

Annotations for Bibliotherapy List:

Children of Deployed Military

Denise LaValle-Bandini

University of Pittsburgh

December 2011

Annotations

Allen, M., & Staley, L. (2007). Helping children cope when a loved one is on military deployment. *Beyond the Journal: Young children on the web*, 62, 1-6.

Helping Children Cope When A Loved One Is On Military Deployment is an informative journal article co-authored by a first grade teacher and a professor of early childhood education; it provides resources for classroom teachers who are working with children of deployed military personnel. This book provides strategies to help bolster the communication between teacher and student; such as keenly observing the child's behaviors in class and on the playground, greeting them warmly each day as they arrive at school, and letting the child openly discuss their feelings when they are comfortable to talk to the teacher. There are several ways the teacher can offer the child opportunities to celebrate their deployed loved one such as tying yellow ribbons around the school or having an American Spirit Day in class where fellow classmates can contribute and support the student during this difficult time. Supporting children emotionally via the classroom curriculum is a powerful strategy for teachers; it emphasis the key importance to helping the child with his or her emotions concerning a parents deployment.

Andrews, B. (2007). *I miss you: A military kid's book about deployment*. Amherst, NY: Prometheus Books.

Military deployment is tough on soldiers because they are often in combat zones far from home and miss their families. Deployment is difficult for young

children because they miss their deployed parent and may feel sad or afraid due to the unknown nature for the separation. It is also tough on the parent, or caregiver, left at home to care for the child. Beth Andrews, from Grand Junction, Colorado, is a social worker and clinical supervisor at Colorado West Mental Health Center who has worked with military families during their stressful times. In her book, she shares with the young reader ways to deal with emotions in a positive manner; such as if the child is feeling angry or upset they can go outside and kick a ball around or punch a soft pillow. The first line of defense she recommends is communication between child and caregiver; encouraging the child to discuss how they are feeling. She suggests if a child is feeling sad or lonely, they can cuddle up with a favorite stuffed animal and write down their feelings in a journal, or draw pictures to show how they are feeling. These actions not only help the child navigate through their feelings they also help the parent or caregiver better understand what the child is feeling.

Brott, P., Buckholtz, A., Hissong, J., Houts, A., Jesseph, J., Kochensparger, C., LaBelle, J. ... Tonsmeire, M. (2010). *Military life: Stories and poems for children*. St. Paul, MN: Elva Resa Publishing.

Military Life: Stories And Poems For Children is a book which was lovingly written by twelve talented authors who have personally dealt with military deployment of a loved one at some point in their lives. This collection of poems and short stories tell the touching side to deployment with the aim of helping the child stay connected with the separated loved one. The words expressed hopefully will aide children in understanding

the message they are not alone and it is acceptable to feel what they are feeling. The book is appropriate for elementary and middle school aged children.

Educators guide to the military child during deployment. (n.d.). Retrieved October 2, 2011, from <http://www.2.ed.gov/about/offices/list/os/homefront/homefront.pdf>

Educators Guide To The Military Child During Deployment is an 11 page guide book with vital information for elementary, middle school, and high school teachers, as well as administrators and counselors, who may have a student dealing with a military deployed parent or loved one. This guidebook necessitates that schools become an anchor for the child by providing stability and a daily routine which will comfort the child. The guide book also provides tips and strategies if school personnel notice warning signs that the child is experiencing stress related to their loved one's deployment; in addition to ways in which teachers can enact supportive classroom interventions.

Ehrmantraut, B. (2005). *Night catch*. Aberdeen, SD: Bubble Gum Press.

Night Catch is a delightfully written children's storybook that tells the story of how a dad's love for his son can carry over the miles while he is deployed in the military. Prior to the dad's deployment, he tells his son the story of the North Star and shows him where it is in the night sky. He shares a magical game they can play while he is away from home that is called the night catch and how they can play catch every night at bedtime by catching the magical North Star. This storybook is beautifully illustrated by Vicki Wehrman with calming and relaxing pictures and colors that make the story come to life on the pages. Night

Catch is a great book for children ages 3 to 10. This book will add to a nightly routine of bedtime stories, which will allow the child to feel connected to a parent who is far away.

Ferguson-Cohen, M. (2003). *Daddy, you're my hero*. Brooklyn, NY: Little Redhaired Girl Publishing.

Daddy, You're My Hero is a children's picture storybook written from the heart by Michelle Ferguson-Cohen; whose own childhood was filled with multiple military deployments by her father. The book is written from her memories of emotions she felt as a child when her father was deployed. The author encourages young children to embrace their feelings through this colorful story, which is available in thick cardboard pages for easy grasp by small hands. It is appropriate for preschoolers and early elementary school children.

Helping children cope during deployment-courage to care. [Uniformed Services University of the Health Sciences Fact Sheet]. Retrieved October 2, 2011, from <http://www.usuhs.mil/psy/pdf/CTChildrenCopeDuringDeployment.pdf>

Helping Children Cope During Deployment-Courage To Care is a fact sheet produced by the Uniformed Services University of the Health Sciences (USUHS). This two-page fact sheet is part of USUHS Health Promotion Campaign and it is geared towards parents and caregivers. It helps answer many commonly asked questions pertaining to the various issues that may arise before and during a parent's military deployment. This fact sheet provides guidelines for all ages of children, from preschool to high school, and describes age appropriate ways to communicate with the child; plus additional resources.

LaBelle, J. (2009). *My mom's deployment: A deployment and reunion activity book for young children*. St. Paul, MN: Elva Resa Publishing.

