



# 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

## We Serve Too: A Child's Deployment Book

### SUMMARY

*We Serve Too! A Child's Deployment Book* honors and recognizes all the sacrifices that our military children make when their service member deploys. The book describes deployment from a child's point of view and gives a very candid look at the ups and downs of deployment.

Title	We Serve Too: A Child's Deployment Book
Author	Kathleen Edick & Paula J. Johnson
Illustrator	Kathleen Edick & Paula J. Johnson
Publisher	Wee The People Publishing, LLC
Date of Publication	2008
Audience Age	2 years and up

### PRE-DEPLOYMENT ACTIVITIES

- Have your service member talk about what they will do while they are deployed. Will they drive special vehicles, work on computers, fly planes or help children? What special equipment do they need? Have them talk about what they will take with them and how they will use it.
- Download the free discussion guide provided by the authors. This guide will give you questions to ask while reading the book and ideas to talk about with your child. You can find it at: <https://www.weservetoo.com>

### DURING-DEPLOYMENT ACTIVITIES

- Make a calming jar for your child to use when they are upset. To make fill a mason jar with glitter glue, glitter, water and food coloring (let them choose the colors!). Put the top on and shake it up! When your child gets upset they can shake it up and then wait until the glitter settles to the bottom giving them time to calm down.
- Use *The Creed of the Soldier's Child* in the back of the book to make a decorated poster that you can hang in the house. Practice reciting the creed as a family regularly.

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### Extension

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

### POST-DEPLOYMENT ACTIVITIES

- Write a letter or list that includes the best and worst parts of deployment. Have each family member write a list and then talk about them together over a family dinner.
- Write your own family creed together. Think about what is important to your family and what you do to work together. Put your family creed on a decorated poster and display it in the house.