

9 Strategies to Support Children Through Deployment

Session Resources- September 19, 2017

Cycle of Deployment

Road to Mental Readiness Training

Road to Mental Readiness (R2MR) training encompasses the entire package of resilience and mental health training that is embedded throughout Canadian Armed Forces (CAF) members' career, including the deployment cycle. The Canadian Armed Forces recognizes the strength behind the uniform and understands the sacrifices and contributions of our military families to overall mission success. As such, the Road to Mental Readiness program has an entire component designated to family members to provide you guidance and skills to mitigate the stress of the deployment experience on you and your family.

<http://www.forces.gc.ca/en/caf-community-health-services-r2mr-family/index.page>

Strategy 1- Know your child

H&R MFRC Guide to Deployment

<http://www.halifaxmfrcc.ca/assets/docs/HR-MFRC-Guide-to-Deployment.pdf>

Zero to Three

ZERO TO THREE works on behalf of infants and toddlers of military and veteran families. They have developed resources specially designed for military and veteran families and the professionals who serve them. With 10 years of experience working with military families, they have developed tools for parents to use as they navigate the many transitions that are a part of military-connected life. US based but still relevant to Canadian military families.

<https://www.zerotothree.org/espanol/military-and-veteran-families-support>

Supporting Young Children <https://www.zerotothree.org/resources/series/supporting-young-children>

These brochures focus on the unique experience of parenting a baby or toddler, particularly during times of stress and separation that military families may be experiencing. Resilience is a major theme running through every brochure: the resilience of babies and toddlers, families, and the military community.

Strategy 2- Check-In

Kids Have Stress Too

With the help of a range of educators, psychologists and stress experts from across the country, The Psychology Foundation of Canada has developed the Kids Have Stress Too! @program. Research shows that with help, even very young children can learn to manage stress effectively. Developed using evidence-based psychological knowledge and experts in psychology, early childhood development, education and stress, the Kids Have Stress Too! programs are designed to positively influence children's social and emotional development. The preschool, elementary and high school years are an important window of opportunity to build key skills and abilities that will help children and youth learn to deal with stress throughout their lives. The programs help educators, parents and caregivers teach children and youth behavioural coping skills and thinking skills that can enhance their physical, mental and emotional well-being.

Toolbox Activities

Stop! Look! Listen!

Stress Stoplight

https://psychologyfoundation.org/Public/Resources/KHST_Toolbox_Activities/Public/Resources/KHST_Toolbox_Activities/KHST_Toolbox_Activities.aspx?hkey=fc88a535-0490-49d2-a037-64f3c5eff2de

Families Over Coming Under Stress (FOCUS)

Feeling Thermometer & Feeling Foxes

Two tools similar to the Stress Stoplight that can help children identify their emotions were the program's "Feelings Fox" and "Feelings Thermometer". The "Feelings Fox" is a friendly cartoon character that depicts the many emotions a child can relate with, and the "Feelings Thermometer" accompanies the fox with four color ratings of green, yellow, orange, and red (comfortable to uncomfortable). Families can discuss their daily thermometer reading and talk about ways to encourage one another to be "in the green". Even the deployed parent can interact through email when possible. Check out the attachments on this email to try the Feeling Thermometer and Feeling Foxes at home.



Books about Separation/Feelings

The Kissing Hand

Audrey Penn

I Miss You!: A Military Kid's Book About Deployment

Beth Andrews

The Invisible String

Patrice Karst

The Way I Feel

Janan Cain

It's Hard to Be Five: Learning How to Work My Control Panel

Jamie Lee Curtis & Laura Cornell

Today I Feel Silly & Other Moods that Make My Day

Jamie Lee Curtis & Laura Cornell

Is a Worry Worrying You?

Ferida Wolff and Harriet May Savitz

Incredible You! 10 Ways To Let Your Greatness Shine Through

Dr. Wayne Dyer

When I Feel Sad

Cornelia Maude Spelman

When I Feel Angry

Cornelia Maude Spelman

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety Paperback

Dawn Huebner

How to Take the Grrrr Out of Anger

Elizabeth Verdick & Marjarie Lisovskis

Stress Can Really Get On your Nerves

Trevor Romain & Elizabeth Verdick

What To Do When You're Scared & Worried: A Guide for Kids

James J. Crist

Strategy 3- Move

MindMasters- <http://www.cyhneo.ca/mindmasters>

MindMasters is a research-based program that teaches simple and concrete techniques to help children manage stress and frustration, relax fully and develop a positive perspective. These skills may be incorporated into existing children's services, such as therapeutic, educational and recreational services or used by parents at home.

