



# 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>)



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## I Miss You!

### SUMMARY

*I Miss You! A Military Kids Book About Deployment* has information for both parents/caregivers and children. It is a serious look at deployment and how both children and families can help each other copy with the many feelings that can surface during deployment. The book includes ideas for activities that can be done as a family during deployment.

Title	I Miss You!
Author	Beth Andrews
Illustrator	Hawley Wright
Publisher	Prometheus Books
Date of Publication	2007
Audience Age	2 years and up

### PRE-DEPLOYMENT ACTIVITIES

- Talk about where your service member is going. Compare things like weather, food and language and see what things are similar and what things are different than home.
- Make a list of adults that you could talk to if you need to while your service member is deployed. Consider people like grandparents, aunts, uncles, teachers or coaches.

### DURING-DEPLOYMENT ACTIVITIES

- Use a calendar to count down the days until your service member returns. Put an "X" after each day that passes. You can also use the calendar to write down important events or happenings that you want to remember to share with your service member.
- Send your service member a care package of their favorite items. Include things like pictures of you, drawings that you have done, and letters or notes. Check out <https://www.usps.com/ship/apo-fpo-guidelines.htm> for mailing requirements.

### POST-DEPLOYMENT ACTIVITIES

- Have your service member share information about the place they were deployed to: talk about things like weather, food, language and culture. What was different, what was similar? What did they like? What didn't they like? Have them show any souvenirs they brought back with them.
- Share with your service member any important events or happenings that you recorded on your calendar. Tell them the story of the event from beginning to end including a lot of detail so they can imagine what the event was like.

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