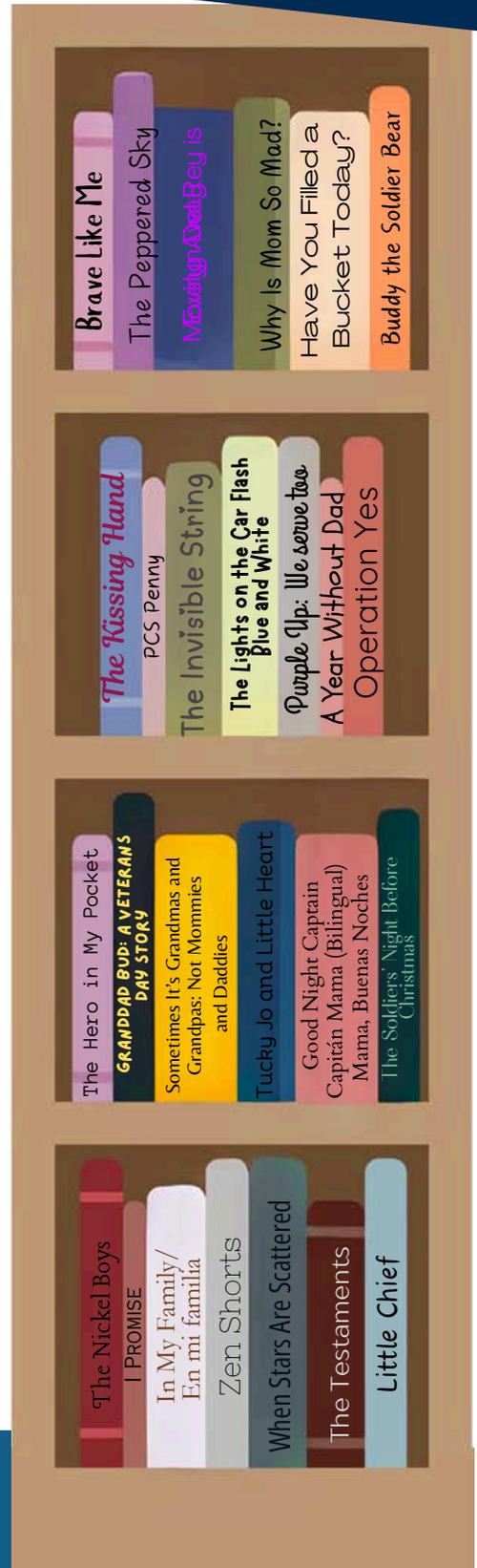
Emily Williams

Military Youth & Family  
Support VISTA

MilitaryFamilyVISTA@gmail.com

HAVE A BOOK WE SHOULD ADD?

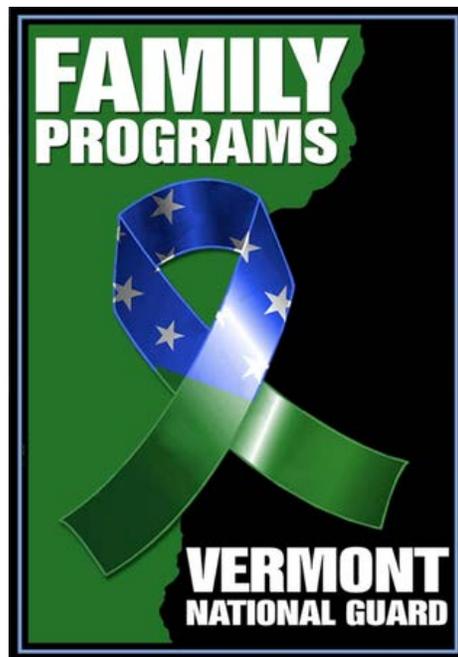
QUESTIONS?  
COMMENTS?



# Give Us Your Feedback



Scan the QR Code  
or click the link to  
take our survey!



<https://www.surveymonkey.com/s/VT-FP>