



# 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.4hmilitarypartnerships.org](http://www.4hmilitarypartnerships.org))
- ▶ Operation: Military Kids: (<http://www.operationmilitarykids.org>)



# 4-H MILITARY FAMILY BOOK SHEET

## My Dad's a Hero

### SUMMARY

Any child who has a dad in the military far away from home will benefit from *My Dad's a Hero*. This book explains what a military dad does while away from his family. It focuses on the positive aspects of military work, and it allows children to be proud of their military dad.

Title	My Dad's a Hero
Author	Rebecca Christiansen and Jewel Armstrong
Illustrator	Jen O. Robertson
Publisher	Word Association Publishers
Place of Publication	Tarentum, Pennsylvania
Date of Publication	2007
Audience Age	4 years and up

### PRE-DEPLOYMENT ACTIVITIES

- Look up facts about your service member's deployment location including weather, culture, music, time difference and other information. Discuss the similarities and differences between the deployment location and home. Create a poster depicting similarities on one side and differences on the other.
- Use photos or drawings to decorate pillowcases for your child and your service member. Buy iron-on transfer paper and make a personalized pillowcase to keep your service member close to your child through the deployment.
- Place a picture of your service member in the front and back of the book.

### DURING-DEPLOYMENT ACTIVITIES

- Write letters and draw pictures for your service member during deployment. Send him or her a monthly update from your child with pictures and drawings.
- Send your service member a care package of his or her favorite candy, books or magazines. Find postal regulations at [www.usps.com](http://www.usps.com).
- Place two clocks in the house with one set at your time and one set at the time at your service member's location. Talk about the time differences. Discuss what your service member might be doing differently from you at the same time.

### POST-DEPLOYMENT ACTIVITIES

- Make a sign to welcome home your service member. Include drawings and pictures from each member of the family on the poster.
- Have your service member share things he or she brought back from the deployment such as souvenirs, gifts or photos. Talk about the differences and similarities between the deployment location and home.

### MICHIGAN STATE UNIVERSITY | Extension

Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.