

# Supporting Children Through Deployment: R2MR & Beyond

## OUR REALITY

- Our **deployment tempo remains high**, we are always experiencing a 6mth+ deployment of a ship with approx. 240 members on board
- Other units/ships are experiencing shorter more frequent deployments but some of these are 3-4mths in duration
- Our families are geographically disbursed
- Families with children are busy with many competing demands

## OUR APPROACH

- Use R2MR material as our foundation pieces and offer the whole family similar information
- Work with parents/caregivers, schools and children
- Offer information when our families need it (when its new, when they need to expand on what they know, when they need to use what they have learned, when they need to resolve unexpected challenges, when something changes and they need to adjust).

## OUR APPROACH

- Create as many learning/support opportunities as possible to meet the needs of the many different families we work with (methods & accessibility)
- When possible focus on the family as a whole- offer programming at the same time
- Continually seek feedback from our families on how we can support them better

## TRADITIONAL LEARNING

- Workshops at our centre- "Supporting Children Through Deployment" R2MR Phase 3 or 5- 2hr workshop OR extend R2MR Phase 3 & 5 workshops for an hr for those who want to focus on children
- Offer sessions to children at the same time as the adult workshop focussing on some of the strategies we are talking about with the parents
- Offer sessions to children during adult deployment activities
- Offer information and resources on our website (under construction)
- Offer one on one support to parents through our Mental Health & Well-being Team

## SCHOOL OUTREACH

- Professional Development briefs and education sessions to guidance teachers and teachers
- Sessions with entire classrooms
- Sessions with only children from military families to discuss what it's like growing up in a military family and focus on relocation and deployment- connecting children who may not have realised what they have in common

## NEW LEARNING OPPORTUNITIES

- Virtual workshop- 9 Strategies for Supporting Children Through Deployment- modified from our in person workshop
- Closed Facebook group- trial with HMCS Charlottetown offered micro-learning opportunities (visuals, videos, posts, questions)
- Will create a new closed Facebook group for families interested in learning more about supporting children through deployment from the MFRC and each other
- As we get braver with technology offer Facebook live interactive question sessions and virtual informal chats

## Your Experiences & Ideas?