My Mom's Deployment: A Deployment And Reunion Activity Book For Young Children is a 112 page activity book designed for young children to support their learning, help them feel secure enough to share their feelings, and believe they can still stay connected to their deployed parent. The book has four sections regarding predeployment, deployment, the return home, and reunion. The activities are age appropriate puzzles, crafts, coloring pages and more, which are ideal for preschool and early elementary school children.

Military Child Education Coalition. (2003). *How to prepare our children and stay involved in their education during deployment*. [Booklet]. Retrieved September 22, 2011, from <http://www.militarychild.org/pdfs/DeploymentBooklet.pdf>

This nine-page booklet was created by the Military Child Education Coalition to help families adjust to deployment and not have it negatively impact the child's education. It provides flexible resources for parents to help keep their child's education on track during military deployment. It suggests that stability is vital to the child during this time, and home life and school both play key roles. The booklet breaks down the three phases the child will encounter; predeployment, deployment, and reunion, and provides information to help the family and teachers through these phases. The key is active communication between the teachers, parent at home, and the deployed parent. Even though one parent may be far away they can still receive email updates about their child's academic progress, as well as samples of their schoolwork.

My life: A kid's journal. Available from

<https://www.hnfs.com/content/dam/hnfs/tn/common/pdf/Kids Journal.pdf>

This colorful and inspiring children's journal will help keep children focused on their love for their parent while they are away on a military deployment by guiding them to write their feelings down. The journal provides activity pages to express emotions for all ages. If the child is too young to write, coloring pages are included to draw pictures of how they are feeling. It also includes photo pages to scrapbook pictures of their parent and/or family photo's. This journal makes a great keepsake for the child to cherish, or send to their parent to let them know how they are feeling while they are separated by the deployment. This journal is available on line from Health Net Federal Services.

Pavlicin, K.M., (2003). *Surviving deployment: A guide for military families*. St. Paul, MN: Elva Resa Publishing.

Surviving Deployment: A Guide For Military Families is a 320 page military family survival guide written by Karen Pavlicin. Pavlicin is a military wife and mom, who's first hand experiences lead to many sensible solutions and strategies for a family to use to survive deployment. The author shares her own stories, as well as incorporating hints and tips from other military families and how they survived deployments; sometimes multiple deployments over the years. One tip she shares with families is to hug a soft pillow or stuffed animal when upset, or to put on upbeat music and have the whole family dance to it when the tension is high. These suggestions she notes may seem a bit simple, but during a stressful time of separation caused by a deployment it may be the best remedy.

Redman, M. (2008). *The wishing tree*. St. Paul, MN: Elva Resa Publishing.

Author and military wife, Mary Redman, offers a positive children's book about the hopes and wishes of a little girl named Amanda. Her father is in the military and is getting ready to be deployed overseas. Amanda is struggling with her emotions; she is proud of her father and his job, but she is also sad that he is being deployed and they will be apart. She decides to cheer herself up by creating a wishing tree in her room while her father is away. Daily she writes her wishes and hopes on little yellow ribbons and ties them on a large tree branch. As each day passes that her father is away, the tree begins come to life from all of her wishes. The beautiful illustrations in this book were created by award-winning illustrator Christina Rodriguez, who is a self proclaimed "Air Force brat". She too understands the life of a military child and lends her talent to bring this book to life.

Talk, Listen, Connect: Deployments, homecomings, changes, grief - preparing for deployment. [Video]. Retrieved November 30, 2011, from www.sesamestreetworkshop.org/initiatives/emotion/tlc

Talk, Listen, Connect: Deployments, Homecomings, Changes, Grief – Preparing For Deployment is a video for young children, ages 3 to 9 years, created by Sesame Street Workshop. This video discusses the topic of military deployment when Elmo's father has to go away. Elmo's dad talks to him about why he has to go away for a while because of his job. He shares that even though they will be separated from one another it doesn't mean they will forget about each other. His dad comes up with an idea to say good night to each other every

night by looking up in the sky at the moon and Elmo likes the idea. Even though Elmo is sad because he is going to miss his dad; his mom and friends Rosita and Telly reassure him that they are there for him. The video also shows how real military families prepare for deployment; they discuss how they too miss their dad when he is away from home, nevertheless they always create some way to remember one another while they are apart. Elmo does the same by keeping busy, writing his dad letters, and drawing pictures.

United through reading circle of communication. Retrieved September 5, 2011,

from <http://unitedthroughreading.org/military-program/how-it-works>

United Through Reading- Circle Of Communication is a free service provided to military members. The program provides a video taped DVD of the service member reading a book aloud to the camera. Once the reading is over, the book and DVD are mailed to the service member's child. What a wonderful way to read your child a bedtime story every night even when you are far apart. This advanced form of communication helps the deployed parent and child stay connected during the duration of the deployment. The sight of the parent along with their voice may help a child feel secure by providing a known comfort to them.

US Army deployment support handbook: children and youth. [Booklet]. Retrieved

November 1, 2011, from <http://www.myarmyonesource.com/cmsresources>

US Army Deployment Support Handbook: Children And Youth is a handbook created to provide parents, caregivers, teachers, and professionals who

are caring for military children during deployment a resource guide for their stressful time. The handbook focuses on the deployment cycle, children's development during deployment, and the coping skills needed at this time. The 98 page book contains easy to read information on positive parenting practices, mental health resources, and other useful tools for those who care for military children.