

“I Miss My Daddy!”

(NAPSA)—Daddy (or Mommy) is in the military and may be away from home for months. It's difficult for the remaining parent to manage all the family responsibilities. And it's even tougher for a child who may not understand what's happening or why.



Photo credit: Knowledge Learning Corporation

Rachel Robertson, a quality initiative specialist with Knowledge Learning Corporation, the world's leading provider of early childhood care and education, has some suggestions that may help children cope. Most important, she says, is acknowledging your child's feelings. It may help a child to write down his thoughts to share with the faraway parent — or just to keep for himself.

Robertson, whose husband is a former Marine, has written a book for children, based on her personal experience. “Deployment Journal for Kids” also encourages children of military families to learn about the country where their parent is stationed and includes information about how to calculate distance and time zones.

“Knowing that Daddy or Mommy is almost 7,000 miles away and that it's late evening there when you're eating breakfast at home helps children stay connected to the absent parent,” says Robertson. “Remembering the happy occasions the family shared and planning for a loved one's return will help the time go faster, too.”