



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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We Serve Too: A Child's Reunion Book

SUMMARY

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

Title	We Serve Too: A Child's Reunion Book
Author	Kathleen Edick & Paula J. Johnson
Illustrator	Kathleen Edick & Paula J. Johnson
Publisher	Wee The People Publishing, LLC
Date of Publication	2009
Audience Age	2 years and up

PRE-DEPLOYMENT ACTIVITIES

- The book says that home gets messy; does your home get messy? Draw pictures of how your home gets messy. Does your room get messy? Do you get messy? Talk about what the word messy means and how sometimes feelings can get messy too.
- 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 family tree. Show all the members of your family on your family tree and how they are connected to each other. Post this in a place that you can see it daily and remember that even though families may be far apart they are still connected by their roots.
- Make a picture collage of all the things that happen while your service member is away. Did you lose a tooth, go to a parade, or have a birthday? Use printed pictures or drawings to make your collage and share when your service member returns.

POST-DEPLOYMENT ACTIVITIES

- Build a family puzzle together. Use construction paper or any heavy weight paper. Draw out different shapes, using the full sheet of paper. Then cut out the pieces and give each piece to a family member. Have them draw whatever they would like on the piece and include their name. Then as a family, put the puzzle back together again and talk about how each family member has their piece in order to make the family whole.
- Visit the *We Serve Too* website for coloring sheets, activities, songs, discussion guides and more to help your child work through reunion and reintegration. You can find these resources at: <https://www.weservetoo.com>

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