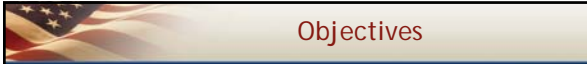


Tips for Teachers
Working with Children During Deployment

Presented by Military & Family Life Consultants


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Objectives

- » Signs to look for in students
- » Signs to look for in parents
- » Suggestions for teachers


★ 2 ★



Signs to Look for in Students

- » Feeling worried
- » Feeling angry and/or having angry outbursts
- » Having trouble sleeping
- » Being pre-occupied or distracted in school
- » Headaches and/or stomachaches
- » Nightmares


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Signs to Look for in Students *continued*

- » Regression to earlier behaviors
- » Wanting to share parent's bed or room
- » Fighting bedtimes
- » Crying easily
- » Sibling rivalry or jealousy
- » Change in eating or sleeping
- » Fear of doing things earlier accomplished


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Suggestions for Teachers

- » Limit exposure to TV "news" about the war
- » Make positive calls and send positive notes or comments to parents on a regular basis
- » Talk about, write, draw, share happy memories of the absent parent whenever possible
- » Read aloud stories and books which will normalize their feelings
- » Keep school routines and reasonable limits-life as usual!

★ 5 ★



Suggestions for Teachers *continued*

- » Be empathetic and positive in all communications with parents
- » Work with parents: report behaviors observed in class and ask about behaviors observed at home
- » Remind parents that services are available to assist with their child and family problems

★ 6 ★

Signs to Look for in Parents

- » Sad
- » Angry
- » Overwhelmed
- » Lonely
- » Irritable
- » Distracted

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Signs to Look for in Parents *continued*

- » Sleep deprived
- » Tearful
- » Withdrawn
- » Exhausted
- » In shock


★ 8 ★

Summary

- » Signs of distress in children can indicate a normal response to an abnormal situation
- » Learning to recognize the signs is key to assisting the child
- » If parents are showing signs of distress, this can affect the child's stress level
- » Working collaboratively with parents is key
- » Remember, it is the teacher's job to report behaviors and remind parents that help is available, it is the parent's job to decide when to seek help

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Questions



★ 10 ★

Resources

- » Military Community Services
- » Chaplain and Local Clergy
- » Military OneSource (800) 342-9647
- » TRICARE www.tricare.osd.mil
- » Behavioral Health Services

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