

DEALING WITH DEPLOYMENT

A few tips for spouses of deployed Sailors and their families

- Focus on a daily routine. Familiar habits are comforting.
- Don't spend all your time listening to or watching the news.
- Find something positive you can do, such as pack a gift box for your loved one or donate blood.
- Assembling care packages can be wonderful family activities.
- Be careful with bad news. Writing or calling your deployed loved one about a problem that he or she is helpless to solve can create feelings of frustration and guilt. If necessary, present problems and solutions at the same time.

A few tips for helping your children

- “Reassure children of parental love, support and consistency”*
- Reassure children of parental love, support and consistency.
 - Prepare videotapes or audio tapes to send. These are fun family activities that will make your Sailor's day and keep your family connected through the separation.
 - Give children a method for measuring the passage of time, e.g. crossing off days on a calendar, making paper chains, putting jellybeans in a jar.
 - Be responsible for discipline.
 - Look for ways to keep the deployed parent in day-to-day family life. Keep him or her in your conversations. Display photos, postcards and letters of the deployed parent.
 - Map the deployed parent's route.

REUNITED (AND IT FEELS SO GOOD)

After a long separation, military spouses may need to renegotiate household duties and the division of labor.

Bank account/Bills. Take another look at the finances – **together.**

Children. Now there are two authority figures instead of one. Review house rules with your spouse, and remember to give your children some time to adjust to returning parents.

House routines. Family rules need adjustment from time to time. Meal times and bedtimes change. Talk about this with your spouse during and after deployment.

Vehicles. If there are two of you and only one car, be ready to compromise. Share, and be sensitive to the fact that one of you is adjusting from having the car all the time.

SO HOW DO YOU PASS THE TIME DURING A DEPLOYMENT??

So how do you pass the time until your loved one comes back? I asked our community for input on what helped them get through; here are some ideas that may help you too!

*Sit down with a calendar and plan something for every month. It could be a day at the park, a trip to the aquarium or anything that you will all enjoy. This may help the kids pass the time by breaking up the deployment as a whole. Almost like a short term goal that leads to the long term one. Let the kids mark the days off as they pass and every day they will know they are one day closer to Daddy or Mommy coming home.

*Take family field trips to local activities. A few points of local interest include-

***Mike's Farm** -A real working farm offering a restaurant with family style dining, hayrides, farm animals and much more. www.mikesfarm.com

***30 Acres and a Mule**- take a trip back in time and do some gold panning and gem mining right here in Eastern NC! www.30acremule.com

***MCCS** is another great resource for family activities. www.mccslejeune.com

HOW TO TEACH TEENS FINANCIAL RESPONSIBILITY!



If you're a parent of a teen, the phrase, "Give me \$20" (for gas, the mall, etc.) is probably all too familiar. While your teen may be great at spending all those cash handouts, he or she may not understand the basics of sound money management. That's where this site comes in, providing tips for educating teens on budgeting, spending, saving, and more. It includes calculators to help them reach spending goals, information about credit, an advice blog, a list of resources, a money terms glossary, and even some fun money games. Visit <http://giveme20.com> to get started.

MILITARY EXCHANGE HELPS FAMILIES KEEP CONTACT DURING DEPLOYMENT.

The Department of Defense Military Exchanges are now selling prepaid calling cards to individuals and organizations wishing to purchase card (s) and give them to troops serving overseas in Operation Enduring Freedom and Operation Iraqi Freedom. Sales are being opened up to customers not otherwise authorized to make purchases through the Exchange Online Store.

For more information go to <https://shop.aafes.com/scs/default.aspx>.

You do not have to have a friend or family member serving to purchase the calling card.

This opportunity is open to all interested parties.



**C O M B U D S M A N
B E T T Y J O F O R D &
K I M B E R L Y E V A N S**

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100 BREWSTER BLVD
CAMP LEJEUNE NC 28547-2538
Phone: 910-378-5874
Pager: 910-450-4910

E-mail: nhclombudsman@med.navy.mil

We are here to assist you.

Anheuser-Busch extends the “Here’s to the Heroes” tribute program.

Since February 2005 over 4 million members of the U.S. and coalition armed forces and their families have benefited from a free day at one of the participating parks. To continue the show of support Anheuser-Busch has extended the program to run through 2010.

Free admission is for any active duty, active reserve, ready reserve service member or National Guardsman representing any of the five service branches and up to three of his/her direct dependents.

Each pass is valid for a one day admission per person per year to any of the five participating parks. Visitors may choose from Sea World Orlando, San Diego or San Antonio; Bush Gardens Tampa or Williamsburg; Pennsylvania’s Sesame Place; Florida’s Adventure Island; or Virginia’s Water Country USA.

For more information visit <http://www.herosalute.com>.

**A F E W T H I N G S G O I N G O N A T
M I L I T A R Y O N E S O U R C E . C O M**

* Tax Help is on the Way. Starting January 18, Military OneSource brings you online tax filing and tax consultations by phone — **free** to service members. Find out more <<http://www.MilitaryOneSource.com/taxfilingservices>> .

* Guard and Reserve On-Site Commissary Sales. The Guard and Reserve On-Site Sales Program provides the commissary benefit to Guard and Reserve members and their families who don't live near an existing commissary store. These sales are open to all authorized shoppers. See the sale locations <<http://www.militaryonesource.com/MOS/About/Announcements/CommissaryOnSiteSales.aspx>> .

* New Year's Strategy for Success Webinar. There's still time to register for our Healthy Habits Health Coaching programs webinar. Find out how our coaching programs can support your New Years health and fitness goals. Register to reserve your spot <<http://www.militaryonesource.com/Default.aspx?grm2catid=11&tabid=238>> .

* Peterson's Online Academic Skills Course (OASC). Ramp up your vocabulary skills with Peterson's OASC <http://www.petersons.com/dantes/to_start> . It's **free**...it's easy... and set to your own pace.

