

Common Behavior Post Deployment

Babies 0-12 months old:

- Cries; fusses
- Appears indifferent towards the returning parent
- Clings to the most familiar caregiver
- Changes in sleeping and eating habits
- Changes in bowel/ bladder routine

Toddlers 1-3 years old:

- Cries without cause
- Act indifferent towards the returning parent
- Attention seeking behavior
- Cling or prefer the other parent
- Regress in development (toilet accidents, baby talk, night waking, etc.)
- Separation anxiety once service member returns to work

Pre-schoolers 3-5 years old:

- Feels angry or mad
- Attention seeking behavior
- Acts demanding or whines
- Feels service member left because of them
- Talks and clings to returning parent to share everything that happened
- Feels the returning parent will leave again

Common Behavior Post Deployment

School-aged 6-12 years old:

- Feels angry or mad about the deployment
- Anxious about discipline or punishment from returning parent
- Attention seeking behavior
- Talks and clings to returning parent to share everything that happened
- Fears the returning parent will leave again

Teens 13-18 years old:

- Acts like they don't care
- Anxious about house rules changing
- Feels the returning parent may not love them as much
- Feels angry, mad or resentful towards returning parent

Help Kids Reconnect Post Deployment

Babies 0-12 months old:

- Provide physical care through holding, feeding, rocking baby
- Get involved in child's day to day care
- Be patient

Toddlers 1-3 years old:

- Allow toddlers time to feel comfortable.
- Play games and engage in play with the toddler at his or her level
- Speak in a gentle or soft voice

Pre-schoolers 3-5 years old:

- Allow your child to share without judgement
- Accept your child's thoughts and feelings
- Allow your child to choose games and activities to do with returning parent
- Ask the child to share new things with you (favorite books, toys, games, etc.)

Help Kids Reconnect Post Deployment

School-aged 6-12 years old:

- Encourage your child for accomplishments during separation
- Allow your child share new things with you (projects; toys, pictures, etc.)
- Stay positive and focus on current behavior
- Avoid focusing on negative behavior that occurred during separation
- Get involved in your child's favorite everyday activities

Teens 13-18 years old:

- Share age-appropriate, positive deployment experiences
- Offer undivided attention when child attempts to reconnect
- Stay positive; avoid criticism
- Allow your child privacy when needed
- Get involved in your child's favorite everyday activities