



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



# 4-H MILITARY FAMILY BOOK SHEET

## H Is for Honor

### SUMMARY

*H Is for Honor: A Military Family Alphabet* explores the branches of the armed services as well as U.S. Army Special Forces (the Green Berets) and special operations forces such as the Navy SEALs and Army Rangers. It recognizes the honor and privilege of being part of a military family.

Title	H Is for Honor: A Military Family Alphabet
Author	Devin Scillian
Illustrator	Victor Juhasz
Publisher	Sleeping Bear Press
Place of Publication	Ann Arbor, Michigan
Date of Publication	2006
Audience Age	5 years and up

### PRE-DEPLOYMENT ACTIVITIES

- Learn about your service member's branch of the military. Use *H Is for Honor* to help find facts about the branch. You can also use the Internet or local library to find additional information. Talk about how your service member helps others while part of the military.
- If possible, have your child share a Meal, Ready-to-Eat (MRE) with your service member. Explain how to prepare the MRE. Have your service member explain where he or she eats and talk about a favorite MRE.

### DURING-DEPLOYMENT ACTIVITIES

- Create your own military alphabet book using information about your service member. Start with "A" for "Army," "airman," "airwoman," "amazing mom" or "amazing dad." Continue throughout the alphabet. Send it to your service member to show your pride in him or her.
- Work with your child's teacher, child care providers or others to help write letters to troops overseas. Consider writing not only to service members familiar to you but also to service members you don't know. All deployed service members value letters from home.

### POST-DEPLOYMENT ACTIVITIES

- Create a new alphabet book with your service member but this time use your family's favorite things about your service member being home. For example, for the letter "P," draw a picture of pizza nights with your service member. Have each member of the family choose a letter and create a drawing for it. Go over the entire alphabet as a family.
- Use a map of Michigan, the United States or the world to pinpoint all the places that the military has taken your family or service member. Talk about your favorite place and explain why it's your favorite.

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