



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>)



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Night Catch

SUMMARY

A father and son find a unique way to play catch with each other while the father is deployed.

Title	Night Catch
Author	Brenda Ehrmantraut
Illustrator	Vicki Wehrman
Publisher	Bubble Gum Press
Date of Publication	2005
Audience Age	4 years and up

PRE-DEPLOYMENT ACTIVITIES

- Use the Internet or an encyclopedia to look up information about how the Earth rotates. Discuss where your service member will be deploying to. Look up information such as time difference and what the weather is like.
- Have a star viewing party! Stay up late, set up a comfy viewing area, have star snacks such as star shaped sugar cookies, chocolate stars or star fruit. Use sky or star maps (available free online or through your smart phone app store) to help find different constellations such as the big and little dipper and Polaris (the North Star). Talk about how stars can be seen by both of you no matter how far apart you are.
- Take a picture with your service member and tape it in the space in the back of the book.

DURING-DEPLOYMENT ACTIVITIES

- Using a star map as an example, draw your service member a picture of your favorite star or constellation. Send them the drawing so they can try and find the same star or constellation to look at while they are deployed.
- Keep a chart of the number of times you see your star while your service member is deployed.

POST-DEPLOYMENT ACTIVITIES

- Host a star viewing party again! Stay up late, set up a comfy viewing area, and have star snacks. Use a sky or star maps (available free online or through your smart phone app store) find out what has changed in the sky. Are there different stars or constellations that can be seen now? Use this time to talk about how things might have changed during the deployment.
- As a family, take a trip to a planetarium to learn more about the stars. Many colleges have planetariums that are open to the public and offered reduced rates for military families. Use this time to have fun and reconnect as a family.

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