Fort Benning
Army Community Service
Family Advocacy Program

Supporting soldiers &
family members worldwide
545-4013

Fort Benning
Army Community Service
Family Advocacy Program

Supporting soldiers &
family members worldwide
545-4013

1. Plan on spending some time with the entire family doing family things, but be flexible if teens have other plans.

2. Show interest and pleasure in how your family members have grown and mastered new skills in your absence and let them know you are proud of them. Comment on positive changes.

3. Expect it will take a little time to become re-acquainted with your spouse. Be sure to tell them just how much you care about them.

4. Resist the temptation to criticize. Remember that your spouse has been doing her or his best to run the household singlehandedly and care for the children while you were gone.

5. Take time to understand how your family may have changed during the separation. Go easy on child discipline - get to know what new rules your spouse may have set before you jump into enforcing the household rules.

6. Don't be surprised if some family members are a bit resentful of your deployment. Others often think of the deployment as more fun and exciting than staying at home - even if you know otherwise.

7. Infants and small children may be shy or even fearful around you at first. Be patient and give them time to become re-acquainted.

8. Resist the temptation to go on a spending spree to celebrate your return. The extra money saved during deployment may be needed later for unexpected household expenses.

9. Most importantly, make time to talk with your loved ones. Your spouse and each child need individual time and attention from you. Remember, focus on the positives and avoid criticism.

1. Plan on spending some time with the entire family doing family things, but be flexible if teens have other plans.

2. Show interest and pleasure in how your family members have grown and mastered new skills in your absence and let them know you are proud of them. Comment on positive changes.

3. Expect it will take a little time to become re-acquainted with your spouse. Be sure to tell them just how much you care about them.

4. Resist the temptation to criticize. Remember that your spouse has been doing her or his best to run the household singlehandedly and care for the children while you were gone.

5. Take time to understand how your family may have changed during the separation. Go easy on child discipline - get to know what new rules your spouse may have set before you jump into enforcing the household rules.

6. Don't be surprised if some family members are a bit resentful of your deployment. Others often think of the deployment as more fun and exciting than staying at home - even if you know otherwise.

7. Infants and small children may be shy or even fearful around you at first. Be patient and give them time to become re-acquainted.

8. Resist the temptation to go on a spending spree to celebrate your return. The extra money saved during deployment may be needed later for unexpected household expenses.

9. Most importantly, make time to talk with your loved ones. Your spouse and each child need individual time and attention from you. Remember, focus on the positives and avoid criticism.