

Kids and Deployment

Time: 90 minutes

Number of Participants: A minimum of 15 children and 15 adults are necessary.

Location: The unit will decide on a location for the workshop. The San Luis Rey MCFTB Family Readiness Center may be used. A room may be available at MCFTB for child care.

Child Care: Regardless of the location, the unit is responsible for coordinating child care providers for children under the age of 4.

Focus of the Kids and Deployment Workshop: This is a structured workshop designed to deliver tools necessary for children and parents to positively and successfully cope during deployment. Children are divided into four age-groups: 4-5, 6-8, 9-12, 13-17. Through a series of fun activities, discussion, journaling, and craft projects, the children will have the opportunity to discuss coping strategies, fun activities, and ways to stay connected during deployment. Parents will attend a workshop that runs concurrently. Through discussion and activities, the adults will have the opportunity to identify their feelings as well as their children's feelings, understand changes in children's behavior, discover methods to effectively communicate with their children, and discuss expectations within the family during deployment. Adults will additionally receive information regarding the resources available.

Setting up the Kids and Deployment Workshop: This workshop shall be conducted following the departure of the unit. An optimal timeline to conduct this workshop is within 2 weeks of the unit's departure, or as practical. The unit Family Readiness Officer will contact the Readiness and Deployment Support Training office to set up the workshop NLT 30 days prior to the date requested. The RDSTs will set up and facilitate all activities.



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