



# TIPS FOR TEACHERS WORKING WITH CHILDREN DURING DEPLOYMENT

Presented by Military & Family Life Counselors

# OBJECTIVES

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



# 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



# 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



# 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!



# 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



# SIGNS TO LOOK FOR IN PARENTS

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



# SIGNS TO LOOK FOR IN PARENTS

CONTINUED

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- Withdrawn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





# 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





**QUESTIONS?**



# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services



# REFERENCES

- American Academy of Pediatrics. “Ages & Stages.” Healthychildren.org. 20 May 2014. <http://www.healthychildren.org>
- F.O.C.U.S. “FOCUS: Learning 5 Key Skills.” FOCUS Project. 2013. <http://www.focusproject.org>
- Gewirtz, A., Erbes, C., Polusny, M., Forgatch, M. and DeGarmo, D. “Helping military families through the deployment process: Strategies to support parenting.” 12 August 2011. National Institute of Health. 4 December 2013. <http://www.ncbi.nlm.nih.gov>
- Inner Health Studio. “Anger Management Worksheets.” Inner Health Studio. 9 April 2014. <http://www.innerhealthstudio.com>
- Morin, Amy. “Time Out as a Tool to Manage Misbehaviors.” About.com. 20 May 2014. <http://discipline.about.com>
- Sesame Street. “Talk, Listen, Connect.” Sesame Street. 21 February 2014. <http://www.sesamestreet.org>





**THANK YOU**

