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FAMILY FOCUS

ESPECIALLY FOR FAMILIES AND FRIENDS OF DEPLOYD SOLDIERS. INFORMATION, EVENTS, AND PROGRAMS BROUGHT TO YOU BY TOBYHANNA ARMY DEPOT ARMY COMMUNITY SERVICE.

The Holidays When a Parent's Deployed

www.lifelines2000.org

Ah, the holidays! A time of joy and merriment, sometimes coupled with holiday stress and strong black coffee. It's giving and receiving and most importantly, it's a time set aside annually to enjoy family togetherness. But what happens when the family can't be together? What happens when mom or dad is deployed for the holidays?

Although being a single parent during the holidays is one of the most challenging situations you will face as a military spouse, it is not insurmountable. It won't be easy, but with realistic expectations and a positive attitude, it is possible to make this a memorable and worthwhile experience for you and your children. How? Take note of the following tips provided by other military spouses who have been there:

Avoid Overspending
The temptation to compensate for an absent parent may be to overindulge your children. Don't! A reasonable number of gifts and a special letter from the absent parent are worth so much more.

Avoid Over-Scheduling
Plan activities at home that are simple and fun, i.e., making ornaments, cookies or cards together. Play festive music, cuddle together in front of a favorite holiday video and take time to reminisce about holiday traditions when you were your children's ages.

Avoid Isolation
It's important to remember that you're not alone. You may be lucky enough to have extended family nearby, but it's more likely that you don't. Reach out to other families in your situation. Invite them to join you for a holiday meal and make it pot-luck, so you don't feel pressured to do it all.

Stay In Touch with the Deployed Parent
Encourage your children and spouse to send letters, photos, and audio or video messages to one another. If you have frequent access to computers, get e-mail addresses free of charge at www.hotmail.com and correspond regularly on-line.

Take Care of YOU!
Eat well and get plenty of rest. Recognize that your children will respond to this experience as you do. Most importantly, choose to approach this season with a positive attitude and focus on making special holiday memories together.

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Financial Readiness Program

HOLIDAY FINANCE TIPS

Army Community Service

The holidays are fast approaching-and if you're like most people-you over spend! Come to the Holiday Finance Tips Seminar on 10 Dec 03 at 1300 and learn some great tips to help you from over spending this holiday season!

The seminar will be held in the ACS Conference Room, Building 1009.

You must call to register!
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