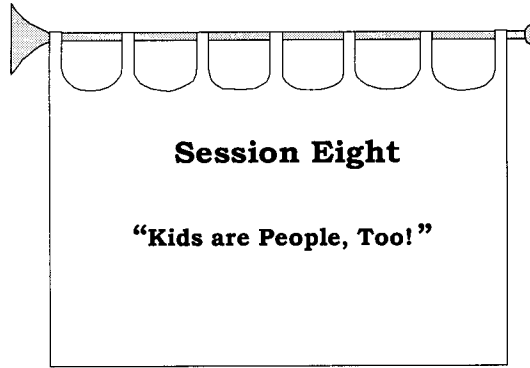


**I WORRY ABOUT LOYALTY IN MY FAMILY BECAUSE**

**THE LOYALTY MESSAGE I WISH I WOULD GIVE IS**

**THE LOYALTY MESSAGE I WANT TO HEAR IS**



**READ  
THIS FIRST**

Well, those people who can't vote, can't drive, can't make the rules, and can't make adult decisions are **KIDS!** But because they are not permitted to do those things, does not mean that they are not "people." Being a person means that one has feelings, has wishes, had dreams, and hopes. Being a person means that we get lonely, get our feelings hurt, get angry, and love others.

Too often in military families, things are moving sooooo fast that the kids really get forgotten about. You know, "Yea, that's a good idea, but we got kids!" Welcome home parties or going away parties often forget about the kids.

Well, your deployed military family member is home. We can't afford in this Reunion adjustment process to forget about the children. They are people with feelings and ideas. They **must** be included in your plans for Rebonding and Rebuilding your family.

This Reunion Family Experience is for them primarily. Parents are going to "bite their tongues" if necessary to let the kids have a night in which they are not told how to feel and what to feel. This is **their night** for self expression.

## **“Kids are People, Too!” Family Exercise**

**PURPOSE:** To encourage children to talk with other family members about who they are and how they feel.

**CONCEPT:** It is true that EVERYbody has feelings and has an idea about who they are [no we don't mean do they know their name!]. However, in the adult “kingdom of the giant people,” children have a hard time getting a word in edgewise. Parents are so often trying to “teach” their teens about the world, that teens don't get the chance just to tell parents what it is like just to be a teen. This is that chance.

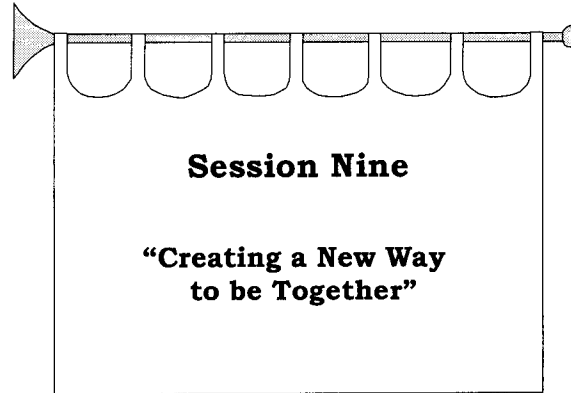
- 1. Yes! Get your handy paper and pencils for this Family Reunion Home Exercise.**
- 2. While the family is talking about whatever comes to mind, a parent can read the questions one at a time to the kids. Kids take those handy dandy pencils and write the answers. If you have spirited kids who would rather just answer out loud, go ahead. But going slow is an important element in making all these exercises work.**
- 3. Using the Worksheet provided, respond by talking or by writing to the questions or statements on the Worksheet. If you choose to write your answers, be sure that there is a time following in which the family listens to the kids tell what and why they wrote their particular answers.**

**“Kids are People, Too!”  
Worksheet**

**SOME THINGS I DO WELL THAT NO ONE NOTICES MUCH:**

**THE FUNNIEST THING I EVER DID:**

**WHAT IT FEELS LIKE TO BE MY AGE:**



**READ  
THIS FIRST**

Well this is Session Nine, the next to the last. We have just about finished the course. Now that we know so much about one another, we can get on with mapping out the direction that we want our family to go from now on. It is not a perfect direction. There are bumps and curves, but if we know where we're going, we will get there with a plan designed to do just that!

Everyone has a good idea of what they want out of a family. A young child may want more play time with parents. A teen might want more freedom. Parents may want it quieter in the house. So, it's true that after a long separation or deployment families need to “get on course” in the direction they want to go as a family.

Here is a part of that process. This exercise gives every family member the chance to put on paper what they think are the important things their family needs to do and be.

Sharpen the pencils, lets get that map on paper and hit the road for a new future with our reunited family!

## **“Creating a New Way to be Together” Family Exercise**

**PURPOSE:** To enable families to share together in the planning about what will be important in their family. This is a vital final part in the readjustment necessary following a deployment or long separation.

