

## TELLING YOUR CHILD ABOUT DEPLOYMENT AND PCS

GOAL:

# A guide on how to have difficult conversations with your child

1. **Create** a script with talking points.
2. **Choose** the right moment.  
Minimize distractions.
3. **Listen** to and reflect what your child has to say.
4. **Give** your child reassurance that you will try to meet their needs.
5. **Highlight** past successes and examples of resiliency.
6. **Be honest** with your child.
7. **Check in** and provide additional details. Add positivity, when possible.

[Visit our website for more support here:](#)



➤ *Resilience is a life changing skill*