



4-H MILITARY FAMILY BOOK SHEETS

Supporting Military Families During Deployment with Books & Activities

4-H Military Family Book Sheets

The 4-H Military Family Book Sheets help parents and guardians find books and activities to help their children during various stages of their service members' deployments. Each book sheet contains a summary of the book, author and publication details, and activities that they can use with their children pre-, during or post-deployment to extend the message of the book. To find each book, check with your local library, bookstore or online retailer.

BEFORE READING:

- ▶ Show your child the front and back cover of the book. Ask him or her to guess what the book is about.

WHILE READING:

- ▶ Stop at any time if something comes up that you or your child would like to talk about.

AFTER READING:

- ▶ Spend time talking about the story.

Deployment involves moving an individual or military unit within the country or to another country. A mission or task might include training, supporting communities during times of disaster, helping foreign countries or fighting in a war. The many changes happening with each departure and return create difficulties for both service members and their families.

Supporting Michigan's Military Families

Michigan State University (MSU) Extension and Michigan 4-H are committed to supporting the more than 20,000 Michigan military children and youth, and their families, through programming and community education.

PROGRAMS FOR MILITARY FAMILIES INCLUDE:

- ▶ 4-H clubs on installations and in communities
- ▶ "4-H 101" and "4-H 201" training for military staff
- ▶ Operation: Military Kids (OMK) – supporting children of deployed soldiers
- ▶ Speak Out for Military Kids (SOMK) – preparing teens to speak on military life and deployment
- ▶ Hero Packs – saying thank you to military children and youth
- ▶ Military 4-H Club Grants – supporting 4-H clubs for military youth and integrating them into county 4-H programs
- ▶ Community Awareness Training – educating the public on issues facing military families experiencing a deployment
- ▶ Special recognition events during Month of the Military Child and Month of the Military Family
- ▶ Educational and recreational events and opportunities for military families

Learn More!

Connect with us on Facebook: Search "Michigan Operation: Military Kids" and "Michigan 4-H."

For more information on supporting military families, visit the following websites:

- ▶ MSU Extension: (msue.anr.msu.edu)
- ▶ Michigan 4-H Youth Development: (4h.msue.msu.edu)
- ▶ 4-H Military Partnerships: (www.4hmilitarypartnerships.org)
- ▶ Operation: Military Kids: (<http://www.operationmilitarykids.org>)



4-H MILITARY FAMILY BOOK SHEET

A Paper Hug

SUMMARY

In this book, a little boy makes a paper hug to give to his dad who will leave for deployment. The book explores common emotions children experience as a parent prepares to leave. It explores the child's feelings as he waits for a letter or phone call while his dad is away. The book gives simple instructions to make a paper hug.

Title	A Paper Hug
Author	Stephanie Skolmoski
Illustrator	Anneliese Bennion
Publisher	DesignAbility
Date of Publication	2006
Audience Age	1 year and up

PRE-DEPLOYMENT ACTIVITIES

- Make your own paper hugs. Have your service member and family members make paper hugs for each other to exchange before your service member leaves. To make a paper hug, trace both hands on a piece of paper and cut out. Laminate or use clear contact paper to make the hand cutouts more durable. Then, cut a length of string the length of the person's outstretched arms. Attach one paper hand to one end of the string and the other hand to the other end of the string. Now you have a paper hug. *(Supervise young children using paper hugs to prevent any risk of injury.)*
- Prepare a box of special items that your service member likes such as favorite snacks, pictures of the family, favorite reading materials or other favorite items. Give it to your service member before he or she leaves.

DURING-DEPLOYMENT ACTIVITIES

- Remind family members when they feel sad, upset or angry that they can use their paper hugs to get a hug from their service member. Take pictures of family members using their paper hugs and send it to your service member.
- Write your own paper hug poem and send it to your service member.

POST-DEPLOYMENT ACTIVITIES

- Give each other real hugs.
- Have everyone share their paper hugs. Talk about how they look. Are they faded or worn? Have you used them often? Do some appear smaller because people have grown? Talk about how family members used the paper hug and how it made each person feel to have the hug near.

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