App-MindMasters2

App Store > Health & Fitness > CHEO



MindMasters 2 ^{4.5}
CHEO >

Details Ratings and Reviews Related

iPad Screenshots



Rating: 4+

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Strategy 4- Breathe

Stop, Breathe & Think for Kids App offers children an easy and fun way to connect with and process their emotions. From counting breaths to friendly wishes or frog jumps, each activity brings fun rewards to keep them engaged and are a great way for grownups to spend quality time with their children.

App Store > Education > Stop, Breathe & Think



Stop, Breathe & Think Kids ^{4.5}
Stop, Breathe & Think >

Details Ratings and Reviews Related

Screenshots iPhone iPad



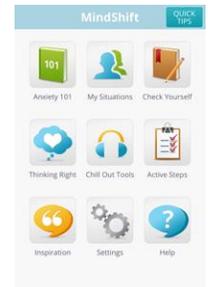
Rating: 4+

Made For Ages 6-8

LINKS
Privacy Policy
Developer Website

MindShift™ App

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. **MindShift™** is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.



Strategy 5- Self-Talk and Imagination

Talking Nicely to Myself- Two Voices- Kids Have Stress Too

https://psychologyfoundation.org/Public/Resources/KHST_Toolbok_Activities/Public/Resources/KHST_Toolbox_Activities/KHST_Toolbox_Activities.aspx?hkey=fc88a535-0490-49d2-a037-64f3c5eff2de

Balanced Thinking-Pop-Ups- Anxiety BC

AnxietyBC™ is a leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. Our site provides information to help you understand anxiety, as well as resources and tools to help you manage your anxiety. Our organization is also the developers of the free MindShift™ app which helps youth and young adults manage anxiety, using step-by-step strategies.

<https://www.anxietybc.com/parenting/tools/balanced-thinking-young-children>



Strategy 6- Problem Solving

How to Solve a Problem

https://psychologyfoundation.org/Public/Resources/KHST_Toolbok_Activities/Public/Resources/KHST_Toolbox_Activities/KHST_Toolbox_Activities.aspx?hkey=fc88a535-0490-49d2-a037-64f3c5eff2de

Family Meetings

<https://www.positivediscipline.com/articles/family-meetings>

<http://www.ahaparenting.com/parenting-tools/family-life/family-meetings>

Strategy 7- Connect

H&R MFRC Guide to Deployment

<http://www.halifaxmfrcc.ca/assets/docs/HR-MFRC-Guide-to-Deployment.pdf>

Search **Pinterest** for some great connection ideas that other military families have come up with.

Sesame Street for Military Families

Sesame Street for Military Families is a free, bilingual (English and Spanish) website where families can find information and multimedia resources on the topics of military deployments, multiple deployments, homecomings, injuries, grief, and self-expression.

<http://sesamestreetformilitaryfamilies.org/>



Strategy 8- Resources

The Halifax & Region Military Family Resource Centre

902-427-7788 or 1-888-753-8827

<http://www.halifaxmfrcc.ca/>

The Family Info Line

1-800-866-4546 (North America) or 1-613-995-5234 (Collect calls)

Email FIL@CAFconnection.ca

Provides information on DND, CAF, CFMWS and local community programs, services and resources. FIL counsellors offer client needs assessments and counselling intake screening. FIL delivers programs like short-term counseling, support groups, coaching and virtual workshops. Offer language liaison and follow-up when you need it. Can help you to assess and plan for emergencies. If you are in immediate distress they can offer support and immediate relief of distress.

Canadian Armed Forces Members Assistance Program

A voluntary and confidential service, initiated by the Canadian Armed Forces (CAF) to help members (Regular Force, all Reserve Class Members, Cadets) and family members who have personal concerns that affect their personal well-being and/or work performance. Call for a confidential talk. If we can't help, we know someone who can. 24 hours a day, 365 days a year.

1-800-268-7708 | (Teletypewriter) 1-800-567-5803

Strategy 9- Taking care of you

Renee Jain from GoZEN's <https://www.gozen.com/blog/>

Renee Jain is the founder and Chief Storyteller at [GoZen!](https://www.gozen.com/) GoZen! innovates worldwide multimedia programs and products that teach children critical life skills for coping with stress, anxiety, change and chronic worry. She often offers free webinars and articles on her blog. We cannot comment on the GoZen products she sells as we are not familiar with them.