

## SUPPORTING YOUR CHILD THROUGH REINTEGRATION

GOAL:

# To help you and your family prepare for post-deployment

1. **Prepare** for the reunion throughout the deployment.
2. **Be honest** without over-promising on details that may change.
3. **Manage** emotional reactions with care.
4. **Present** a unified parenting team.
5. **Establish times** to communicate about changes and new routines; make changes gradually.
6. **Be intentional** about creating opportunities to connect.

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➤ *Home is built by the love that fills its rooms*