**CONCEPT:** Charting the course after a long separation enables families to join together in love and loyalty in a direction they have chosen together. Children often ask other children what it's like in their family. When they are part of the planning, they tell the wonderful story of health and happiness.

**1. Yes, it's those handy dandy pencils and paper again. Get them and gather the family to your regular meeting place.**

**2. Using the Worksheet each family member tells what are the ideas they have about what the family could be like.**

⇒ **Parents -- don't worry that you may not like or be able to do what children want in your family. This exercise does give you a good idea of what is important to them. Even though these things may not be what you WILL incorporate into your family plan, it is good to know what is important to all family members. And just maybe you can do some of these things some of the time.**

**3. Combine everyone's written comments and the verbal comments of kids who can't write yet. Make the list and hang it on the refrigerator door for a few days or so. Leave room on the list to add to it as the days go by. You'll all learn what is important to your family.**

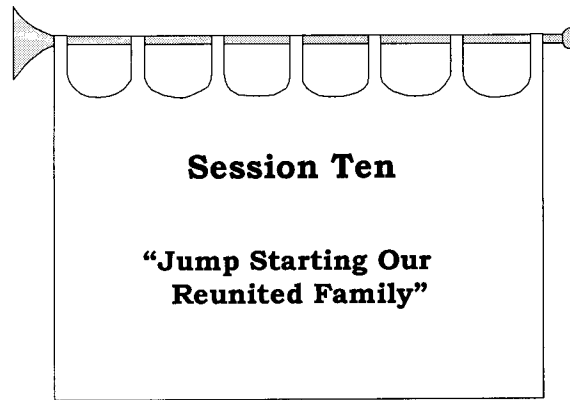
**“Creating a New Way  
to be Together”  
Worksheet**

**Here is a partial list of things that you may want in your family plan:**

|   |  |
|---|--|
| <b>Spending time together</b>             | <b>Taking time to talk together</b>        |
| <b>Sharing a religious faith together</b> | <b>Volunteering somewhere together</b>     |
| <b>Doing things together</b>              | <b>Having special family traditions</b>    |
| <b>Celebrating special days</b>           | <b>Eating meals together more often</b>    |
| <b>Everyone helping everyone</b>          | <b>Tell more jokes</b>                     |
| <b>Exercising together</b>                | <b>Going to movies more often together</b> |

**IMPORTANT PARTS OF OUR FAMILY PLAN I WANT TO INCLUDE:**

**SOME THINGS IN OUR PLAN I KNOW ARE SPECIAL TO OTHER FAMILY MEMBERS:**



**READ  
THIS FIRST**

Well, okay! It's time to do just a few more things to be sure that **YOUR** family is finished the reunion process. Just a couple of ideas left. They seem to be harmless enough, but they are as important as everything else. Do them and you'll never regret it. Forget them, well - - ah, you don't graduate from the "course". You'll see graduation certificates at the end of the workbook. Don't stop now!

Quick and easy to do is the motto for good family reunion adjustment. So, how about just getting your family rolling down that hill of happiness and security? Although what you've experienced the last nine sessions does not guarantee that your family will not have problems in the future, it does help you know that you have done some of the things that it takes to ensure that your family is going down the right road.

If there are serious problems resulting from this separation or deployment, please be sure to seek the help of a marriage or family counselor.

Well, get on with it and may your future together be everything you planned it to be.



**“Jump Starting Our Reunited  
Family”  
Worksheet**

**WRITE IN THIS SPACE THE FAMILY STRENGTHS THAT YOU HAVE DEVELOPED IN THIS HOME STUDY GUIDE:**

**WRITE IN THIS SPACE ONE FAMILY STRENGTH WHICH NEEDS BUILDING UP:**

**WRITE IN THIS SPACE ONE OR TWO STEPS YOU CAN TAKE TO BUILD THE FAMILY STRENGTH WHICH NEEDS BUILDING UP:**

**Another  
“Jump Starting Our Reunited  
Family”  
Worksheet**

**WRITE A POSITIVE EVENT THAT YOU REMEMBER SINCE YOUR FAMILY WAS REUNITED:**

**WHAT I PLEDGE TO DO TO BE SURE THAT OUR FAMILY GETS STRONGER AND STAYS STRONG:**

**SOMETHING SPECIAL I WILL DO TO HELP KEEP MY FAMILY A HAPPY FAMILY:**



*Name*

*has successfully completed the “Family  
Redeployment Reunion Home Study Guide”*

*and is hereby granted this certificate  
in sincere appreciation for the desire  
to work towards and have  
A Resilient Self-sustaining and  
Self-sufficient Army Family!*

*Uncle Sam*

