

# Kids and Reunion

**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 Reunion Workshop:** This is a structured workshop designed to deliver tools necessary for children and parents to positively and successfully adjust to the return of the deployed parent. 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 identify and express their feelings about the return of their deployed parent, as well as learn ways to reconnect. Parents will attend a workshop that runs concurrently. Through discussion and activities, the adults will have the opportunity to identify and share proud family moments, identify the challenges of reunion and corresponding solutions, discuss possible reunion activities, and discuss how to get children to talk and share their feelings. Adults will additionally receive information on expected child behavior after the reunion, and the resources available.

**Setting up the Kids and Reunion Workshop:** The unit Family Readiness Officer will contact the Readiness and Deployment Support Training office NLT 30 days prior to the requested date to schedule the workshop. An optimal time to conduct the workshop is within 2 weeks of the unit's return, or as practical. The RDSTs will set up and facilitate all activities.



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