



# 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

## My Mommy Wears Combat Boots

### SUMMARY

An “army baby” talks about what it’s like to have a mom in the Army when she is deployed.

Title	My Mommy Wears Combat Boots
Author	Sharon G. McBride
Illustrator	Not listed
Publisher	AuthorHouse
Date of Publication	2008
Audience Age	1 and up

### PRE-DEPLOYMENT ACTIVITIES

- Talk about each part of your uniform. Show each item like special patches, boots, hats and back packs. Let your child try them on. Take pictures of your child in the uniform pieces and take a picture of your service member in their uniform. Exchange pictures to keep with you while they are gone.
- Talk about what you can do when you feel mad, sad, or scared. Come up with a plan for expressing mad feelings like “Army Baby” did in the book. What makes you feel better when you are sad or scared? Make a list of all the things you can do when you feel those emotions.

### DURING-DEPLOYMENT ACTIVITIES

- Make or buy a calendar to count down the days until your service member returns. You can also use this calendar to record moments and memories that you want to share with your service member when they return.
- Make a picture book of all the events that happen while your service member is gone. Draw pictures, glue in special items like school play programs, ticket stubs or other things that you want to share.

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### 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.

### POST-DEPLOYMENT ACTIVITIES

- Share your picture book with your service member. Tell them about your special items and why you included them in the picture book.
- Share some information about your deployment. Tell your child about the places that you lived, what you did, what you ate, what the weather was like and the people that you helped.